

CALSTOCK NEWS



June - July 2025



Calstock, digital artwork by Yuliya Teplova



*Year 5s and their feelings on becoming Year 6,
and Year 6s and their feelings about next year in secondary school*

Gabriel: I am scared for year 6!

Erin: I am nervous and excited for becoming a year 6. I'm nervous because everything I do, I will be a role model and I am excited to help people.

Poppy: I am really excited to be a year 6. It will be great to have new year 5s and the leavers play and to be one step closer to year 7 and secondary school.

Grayson Iles: When I become a year 6 I will feel the same, just older! I will be happy though as I will be near to secondary.

Bryher: I am a bit excited because when I am a year 6, I will be at the top of the school and the oldest girl pupil!

Lilla: I am very nervous about going to secondary school but I'm extremely excited about it. I hope that I will make more friends and have new opportunities.

Nate: I feel a bit weird going to a different school and year 7. I will be at the bottom again whereas at year 6 I'm at the top.

Maisie: I am scared for year 7. I'm scared because of rumours and it's big and noisy. I do not like noisy stuff nor big schools.

Sol: Although we feel secondary school is scary, it may not be.

Jago: I am looking forward to going to secondary because we might do more PE and learn more interesting facts.

Angelina: I was nervous about doing SATS, it's a big thing or that's what everyone says. Really, it's just a test and it's not the end of the world if you fail!

Eleanor: I'm quite excited for secondary. My best friend is coming and I know some of my older friends that go there and I'm very excited for the experiments.

Harvey: I am excited to be a year 7 because there will be loads of new people.

Jay: I'm scared and excited to go to Mount Kelly. I know I'll do alright because the headteacher loves tennis and so do I.

Ayame: I am excited and nervous about taking the train to Plymouth for school every day.

Abi: Becoming a year 7 is scary but exciting because there are lots of different people and different subjects.

Teddie: I am excited for year 7. When I went to look last time, it looked very cool.

Zoe: I am excited about year 7 but also scared because I don't know anybody who is going to Plymouth High School for Girls.

Pippa: I am excited for year 7 but also not! It will be a big difference as Calstock is very small and Callington isn't!

Oliver: I don't really care as I'm getting bored with school!

Teacher: Donna Kilpin

BIKING TO CALSTOCK

Malcolm Wright first came to Calstock in 1993. He rode from Hampshire on his Suzuki GS 1000, intending to see a friend who lived here. His friend was away, but his friend's wife Lou took Malcolm to the Tamar Inn for a drink. And so it began—because in the Tamar that evening, Malcolm met Tara, his future wife.

Malcolm began to visit Calstock rather more often than before. Not only did Tara live here, but he loved the place too: the easy-going mix



of friendly people, the artistic feel to the place. There were, he remembers, two second-hand clothes shops: *Granny Took a Trip* and *Joint Stock*, which he found amusing.

After a while the lure of Calstock became irresistible. Malcolm found work as a carpenter/builder, his first job being for Peterloo Poets who were then based in the cottages at the foot of Danescombe Valley. He arrived one Saturday ready to put up shelves only to be asked if he would like some wine before he made a start. A beer drinker, Malcolm declined but poets are persuasive people... The afternoon progressed from wine to vodka and all thoughts of shelving were shelved. Eventually the poets took Malcolm home. He got the job.

Malcolm and Tara got married in 2001. Tara was a rower; she belonged to Calstock Rowing Club and Malcolm's pickup was used for transporting their kit. And so, in the year 2000, came the idea to combine the Calstock Regatta with a Bike Show. And the rest is history...

Angie Sage

Calstock News is published with the kind assistance of Calstock Community Primary School.

PLEASE SEND SUBMISSIONS AND ADS TO INFO@CALSTOCK.NEWS



Editors' Note:

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CALSTOCK HALL: EMBRACING A NEW CHAPTER

After a transformative rebuild last year, Calstock Hall is finally settling into a rhythm that feels refreshingly normal. While a few finishing touches remain, the pace has eased, the to-do list has shrunk, and there's a sense of predictability once again.

One of the final projects on the horizon is the addition of a compact kitchen for the studio—previously known as the small or second hall. This exciting upgrade will ensure the studio can operate independently from the main hall, allowing visitors to brew a cup of tea without disrupting ongoing activities. Thanks to the generous support of Howdens, who donated cabinets, work surfaces, and a sink as part of their commitment to local charities, this new kitchen will soon be neatly tucked inside one of the spacious cupboards in the entrance lobby.

The departure of the preschool to its new home at the primary school has left room for fresh opportunities. That space is now being filled with vibrant new activities, bringing the hall to life in exciting ways. Monday mornings welcome *Stay and Play*, a social group for parents and toddlers. Monday afternoons introduce a creative twist with a life drawing class in the studio, while Wednesdays bring

serenity with Sophie Westwood's intimate yoga sessions.

There's still plenty of room for more groups and activities, so if you have an idea or know someone eager to start something new, the team at Calstock Hall would love to hear from you—simply email admin@calstockhall.com.

Beyond these fantastic new offerings, the hall is adding a little extra charm to its outdoor space. Beautiful new benches now grace the patio, creating the perfect spot to sit back, sip a drink, and soak in the sunset. And to make those moments even more enjoyable, the bar will be open on weekends when no other events are scheduled. Keep an eye on the Facebook page for announcements, and be sure to stop by when the doors are open.

Calstock Hall is more than just a space—it's a community, and its transformation continues to unfold. Whether you're looking for a new activity or simply a place to unwind, there's something for everyone as this beloved hub enters its next chapter.

If you are interested in finding out more please come along to our AGM which will be in the hall at 7pm on 1st July.

Matt Taylor
Village Hall Administrator
CVH Management Committee
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admin@calstockhall.com

CALSTOCK PRIMARY UPDATE



It has been another busy term at Calstock Primary School.

As part of our Easter celebrations, the children made Easter bonnets – they showed amazing creativity and ingenuity and the hats brought a real feeling of Spring to the school.

Another exciting event was the PTFA's fun run which took place at the start of term. On a beautiful (and very hot) afternoon, children and adults ran a course around the village and back to school for some well-deserved cake. The children were sponsored for this event, with their efforts helping to fund this year's residential trip. Well done everyone!



Amongst the other projects that children have been involved in has been the Sense of Place project in which pupils made a study of the River Tamar and asked questions about its physical characteristics. Children also explored the impact climate change is having on our waterways and gained an understanding of how communities and the countryside are



affected, extending learning into considering the role of the Calstock Flood Defence scheme and the construction of a new wetlands area.

To enrich the curriculum offer, pupils then participated in a whole day of fieldwork, organised by Tamara Landscape Partnership at Cotehele Quay, focusing on the River Tamar. They were accompanied by local artists, photographers and researchers from Plymouth University to explore the natural and cultural heritage along the path to Calstock.

Finally, it was great to see so many children from the school contributing to the Calstock May Revels. They always talk with great excitement about taking part, and it is wonderful to see them using their skills and creativity as part of such amazing community events.

John Pengelly
Head of School

CALSTOCK COMMUNITY PRIMARY SCHOOL GARDENING CLUB

Calstock Primary School Gardening Club has started its planting for the year with much enthusiasm and hope for a big harvest! We had a slight issue with starting out this year as our raised beds had completely collapsed. They were old beds that limped through last year, but unfortunately they didn't survive the winter. After wondering how we were going to manage, with no official funding available at all, the amazing team at *Calstock in Bloom* came to our rescue. They not only purchased us some new raised beds but they also helped me to install them! Their help has been invaluable and is very much appreciated.



We have also had community donations of seeds, plants and compost. *Tamar Grow Local* donated some seeds, Helena and Patrick Coleman gave us money for compost,



Sandra Finch brought us a mini greenhouse, Adam Taylor of *Taylor Made Fitness* gave us his time to bag up horse manure and Matt, as usual, has given his time, energy and support in helping me to get this all going again this year! We have also been allocated a grant from *Calstock Cake*, which we intend to use to buy a couple of smaller raised beds and to replace some of the very old gardening equipment we have. Gardening Club now feels like a real community project which is more than I could have hoped for it to be.

The children and I have been planting seeds, tidying areas after the winter, putting vegetable plants in, digging in horse manure, and planning and sorting for the growing season ahead. We have some wonderful children involved, each with their own special interests and skills. We have great fun each session, get very muddy and generally love being outside together.

The help we have received to be able to keep going is appreciated immensely and we are very grateful.

Natalie Utton

CALSTOCK SCHOOL REVEALS PURPLE PLAQUE TO CELEBRATE ITS FORMER PUPIL SAM JACKMAN

Calstock Community Primary School recently hosted a special event to honour former pupil Samantha Jackman, who has won the prestigious *Women in Innovation Award* from Innovate UK.

Unveiling a Purple Plaque in Sam’s honour, Headteacher Ben Towe said: “The Purple Plaque is a really fabulous idea, and it’s

plaques, and recognises the achievements of trailblazing women making a real difference in the world today. The plaques are being placed in schools across the UK to mark where each innovator’s journey began.

Ben added: “We are a small rural school, but we have always encouraged diversity, uniqueness, and the power that each individual

can bring. We also celebrate community and the impact that individuals can have on those around them. The work that Sam has done in her field epitomises our ethos. I’m sure it will encourage modern conversations on health and our bodies too.”

Sam is one of over 200 women to receive the Women in Innovation Award, which includes up to £75,000 in funding and a year-long support package

to help develop and scale their business. Award winners are tackling everything from AI allergy management to peat-free farming—and in Sam’s case, rethinking breast prostheses.



Left to right: Ben Towe, Samantha Jackman, Angelo Spencer-Smith, and pupils of Calstock CP School

a privilege to have it adorn our school, not only to recognise Sam’s achievements, but to recognise too the school that provided the foundations of Sam’s education.”

The Purple Plaque is Innovate UK’s modern take on the traditional commemorative blue

SAMANTHA JACKMAN AND BOOST

It was so good to go up to Calstock Primary School recently to see a purple plaque on the wall outside unveiled for Samantha Jackman—who was once a pupil there. She later went to Callington Community College where I was her teacher for a while.



Left to right: Angelo Spencer-Smith, Samantha Jackman, Ben Towe

Sam received this special honour from Angelo Spencer-Smith of Innovate UK for winning a Woman in Innovation Award. This is part of a national initiative that recognises the importance of women who have created pioneering businesses. Sam will receive grant funding and extra support to grow her business further.

Boost is Sam’s innovative idea. She founded the company to create colourful, light and patterned breast forms for women who have had a mastectomy after breast cancer. Sam’s mum had found the usual prosthesis that was available uncomfortable at times, so this inspired Sam to find a solution, basing Boost in our village.

Class 3 pupils then had a talk from Sam about her work and how dreams and ideas can lead to inventions in the future. Pupils were able to ask questions and comment on Sam’s business and plans. Some Year 6 pupils wrote about the session too. It was a great aspect of education that this school does so well.

As someone who has needed a breast form for over thirty years I have found Boost especially liberating when I go swimming so I am personally grateful for her invention. May creativity, conversations and compassion always have an important place in the curriculum.

Jennie Kramer

COMMENTS FROM TWO PUPILS IN YEAR 6:

Zoe L: I was inspired by Sam and her invention because she had a great idea and made it reality. Also my granny had breast cancer and I know that she would find that a very useful invention to help her feel more confident.

Pippa M: I was really inspired by Sam’s achievement because women who have had breast cancer can feel the same as people with breasts and feel comfortable. Her invention is amazing.

BOLLARDS PAINTED

A combination of Calstock Lights, Calstock in Bloom plus some residents refurbished the bollards on Fore Street. Some of them had become rusty with paint peeling off.

So, the team spent a Saturday morning cleaning them all up and repainting them. The Hammerite paint and brushes were supplied by Cormac as part of their Community Volunteer scheme.

Importantly, Lishe refreshed the team with free coffee—thank you.



Excellent team effort, thanks everyone for spending a couple of hours of your time to help look after where we live.

Colin Bates

CALSTOCK CAR PARK REPAIR

Many thanks to the great help we have received from Calstock volunteers in repairing Calstock Car Park: Adie Therin, Jamie Lang, Charlie Spurr, Rawden Langley—and, by no means least, Malcolm Wright who coordinated the project.

Not only did they work all week last week (in the sun, remember that?) the Bike Show has made a financial donation to the Parish Council to pay for materials and machinery.

Thanks to all involved including the volunteers, local businesses and staff from our Outside Services Team.



On behalf of the Parish Council, thank you for all of your efforts and for the financial contribution.

Clare Bullimore

CALSTOCK PARISH TWINNING GROUP NEWS

Back in March Calstock Parish residents generously donated and sent over 200 Easter Eggs to our twinned village of Petrykivka in Ukraine. With the help of *Cornwall and Devon Sending Love to Ukraine*, who took them as far as Warsaw, and their contacts who sent them across to Petrykivka, they arrived this week.

Petrykivka is close to Dnipro, which is going through a tough time at the moment. As a result, the children are having to study from home—schools are closed as they don't have air raid shelters and also due to power failures. It is difficult to imagine what it is like to live with such uncertainty every day.



Thank you everyone for sending a little happiness to these Ukrainian children.

Calstock Parish Twinning Group
tamarvalleytwinning@yahoo.com

RECYCLING FOR CHARITY SUMMER CHALLENGE



Thank you to those that have been dropping off old, stained, broken, unwanted Tupperware style food containers, takeaway tubs, reusable drinks bottles and sweet tubs. Together we sent over ONE TONNE of plastics to be recycled and SISTEMA, the manufacturer sponsoring the contest, has awarded our nominated charity KICKS COUNT £1699 based on the shipments we sent.

A remarkable result! **THANK YOU** to everyone that contributed in any way.

The playground that we won, made in part from the plastics we sent, has been installed at Brunel school, Saltash. The whole school worked really hard to collect so many items.

OUR SUMMER CHALLENGE!

We will receive a bonus, from the manufacturers, on these items.

Please bag and drop in our wheelie bin, just outside the main gate, at Calstock school.

- Bread and Bakery wrappers include burger buns, rolls, wraps, naans, thins, crumpets
- Waxy bread bags



- Ferrero Rocher empty boxes/trays/foil
 - Pringles brand tubes with metal bases only
 - Marigold brand gloves and packets.
- No lookalikes

- Cleaning wipes packets, air fresheners, dishwasher packs, trigger sprays

- Biscuits, Crackers and Cakes wrappers

Thank you for the continued support for our project.

www.south-hill.co.uk/charity-recycling

Ali Humphreys,
 Recycling for Charity Project Lead

CORNWALL & DEVON SENDING LOVE TO UKRAINE

The volunteer group Cornwall & Devon Sending Love To Ukraine is proud to announce that its 33rd humanitarian aid convoy will depart on Saturday, 24th May 2025. This remarkable mission will mark a huge milestone for the team—the 240th vehicle delivered, including four ambulances, since their efforts began.

Thanks to unwavering support from the local community, what began as a small grassroots initiative has grown into a powerful force for good. This convoy, like many before it, will deliver urgently needed supplies directly into the hands of those affected by the ongoing war in Ukraine.

From children’s essentials and medical supplies to warm clothing and hygiene items, every item loaded into the vans and



ambulances is a symbol of compassion from Cornwall and Devon.

The team also wishes to express heartfelt gratitude to Calstock Parish Council for their incredible generosity. This Easter, schools across the parish collected and donated Easter eggs for the children of Ukraine. These sweet gestures of solidarity brought smiles to the faces of many young people who have known little joy amidst the hardship of war.

The convoy volunteers are quick to point out that none of this would be possible without the public’s ongoing generosity. Every van, ambulance, and box of donations represents a community coming together with empathy and determination.

Plans are already in motion for Convoy 34, expected to set off toward the end of June, as the group remains steadfast in its commitment to support those in need for as long as it takes. To stay updated or get involved, visit sendinglovetoukraine.org

Darren Tait



COMMUNITY FRIDGE FOOD-WASTE HEROES

Since the launch of the Tamar Valley Community Fridge (TVCF) behind Pearces (now Asda) at the beginning of April 2022, a staggering 20,717.41kg of food has been collected by volunteers. That's over 20 tonnes of food that would otherwise have been wasted and that doesn't even include all the kind donations by individuals and local businesses (eg Gunnislake Stores & The Cornwall Bakery) which have gone straight into the shelves without being weighed!



This massive achievement wouldn't have been possible without the commitment of all the amazing TVCF volunteers who are out in all weathers collecting & weighing,

cleaning & temperature-checking and generally monitoring our wonderful community resource. A huge public thank you to them all!

Drakewalls Co-op staff have always been supportive and the electricity is supplied by the store so we're really hoping that this relationship will continue with Asda.

Please remember that this is essentially a foodwaste project and our collections are delivered at about 9.45pm on Mondays, Tuesdays, Fridays & Saturdays plus 4.30pm on Sundays. The free food does of course help people who are stretched financially! Also it's important to embrace the fact that this is a Community Fridge run by the community for all and it depends on everyone only taking a fair share plus contributing if they can. There are various ways:

1. Have a store-cupboard clear-out! We accept packet foods up to 3 months past their Best-Before date and tins up to 12 months past their Best-Before date.
2. Share any harvests or allotment surplus
3. If you don't think you'll get through a bag of fruit or vegetables before they go off, then bring some to The Fridge
4. Donate towards running costs via our PayPal tamarvalleycf@gmail.com

Thanks for everyone's support so far & here's hoping for a community-spirited 2025!

Mai Evans

ILLUSTRATING THE LINK BETWEEN FLOWERS AND TRAINS

As the GWR station adoption team, Calstock in Bloom receives funds to put in and maintain the plants at the station.

In January this year, they were approached by GWR to see if they wanted to apply for a national grant as part of the Railway 200 years celebration. This was to encourage groups to record the impact of the railway on the local community.

Working with Calstock Parish Archives, the story of the train line and the Tamar Valley's market gardening industry was identified as a potential project.

A survey of local residents / train users identified a very high level of support for using a local artist to create a mural on the shelter.

Local artist group Drawn from the Valley, along with recommended artists were contacted about their participation in the project. From this approach, local artist Colin Pethick was selected.

The application was successful, and the plan is to get the mural designed, painted and installed during the summer.

The mural will reflect the wide range of fruit and flowers grown in the valley and the role of the train in transporting them to markets around the country.

There will also be an interpretation board placed inside the shelter sharing some of the historical photos held by the Archives team, as well as a QR link to a new section on market gardening on the Calstock Archives website www.calstockhistory.org.uk/market-gardening



The GWR grant not only funds the creation of this original artwork, but also gives a substantial donation to our Archives team, as well as funding two creative workshops focused on the market gardening history. Run by Colin Pethick, one will be for adults and the other for children.

The adult's workshop (limited to 12 people) will be a 3 hour session at Calstock Arts starting at 13:30 on Sunday 27th July. Book your places by emailing c.pethick@btinternet.com

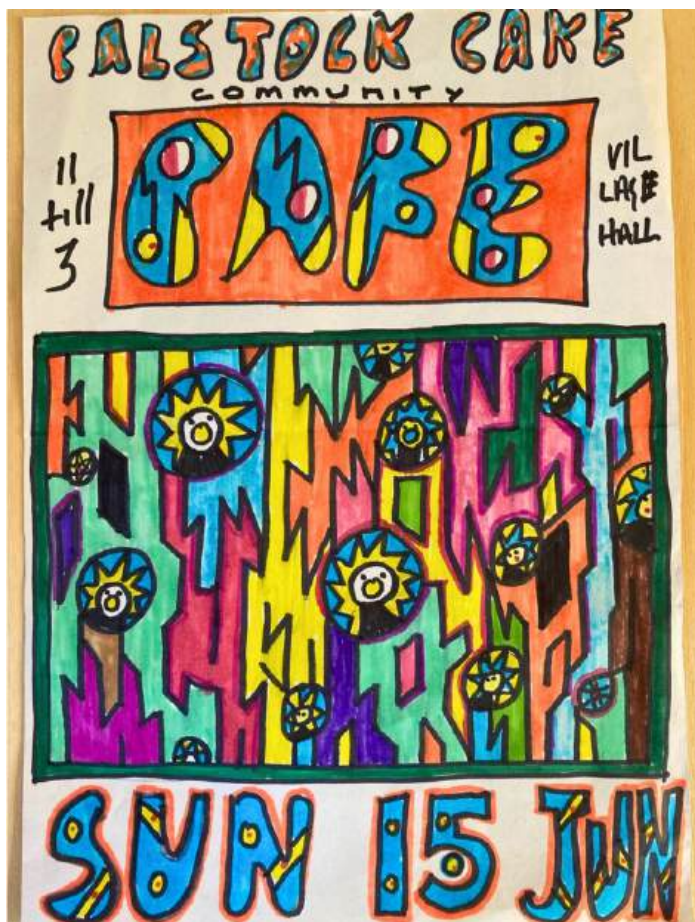
The children's session is yet to be confirmed, but the information will be shared on Facebook.

Colin Bates

CALSTOCK CAKE FESTIVAL DAY

Well, the forecast was lots of rain so we prepared for an indoors Festival Day—and sure enough

there was virtually no rain. The mood was sunshine, laughter and dance, not a cloud in sight. Socks were danced off, great lunch and cake was eaten and all the bands played their hearts out. Big thanks to all those who played, ran workshops, cooked, baked, served, set up and set down and mopped well beyond the call of duty.



The money hasn't been totted up yet but it looks like a surplus was made to spend on other community events. If you are a local community group and have a project in mind that you couldn't get funded in other ways, please ask Calstock Cake for a bit of financial help. We will almost certainly say yes. I can't remember us not responding positively.

Our next event is our monthly Community Cafe on Sunday 15th June. Maybe see you there.

Calstock Cake

ST LUKE'S OPEN GARDENS 2025

A very special thank you to everyone who participated in this year's Calstock Open Gardens. As a result of all the hard work put into the gardens, willing helpers and generous supporters, the village raised a fantastic £3,733.00.

This amazing fundraising total will help to continue the outstanding care and support to patients and their families.



A QUICK NOTE FROM CALSTOCK LIGHTS

With summer rapidly approaching, the Calstock Lights team are pleased to announce our summer event “Calstock Stomp” being held in the Village Hall on Saturday 5th July.

This is a new event for the Lights team with BBQ themed food (vegetarian option available), a disco, line dancing and a PAYG bar. There will be fun and games for all with the customary raffle and award for the best-dressed participant. What more could you ask for? Accompanied children (U18s) are also welcome. Further details can be found on FB and posters around the village.

Tickets (Adult £20/U18 £15) are available from: <https://wegottickets.com/event/658400>

Following on from our successful race night in March a donation of £350 was made to the Cornwall Air Ambulance fund, which was recognised by a lovely personal response from the charity thanking the residents of the Calstock Parish for their generosity towards this worthy cause.



Please help us to keep the lights on in the village; it is only with your support that this is possible.

Many thanks
Nev – Calstock Lights Chair

HARROWBARROW AND METHERELL COMMUNITY SHOP

If you're interested in learning more about the shop and possible volunteer opportunities, please come to a gathering 4-6pm on Tuesday 10th June at Harrowbarrow

Village Hall. We will have coffee/tea and cake.

You can also reach out to the shop committee at handmcommunityshop@gmail.com

CALSTOCK SAMBA BAND

CaSaBa has been going through a few changes. Our wonderful leader, Tom, has had to leave us and a few of us are trying to step into his (very big) shoes after our farewell party, with much gin, on the green. It's been an interesting time. Band members are learning more about their own strengths and interests and we are also valuing how much we love playing together. We have four new members and would love to welcome even more. Also, a shout out to any Sambistas out there. If you would like to try leading our band, please get in touch with chrissywallis@googlemail.com



Our June dates for practice at Calstock Village Hall are: Sunday 8th and Sunday 22nd both at 10:45am

Angie Sage

LIVING CHURCHYARD OPEN DAY

Tea, coffee, cake, savories. Please bring cash. All events are free but donations gratefully received.



- Family-friendly activities throughout the day: Wild Life Explorers, Nature Count, Graveyard tours, have a go at Scything.

- The Tamara Landscape Partnership will be around all day to talk about how our rivers play a part in nature recovery.

9.00AM Nature Watch. Open moth traps with Phil Barden, author of *The Moths of Bere Peninsula*.

10.00AM Tai chi on the lawn or inside if wet. Led

by Steve Knight. No experience or mats necessary.

11:15AM Do's and Don'ts for Hedgehogs. Talk by Linda Squires, Plymouth Hedgehog Rescue.

12.15PM Lunchtime concert: A Midsummer Medley. Voice, folk, local musicians.

1.30 PM Victorian wedding procession from school to the church with pupils from Calstock Primary school.

2.00PM Pop up drama in the graveyard: Calstock Primary School have been investigating ghostly mining tales.

2.45PM Parachuting teddies from the church tower. Bring a 'teddy', make a parachute and join in the fun.

3.30PM Midsummer Serpent Dance to the labyrinth and orchard, with folk musicians.

4:15PM Peal of Bells followed by open-air Celtic prayers.

CALSTOCK SCULPTURE GARDEN

I'd love you to make something to show at Calstock Sculpture Garden. It's a community sculpture show that'll be open throughout August in our wildish garden, at Blauwhuis, PL18 9SD.

Free to show, free to visit and cake and refreshments will be available, 10% commission on sculpture sales, donations on the gate, all proceeds go to St Luke's Hospice.

Go on, give it a go—make something. It doesn't have to be professional; some will be, some won't.

It can be comical or entertaining, political or serious, subversive or playful. Or even a comment on the human condition. There's no selection, entry is for all. All styles are valid but it would probably help if you had fun making it. Fancy a go? Got an idea? Barry would love to hear from you. 01822 832619.

P.S. Or dig out something you made earlier.

Barry Kirkman



LIFE DRAWING CLASSES

Life drawing classes have successfully started in Calstock Village Hall on a Monday afternoon.

Organised by Janine Falle and led by artist Annie Millar, the class was immediately full with eager budding artists ready to start or get back to drawing. "It's so great to see how many people want to connect with drawing," said Annie. "Not only is it good for getting your drawing skills up to scratch, but it's great for your mental health and self-esteem. We are so lucky to have such a perfect venue for life drawing as the new Studio Hall with its



wonderful north light and it is just the perfect size for a life drawing class."

If you are interested in future classes please contact janinefalle3@gmail.com

**ARTHUR IAN TILL
RUSSELL-COLWILL**

Welcome to Arthur! He was born on 15th April 2025 in Derriford Hospital after a 36 hour labour and weighed 9.9 lbs. His mum is Shannice Russell and his dad is Harry Colwill. Shannice says: “Moving to Calstock was all to bring him up in a lovely place! He makes our hearts incredibly full and everybody absolutely loves him.”



**BIG CONGRATULATIONS TO
DAVE WALLIS ON HIS
70TH BIRTHDAY**



Dave has lived in Calstock for thirty-two years, apart from the time he was away at sea being a hydrographic surveyor and technical crew manager.

Now he is happy to be home in our beautiful village.

From the Editors: Got something to share? Whether it's a new arrival, a big birthday, a fond farewell or just some joyful news—we'd love to hear from you. Send your announcements to info@calstock.news and help keep our pages full of life, love and community spirit.

JUNE INGRAM TURNS 90

On Wednesday 21st May, June Ingram celebrated her 90th birthday. She and her husband John have lived in Calstock since the mid-70s, and many in the village will know them—or recognise June’s beautiful smile.

June was born in Plymouth, went to Plymouth High School for Girls, and later worked at Phoenix Insurance.

She and John moved around a bit—from Clifton to Coventry—before settling in Calstock in 1975. They’ve been in the same bungalow ever since.

June worked for 13 years at Ginsters as



a machine operator. “Pastie people,” she says. She liked the work, though the cold in the factory didn’t always agree with her legs.



In their spare time over the years and especially after retirement, she and John walked—a lot. From local paths to the hills of the Lake District, and even Ben Nevis (four and a half hours up, two and a half down, and three days to recover!)

They’ve travelled far and wide over the years. John loved Tenerife, but June’s favourite was Italy — especially beautiful Lake Como.

They have two children, Keith and Judith, and two grandchildren, William and Emma. June also has a soft spot for orchids and for cats—several of which have ‘adopted’ them over the years, including Bouncer, who lived with them for 21 years.

The family is celebrating her 90th with a quiet meal in Lamerton.

Happy 90th, June—and thank you for being part of Calstock’s story.

THE CHAPTER WHERE SHE RUNS THE COFFEE SHOP

She's a real fighter and a perfectionist—and you wouldn't trade her cakes for anything. Sharon will tell you she Googles the recipes, and that her cakes don't look as exquisite as a pro's. But we just smile, forgiving her shyness, because they are de-li-ci-ous.

How did a girl from near Southampton become the coffee shop owner in Calstock?

She was born in Hampshire, moved to Jersey in her late twenties, following who she thought was the love of her life.

Raised two sons. Made a career as a legal assistant, in property sales and mortgages. Grew tired of both Jersey and job that were becoming more pressurized and demanding. She lost her son in a motorbike accident when

he was 24. And after 30 years spent on the Channel Island, she decided to move on—with Adie, who she met in 2005 and married in 2009.

In 2017, they moved to Lincolnshire hoping for something new. But found themselves in old patterns—Sharon working in child protection law in Council, Adie on building sites, driving heavy machinery. “We were both good at our jobs,” she says, “but it wasn't what we wanted.”

They actually both toyed with the idea of a coffee shop for a while—had even done barista training before they left Jersey.



But the village where they lived wasn't the right place: locals were happy with a 60p mug of instant coffee, no chance they'd pay more for a decent cup.

Getting ready to move on again, Sharon had been searching on Rightmove. The photo of Calstock Viaduct attracted her attention. She clicked on it and saw Lishe which happened to be for sale at the time. "Do you fancy running a café?" she asked Adie.

And just like that, the next chapter began.

It took quite a while to get here. But after a few delays with house sales and one global pandemic, they moved in September 2020.

"I was 60 then, starting a new life in a village, serving coffee and cake. And no experience whatsoever for either of us. We had no idea what we were getting into. We thought it's a chance to just work a few days a week, bringing enough money to keep us going. No, no, no, no, no, no, we were totally wrong. This is full on."

They quickly realised they'd need to open six days a week, with the seventh often taken up with restocking and prep. Yet despite the long hours and not having weekends off, Sharon says it's deeply rewarding. "If you choose to do it," she says, "you've got to do it with your whole heart."



They both learn on the go, evolving from complete newbies into the coffee shop that now draws many regulars. It's been five years since they bought this place from Nicky, the previous owner.

"I love the atmosphere of Calstock and the traditions. And the quirkiness of this place. It's the best place I ever lived," she says.

"I think this place has definitely got the ability to keep you young. There's so much life in everybody here. And I'd like to think that there's another chapter ahead of me."

Yuliya Teplova

CALSTOCK PARISH COUNCIL

Summer 2025

First and foremost: Dorothy Kirk. Dorothy stood as a Cornwall Councillor for 12 years, putting our Parish on the map and ensuring we were not the forgotten end of the county. Dorothy worked tirelessly supporting individuals and community projects. We would like to thank Dorothy for all of her work. Dorothy will continue to be a Gunnislake Ward Member.

Our congratulations to Phil Spurr and Alex Polglase who remain Calstock Ward Members and to Angus Black who will be the new Cornwall Council Divisional Member.

At our Annual Meeting in May, it was agreed to continue to hold Council meetings on a Tuesday, with our Full Council meetings being held on the second Tuesday of the month at 19:00. Jim Wakem and Mark Warwick are Chair and Vice, respectively.

We have 4 vacancies across the Parish: one each in the wards of Delaware, Calstock, Harrowbarrow and Gunnislake. If you would like to be considered then please email the Clerk and attend our next full Council meeting on Tuesday 10 June 2025, in the Tamar Valley Centre, starting at 19:00.

IN ORDER TO BE A PARISH COUNCILLOR,

YOU MUST BE:

- over 18 years of age
- a British citizen, a qualifying Commonwealth citizen, or a citizen of any other member state of the European Union
- on the Electoral Register in Calstock Parish
- a local government elector of the parish; or a person who in the last twelve months occupied land or other premises as owner or tenant in the parish; or has resided in that area or within three miles thereof; or has had a principal or only place of work in that area

YOU MUST NOT

- be bankrupt
- have, within 5 years, been convicted in the UK of any offence and have had a sentence of imprisonment for a period of over 3 months
- have been convicted or reported guilty of a corrupt or illegal practice by an election court
- been disqualified from standing for election to a local authority.



Clare Bullimore
01822 748847

clerk@calstockparishcouncil.gov.uk
www.calstockparishcouncil.gov.uk

CALSTOCK PARISH ARCHIVES

TAMAR VALLEY MARKET GARDENING AND THE TRAIN

Market gardening in the Tamar Valley existed in Victorian times alongside mining, quarrying, brickmaking and fishing. A wide range of crops were grown which included apples, pears, cherries, strawberries, tomatoes, as well as daffodils, irises and anemones.

Local markets included Plymouth and the Royal Navy, but there was desire to move the produce further afield to London and markets in the North. The introduction of the railway line had a significant impact on providing access to these markets with specific Flower and Fruit Trains leaving Calstock and delivering to markets nationwide.

THE DAFFODIL BOOM YEARS

Disease problems started to hit the intensively grown strawberry crops and growers increasingly put more of their land into daffodil growing. The flower season started in early February and extended through to May which was the month of the unique and valuable Tamar Double Whites. Other important varieties that were grown in the early days included Bath's Flame, Emperor, King Alfred, Horace and many pheasant-eye type daffodils.

Flower picking and bunching is labour intensive work and the whole family and extra workers would be needed in the flower season. The open flowers were tied with raffia into bunches of 12 and about 24 bunches were then carefully packed into wooden boxes ready to be taken to the station.



Boxes at Calstock station awaiting the Fruit and Flower Train

During the 1950s and 60s an average of 350,000 boxes of flowers and fruit were dispatched on the railways from the area every year.

In 1955 it was recorded that 1000 people were employed locally in the market gardening industry.

THE DECLINE OF THE INDUSTRY

A number of factors led to the decline which included: increased competition from the East of England producers growing in greenhouses, imports from abroad, the valley's steep sloping gardens made the introduction of machinery more difficult, seasonal labour became more sparse.

Thanks to the GWR funding, more detail on this key industry is now available on www.calstockhistory.org.uk/market-gardening

CALSTOCK PARISH ARCHIVE

We had a lot of interest in the 1839 tithe map for Calstock Parish when it was on show in March at the Albaston Methodist Church. Our next outings will be at the Tamar Valley Fete on 14th June and at Gunnislake in July and at the LCCP show the following week.

What we desperately need are images of the alterations made to the hall last year. I'm sure there must be lots of people who have taken photographs and it is important to have a record available for future generations. Please, please could you email some to me at the address below. Alternatively, if you have printed copies, could we borrow them to scan?

The archive is based in the Albaston



Cemetery Chapel and our normal opening times are Tuesdays and Fridays 10.00 – 2.00 and Wednesdays 12.00-4.00. Why not come in and browse through some of our photograph albums.

lynda.harman@btinternet.com

Tel 01579 351413

CALSTOCK PARISH LOCAL HISTORY GROUP

If you're interested in local history please join us. The Calstock Parish Local History Group meets once a month with outings in spring/summer and talks in autumn/winter. Membership is only £7 a year and includes three newsletters packed with articles about local history, with discounted entry to our outings. Get in touch if you'd like to join or find out more. Non-members are always welcome at our events.

SUN 1ST JUNE: WALK AROUND LISKEARD WITH BRIAN OLDHAM.

Meet at 2pm at the West Street entrance to the Westbourne/Co-op Car Park in Liskeard.

SUN 6TH JULY: WALK AROUND ST NEOT WITH JEAN MILLER.

Meet at 2pm in the car park opposite the St Neot village hall. Apparently the London Inn next to the church there does an excellent Sunday roast.

SUN 3RD AUGUST: WALK AROUND OKELTOR MINE SITE AND NATURE RESERVE led by the owner, Jon Tully.

This will include the refurbished steps and boardwalk down to the path along the river bank, which still has many exposed tree roots.

There is no parking available at Okeltor.

Park in the Calstock village carpark and walk along the lane or around the riverbank and over the Wetlands bridge (allow half an hour) - the two routes meet at the Okeltor Lime kilns and Okeltor Boathouse. **SX 44418 68647.** Assemble in the grounds of Okeltor Boathouse at 2.30pm.

The group will then walk the track to Okeltor mine site to meet Jon Tully at 3pm. **SX44545 68899. Walk is 2 miles or so.**

Please RSVP for all walks to Jill Lane:

on lane235@btinternet.com

or 01822 833856

Tish Valva

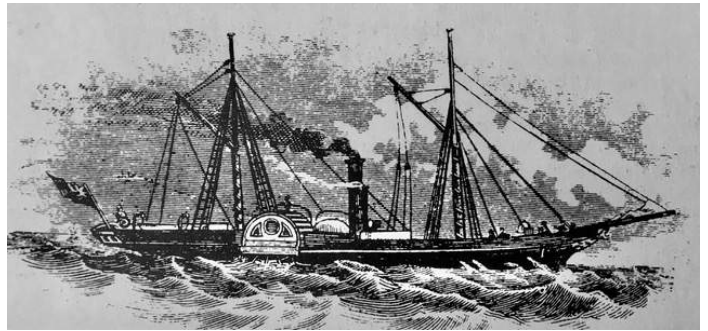
PADDLE STEAMERS AT CALSTOCK

I have been a sailor for more than two-thirds of my life with no interest in motor driven boats, but steam driven always sort of crept into my thoughts—maybe because of the smell like the old trains had. Then Ian Richards put me aboard his and I found that as long as he was doing the work I really liked the ride. So that is why I am writing this little piece on some of the Paddle Steamers that worked bringing people and cargo to and from Calstock along the Tamar.

Most of this, including the photos, was gleaned from Alan Kittridge’s very detailed book: *Passenger Steamers of the Tamar* available at the Calstock Parish Archives.

It will probably be argued by real steamboaters, but I have found that a guy named William Seymington built the first successful working steamboat, the *Charlotte Dundas*, when it towed two large sloops up the Forth & Clyde Canal. Then, I found that what I had been taught in school in San Francisco about Robert Fulton inventing the paddle wheel steamboat to work the Hudson River was wrong. He actually bought an English steamboat, the *Clermont*, and had it brought to the States.

The 103’8” *Sir Francis Drake* was the first recorded Paddle Steamer to offer a cruise



to Calstock around 1823. The *Drake* had been launched that same year in Plymouth at the Cattedown Shipyard. The actual destination was Cotehele but included Calstock.

Calstock became a popular destination for cruises to the extent that several paddle steam companies were created with Calstock as a cruise offering. As one of the photos show, the Saltash & Devonport Steamboat Company had four of their vessels moored behind a couple more with an estimated tourist visitation of around 1700 people who wandered around the lanes of this small village. A lot of strawberries were bought.

The Edward Brooming Boatyard across the Tamar from Calstock (where Ferry Farm sits today) built two paddle steamers for the Calstock and Devonport Steamboat Company around 1846: the *Emperor* and the 68’ *Queen*.

H.E. Ross

Photos:

- The 103’8” *Sir Francis Drake*: a Paddle Wheel Steam Packet
- Four SDS Company’s PaddleWheel Steam Vessels at Steamer Quay, Calstock from left, *Empress* and *Alexandra*, *Princess Royal* and *Eleanor*



AN ORDINARY PERSON - THOMAS OWEN ROGERS

You may think the only things the Parish Archive are interested in are special buildings, famous people etc. That's not true. Recently, some donated diaries have been interesting. They were kept by a man in St Dominic from 1929 to his death in 1965. His entries certainly aren't detailed but they give an insight into an 'ordinary' person, his village and the times he lived in.

He doesn't give much away about himself – you need to read closely. We learn that he smoked enough to cash in the coupons he collected in exchange for a scarf, a “hydro” (?) and two watches. He smoked Kensitas and Ardath – maybe contributing to his later ill-health. He sells a motor-bike and also buys a cycle from Biscombes (discounted by 15/- from the list price of £6-7s-6d). There are many excursions, lots with the church by car, bus and boat, often recording how the cost: August 21st 1930 Ilfracombe in a party of 84, fare 8/-; Newquay in 1932, fare 9/-. A monthly haircut during 1933.

He was interested in a range of sports. He watched many local football matches. He was a follower of Plymouth Argyle. Amongst frequent Plymouth trips was one to watch the world-famous boxer from Stoke Climsland, Len Harvey.

We learn about his health. Between December 6th and 20th 1933, he had seventeen teeth

removed in three dentist visits!!! In late 1935 he developed pleurisy - serious enough for him to be off work for six months including time in Tehidy Sanatorium.

He records many births, marriages and deaths in the area (including a suicide in Vernigo Woods). This information was easily available to him as he worked as chauffeur/ handyman/ gardener for two rectors for 20 years. He played the organ in church. In 1929 he played throughout the year, missing it only twice. He was clearly a good and loyal employee. Revd. Square left him £25 (roughly equal to £2000 today). He cared for him when he was ill, staying up with him through the night and giving him injections. Mr Square was taken ill December 12th 1934. The nurse came from Yelverton the following day but he died a few days later. Mr Square's 1931 Austin was sold to Fred Rickard for £90 in February 1935.

In his “Extracts” journal the entry for 1943 consisted solely of, “Nothing of interest to record. Much time spent in office and Home Guard Parades”. A man of few words!

From such very brief entries and many, many more into a diary of such a person a whole picture of life in a small Cornish village can be created. Thomas Owen Rogers 1902 – 1965.

Ian Craft

CHRISSEY WALLIS

1. WHERE DID YOU GROW UP?

In Stoke, Plymouth. My father was in the Navy and based in Plymouth. When he retired from the Navy we moved to Hertfordshire. I learned how to paddle a canoe on the River Lea and I now use those skills here in Calstock!

2. WHAT BROUGHT YOU TO CALSTOCK, AND WHEN?

Dave and I bought a house in Latchley in 1981, but 'it's two coats colder there'. We then moved to Harrowbarrow, very windy! Whenever we visited Calstock it was warm and sunny and a much more happening place to be. In 1994, Home Park came up for sale and we couldn't resist the chance to move to this wonderful village.

3. WHAT IS IT ABOUT CALSTOCK YOU ENJOY THE MOST?

The sense of place, its position in this beautiful valley and the people who spend their time and effort to make it so special here.

4. WHAT WOULD BE YOUR PERFECT DAY?

Breakfast outside with views across the valley followed by Samba and lunch with the band on the green. A walk through Okeltor, passing the church where Rufus (our Border Collie) likes to say hello to everyone forever sleeping in the churchyard, then through the Danescombe valley, Lower Kelly and home. To finish, a perfect sunny evening BBQ in the garden with friends watching migrating birds or perhaps some shooting stars.

5. WHAT FOR YOU IS THE HIGHLIGHT OF CALSTOCK'S EVENTS CALENDAR?

Montol on the 21st December, the Cornish celebration of the winter solstice. With giant willow lanterns and smaller individual lanterns we process with Calstock Samba Band down from the station to the village green. Along the way we see all the wonderful Calstock Advent Windows too.



6. WHICH SEASON DO YOU ENJOY THE MOST?

The Spring: long warm evenings, bird song, wild flowers, daffodils, orchids, bluebells and primrose in the valley.

7. WHAT IN YOUR OPINION IS THE BEST VIEW IN THE VALLEY?

The iconic Calstock Viaduct that looks like a giant sculpture!

8. WHAT IS YOUR FAVOURITE CALSTOCK CREATURE?

The Charm of Goldfinches that come to our feeding station every day.

9. HAVE YOU EVER SWUM IN THE RIVER?

Yes, four times, before run off and sewerage pollution made it uninviting. The swoosh—the 2km stretch between Calstock Quay and Cotehele Quay—where you can climb out, carefully manoeuvring over to the right bank before the current takes you too far. Also the Boxing Day dip at 9.30 am and a dip from just above Okeltor, where a seal popped up and scared the living daylights out of me.

10. WHAT THREE WORDS DESCRIBE YOUR LIFE HERE IN CALSTOCK?

Happy, inspirational and entertaining.

CALSTOCK WETLANDS: BEAUTIFUL, BUT AT WHAT COST?

The Calstock Wetlands have become a striking feature of the village landscape—a stretch of reclaimed land now rich in birds, reeds, and tidal pools. Managed by the Tamar Community Trust, the area is often hailed as a success story of ecological restoration. But not everyone is clapping.

Over the past two summers, locals have reported a sharp rise in painful insect bites—some requiring medical attention. The likely cause? Blandford flies. These tiny biting insects breed in shallow, slow-moving water—exactly the environment now flourishing across the wetland site.

While the project has brought environmental benefits, it's also introduced a very real problem. The bites aren't just irritating—for some people, they've led to serious reactions and infections. And with no warning signs, public advice, or mitigation measures in place, residents are rightly asking: was this properly thought through?

There's no suggestion the site should be scrapped—it's here, it's part of the landscape, and many appreciate what it offers. But the impact on public health and quality of life



Photo from TVNL website

can't be ignored. The rise in fly populations is noticeable, and unless action is taken, it's likely to get worse as the climate warms.

The Tamar Community Trust, along with relevant authorities, should now prioritise monitoring insect levels and exploring practical mitigation—from vegetation management to public guidance. It's not about blaming anyone, it's about dealing with what's in front of us.

Environmental projects don't exist in a vacuum. If they affect the local population, people deserve transparency, not just PR. Calstock's wetlands are a fine idea—but they shouldn't come with a sting in the tail.

Keith Ingram

From the Editors:

Have something to say? We'd love to hear from you. Whether it's a response to a recent article, a local memory, or a reflection on village life—send us your letters. Email info@calstock.news and help keep our pages thoughtful, lively, and full of community voices.



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CALSTOCK ARTS

5TH JUN Cfylm presents The Fall Guy. Doors open 6.30pm. Film 7.30pm.



7TH JUN Craig Ogden Classical Guitar. Doors and Bar open 7pm. Performance 8pm. £18 in advance. £21 on the door.

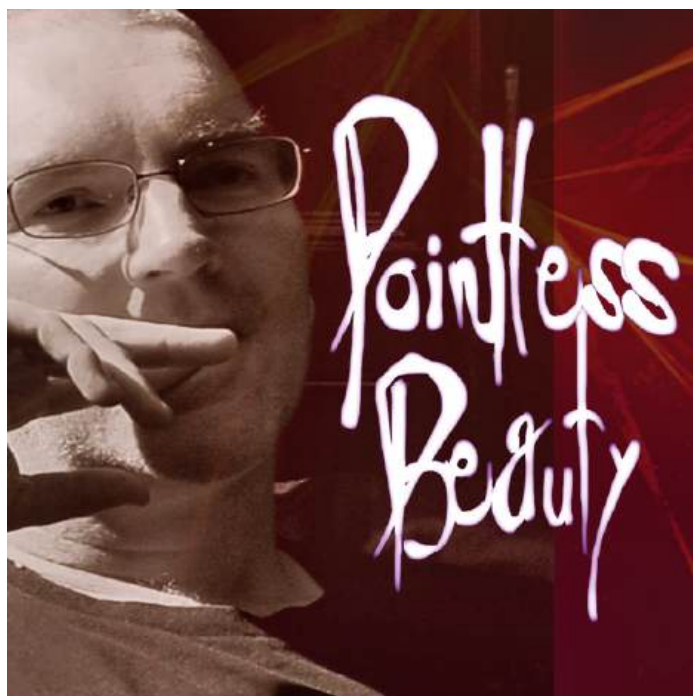
12TH JUN Balancing the Scales + Farming the Flood with Nick Vinery. A double bill of environmentally themed films. Doors and Bar open 7pm. Performance 8pm. Free entry but please book online.



13TH JUN Tobias Ben Jacob and Chris Cleverley, plus special guest Isabel Inkcapp. Doors and

Bar open 7pm. Performance 8pm. £15 in advance. £17 on the door.

14TH JUN South West Chamber Choir. Songs from the Victorian Madrigal Revival. Doors open 2:30pm. Performance 3:30pm. £10 in advance.



21ST JUN Al Swainger. Pointless Beauty. Doors and Bar open 7pm. Performance 8pm. Tickets £16 in advance. £19 on the door.

28TH JUN Quiz in aid of Thomas Read Bursary. Raffle and Bar. Teams of up to 8 people. £5 per person. Tickets available on 07778 364944. Doors open 6:45pm. Bar from 7pm.

17TH JUL Benedict McDonal. Naturally Profitable: Restoring Nature to Farms and Estates. Doors open 7pm. Performance 7pm. £10 in advance. £12 on the door.

THE TAMAR INN



CALSTOCK SOCIAL CLUB



- FRI 6TH JUNE 9PM** - Jack O'Hearts. Folk
- SUN 22ND JUNE 4-6PM** - Wasson. Folk/Shanty
- FRI 27TH JUNE 9PM** - Get Wicked. Swing/Jazz
- SAT 5TH JULY 9PM** - Dog Fish Mammal. Rock/blues
- SAT 19TH JULY 9PM** - Strange Almond. 80's Synth music
- SUN 20TH JULY 4-6PM** - Third Wheel. Acoustic

MOBILE LIBRARY



Please note: the times of the mobile library stops are subject to change.

**Mobile Library comes to Calstock:
 14:35 to 14:55 Calstock Quay Car Park
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For more details, you can call 0300 1234 111 or email libraries@cornwall.gov.uk or visit Cornwall Council website www.cornwall.gov.uk (go to Libraries, Museums and Archives / Libraries / Mobile library).

COTEHELE: FESTIVAL OF BLOSSOM IN THE TAMAR VALLEY

The end of Spring has been a sunshine filled and bright one – which matched the energy and vibes around

when you think about the house in its preserved Tudor state, but it does not stand still with programming and event planning!



Photo - Rebekah Mason

the Festival of Blossom celebrations across the Tamar Valley and Plymouth.

When this goes to print, our Festival of Blossom celebrations will have wrapped up – but we are hoping for bigger and even more blossom-y fun for Festival of Blossom 2026.

Time stands still in many ways at Cotehele

After a Kernewek (Cornish) Half Term, we are rolling straight into Summer of Play plans and set up.

May Half Term and Summer of Play this year will hopefully have a really distinctive local and Cornish feel about them as we think about what it means to us as a property on the Devon-Cornwall border to celebrate our Cornish-ness and to explore what that could have meant and looked like for the Edgcumbe family over the years also.

If you visit us over the course of June, you will notice some Cornish language boards up throughout the house, in the garden and across the wider estate including the mill.

These boards have words of interest in English alongside the Cornish translations, hopefully as a fun way for us all to learn a little bit more Cornish.

Whilst the blossom is largely over now, although some Hawthorn is still brightly showing in our hedgerows, I am going to share some beautiful blossom pictures we captured this year of blossom across the Cotehele estate.

Oll an gwella,
Rebekah Mason

Senior Programming & Partnerships Officer

MEMORIES OF CALSTOCK BIKE SHOW

It was the year 2000 and Calstock Rowing Club was putting on its annual regatta, a one-day event. Malcolm Wright, whose wife-to-be, Tara, was a rower thought it would be nice to add some bikes and camping and make it a joint weekend event. And so it began:

Commodore Ron Pallister got permission from the Parish Council for camping on the field, flyers were printed and word spread among the biking fraternity. It was a great success. 36 tents were pitched and there was a band at the Riverside Function Room (where the Ice Cream Academy is now).

The second year, the Bike Show doubled in size. A band of Welsh bikers came early on the Wednesday and played bingo with the regulars in the Social Club. *You can play, they were told, but you can't have the jackpot.* The third year there was a band in the Village Hall and a band in the pub, and people came from even further afield. The fourth year in, Malcom got permission for a marquee on the field and there were bands on the Friday and Saturday. By the tenth year eight hundred people were camping on two fields and Calstock was rocking. By then a whole team of people was making it happen: Keith and Donna Ingram, Matt Sweeney, Tom Cousins, Steve Murray, Katie Allan and of course, Malcolm Wright.

The next few years were golden: the Sealed Knot Civil War society came and fought a battle, and another year live cannon were fired across the River Tamar. All kinds of bikers came, a mixture

of bands played great music and stallholders did a brisk trade. Prizes were given for best bikes and there were fireworks—high and loud—on the Saturday night at 10pm for 10 minutes exactly.

But in 2020, Covid hit and the Bike Show was cancelled. Likewise in 2021. Costs soared and licensing became more difficult. In 2023 it was



centred on the Village Hall, which made licensing issues easier and in 2024, helped by Ivan Prince, the admin and licensing issues were manageable—and it was a great show once more.

Malcolm wants to thank everyone—so many, many people—who got involved and helped over the years. Without them the Bike Show could never have happened. But it needs someone at the helm, and Malcolm can no longer deal with the complexities and responsibilities of running such an event. If anyone would like to take it on, Malcolm is there to advise and encourage.

Is there anyone out there?

Angie Sage

REFLECTIONS ON CAUCASIAN CHALK CIRCLE

In September 2024 I put up posters in Calstock and Gunnislake inviting anyone who wanted to perform in a play—Caucasian Chalk Circle—to come to the village hall for weekly Tuesday evening sessions. I was specific that no experience was required at all. A small group of 10 gathered from all walks of life, ranging in age from 11 to 76. I was really excited to be working with such a diverse group and we spent the first 10 weeks playing theatre games and reading extracts from the text, imagining how we could create the world of the story.



Left to right: Sheila Snellgrove, Etta Cousins, Lily Russel, Alexandra Hull. Photo by Hanna Collins.

We had no resources, save the kindness of the village hall in letting us use their space. We promised that in exchange, whatever ticket money was made on the performance would be donated back.

In the new year our company increased, mostly by coercion and persuasion, to a group of 20, the last one in was Simon Shashava (arriving late February) without whom the production would not have been possible. I heaved a sigh of relief because then I knew we would be able to do this extraordinary play real justice.

After that things snowballed and, as it gathered momentum, Brecht’s story took on a life of its own. This is the amazing thing about theatre, you rehearse and rehearse and suddenly, whatever it is that you are going to make emerges, slowly but unstoppably, before your

very eyes—a huge collaboration. The company owned the story and played it beautifully in performance.

It was a wonderful experience for me. A small group of people led by Ally Hull and Janet Nesaule took on the costumes and set design, delivering work of really high quality. Matt Taylor delivered his promise to provide original music and a band of four was set up. Every week I worried that people wouldn’t turn up, but they did. I worried about the staging, but we worked out the simplest forms of delivery and Steve Darbyshire hammered and sawed, turning salvaged wood from the Tamar Inn into bridges and backdrops. I worried about lighting and then Tom Cousins just magicked some up for us and rigged them. All the resources we needed

came—with a little help from Calstock Cake (thank you so much!!) including Lara Kramer's tin bath!

Theatre is ephemeral, performances are unique, existing only in the present moment and affected by the audience's participation and engagement. Our audiences were magnificent: warm, eager, thoughtful, joyful and celebratory. Thank you for coming

to see us, your support lifted the show and made us brave, expansive—helping us to go further, to believe in ourselves.

Calstock Community Theatre exists to offer exciting performance opportunities to local people—so look out for the next production, it will be entirely different—but your involvement will make it really special.

Sheila Snellgrove, Director

THE CAST: JON TILBURY

The play was hugely enjoyable, and it was lovely to feel part of a new community of people who all got on so well together and I think created

something we should all be proud of. Really hard work living with the director though!!



THE CAST: FLEUR COUSINS

Looking back to last autumn when I saw an open invitation poster dotted around the village inviting people to come along to be part of creating a piece of theatre, I had absolutely no idea what I was letting myself in for and the many ways this process would shape the next few months of village life.



Drawn to the black and white images on the poster, a play, studied by most drama students, I was intrigued. My daughter and I agreed that together we would find out more.

From the first rehearsal, this group quickly became more than just reading a play. Through learning the scripts I met new friends and learned more about a fabulous bunch of people

than I could have hoped. Doing silly games, playing and practicing respect on every level for each other was refreshing. Although at times it was intimidating, being vulnerable and real with other humans, it was always fun and fulfilling being creative together. We each had an equal voice, and rehearsal became a joy on those cold and rainy winter evenings.

Through the process I have watched my daughter grow and bloom in confidence, culminating in us both having fun together with each other in a shared interest.

For me, the experience of the Caucasian Chalk Circle was much more than just a show, it was an exercise in trust, respect and creativity. Over those few months and performance week, I realised that for the first time in a long time that I belonged.

All black and white photos of the cast on this and following pages – by Becky Fierek

AN ORDINARY MIRACLE



I was probably the most unusual spectator at this performance—I don’t speak English. So I didn’t focus on the storyline (I’ve read Brecht, I know the plot), but on the theatre magic itself. And I was truly enchanted by what I saw.

In my opinion, the director’s work was brilliant. She shortened the play very skilfully, choosing her own narrative line. Late Brecht, with his theory of “epic theatre” is quite complex, both to stage and to understand. But the result was a dynamic and captivating performance. Literally every 8–10 minutes brought a kind of climax—the scene with the bridge, for example, or the one with the tin bath. The play kept the audience in suspense and anticipation of the next turn in the story.

All three stage platforms worked with impressive precision, allowing the actors to perform among the audience and creating an illusion of shared experience. And the spirit of Brecht came through clearly in the energetic songs. After all, it was his artistic invention—to weave musical “zongs” into the fabric of the play, giving the author a way to speak directly to the audience. The musical arrangement as a whole was very professional and emotional—clearly the achievement of the small orchestra, with their original melodies written for the German playwright’s texts.

I’m a devoted theatregoer and usually view amateur performances and non-professional actors with some scepticism. In this case, my doubts were completely overturned. I don’t know what the secret was. Perhaps it was the sheer number of rehearsals, which lasted nearly six months. Perhaps it was the casting—every performer suited their role, both in appearance and emotional expression. Or maybe it was the special emotional lift that came from Calstock’s residents having the chance to express themselves in an unfamiliar way. Later, I discussed the performance with my theatre friends in Ukraine. They told me this happens rarely, but it does—sometimes amateur actors can perform better than professionals. For professionals, theatre is just daily work, and sometimes they grow tired of it. For amateurs, each performance is a celebration of the soul, a kind of magic, a moment of emotional elevation. In my view, at least eight or ten performers reached a very high professional level. And the others touched the audience with their sincerity and deep involvement in the performance.

One more detail that seems important to me. I assumed the costumes and props had been rented from a theatre. When I found out they were all made and sewn by the actors themselves, I was genuinely amazed. I can only imagine how much time and effort went into building the bridge across the mountain river, and into designing and sewing the historical costumes. This shows just how deeply people were involved in the creative process—and it led to an astonishing result.

It was hard for me to imagine that in a relatively small community in Cornwall, such complex and compelling creative ideas could be brought to life. That the ordinary

people I meet on the streets of Calstock could hold such remarkable creative potential. The organisers and performers of this production clearly demonstrated that Calstock can rightfully claim an informal, but honourable and meaningful, title as the cultural capital of the region.

And I still find it hard to believe that, in the English countryside, I witnessed with my own eyes a true celebration of high culture, the magic of real theatre, and the miracle of ordinary people transforming into heroes of an extraordinary theatrical world.

Vitalii Teplov

THE CAST: JEANNIE PETERS

I thoroughly enjoyed being part of this amazing community theatre project, with such a wonderful group of people. Sheila's professional directing

inspired the confidence to give our very best performances. I loved every moment of it...can't wait for the next one!



THE CAST: JANET NESAULE

Being involved with Caucasian Chalk Circle was a real joy for me.

I had worked on several productions in the past, including Threepenny Opera, our last Community Theatre production, so I knew we were all in for something exciting and a lot of hard work. Concerned that I might not be able to take on an acting role, due to age and health issues, I started working on ideas for backdrops and props. but Sheila found the perfect part for me as an aged crone with



a stick! The logistics of working with such a big cast can cause problems for any director and I think we were all impressed by Sheila's positivity in the face of seemingly impossible situations with cast members disappearing or becoming ill. That being said, the cast, once established, threw themselves into the production wholeheartedly. Many had never performed before and watching progress was a delight.

So many contributed so much to make this a really great experience, one that won't be forgotten for a long time. Let's hope there will be another one soon.

THE CAST: ETTA COUSINS

From the very beginning I absolutely loved the experience. The whole company became like family to me. Everyone looked after and supported each other, as one of the youngest in the cast, I always felt my views were listened to and valued. It changed cold rainy nights into a warm adventure.

Performance week was one of the most fun things I have done and it made all the hard work worth it. I really hope to do more shows in the near future with the Calstock Community Theatre group.



WHAT FOR? OR: THE PLACE WHERE LIGHT EXISTS

The sound of the audience—laughter, voices, footsteps, clinking glasses, chairs screeching on the floor—rolls like a large, uneven ball.



“One minute left,” says Sheila, stepping out to us. We are ready.

Music swallows the noise. The regular light fades. In the dimness of stage light, we follow Sheila in a line—we are to start from **that** wing. Silence.

Then the tap of Jayne’s staff. Her voice.

My heart pounds; my fingers are icy. I step out—not into silence, but into words I’ve been waiting for.

Here they are—and I step into the light...

To say it’s frightening, to perform, is to say nothing. It truly is. Everyone who’s been on the other side of the curtain knows. And if you come back—again and again—you know it even more. You feel it in your skin.

Why? Why am I here, curled like a bow, tense like a substation?

Why not sit in the audience, waiting for something interesting?

Instead, I stand at the edge of the abyss, not knowing if I’ll fly or fall.

How? Why? What for? Why do I need all this...again?!

One reason: that feeling of flight.

For a brief moment—with partners, with the audience—you allow yourself to **feel**. To sing, to make faces, to play joy or sorrow—to be someone else.

Or maybe, in those moments, you are most yourself. Moments, like beads on a string—colourful, many.

A phrase. A gesture—like when Etta met my gaze and gave a thumbs up.

A glance. A smile. A spark in the audience’s eyes.

That glimmer of “Yes, it worked.”

In the end, this is our life—to keep becoming someone else, while holding on to who we are. A special thanks to Sheila—for her gentle strength, her skill in uniting such different people into one collective: **us**.

Sincerely yours,

Village crutched scrivener, **Azdak**

P.S. And as I said before, I’ve always found a rabbit and a pitcher of something tasty for YOU.

THE CAST: VEE VIMOLMAL, LILY RUSSEL

So much fun with an awesome group of people!



I loved every moment of the community theatre experience. I am so proud of our company, it was a truly uplifting venture to be part of.



A VIEW FROM THE OUTSIDE

I was preparing to fake my enthusiasm as I was walking down to the Village Hall on the night of the first *Caucasian Chalk Circle* performance. A community theatre—for someone who lived in cities and capitals their whole life—is something you treat with politeness and from afar.

It must be mentioned, in the interests of a complete picture, that I visited the very first rehearsal that Sheila led. She was stunning. With the energy and drive she radiated you could power a nuclear station. Yet, I didn't see it coming...

To add to the picture, my own husband was in the play. Somehow, he managed to learn all of his lines and rehearse all the episodes in complete

secrecy. I didn't see or hear anything at all. So, I wasn't prepared at all.

That very Thursday, on 10th April, I was walking down with one aim: to support my husband. It was his premiere. He was on crutches (real ones, not props). I had to be there for him.



I timed my arrival so that I'd be there just in time for the interval: to get inside for the second act when he was on stage. But I confused the timing.

Sneaked into the Hall—and heard Fleur as an evil peasant bargaining with Etta. Got nicely intrigued.

Peeked behind the entrance curtain, and saw the space. Three stages at once and that lighting! Got impressed.

Heard the music. Saw the costumes. Got amused.

Sat down. Slipped into the play. Got involved.

That feeling of being *involved* in a play—this is the highest sign of true quality for me. When you believe in a show so much that you don't notice if there are any mistakes or inconsistencies. You just dive deep into the performance and follow its vibes. Not every big city theatre is actually able to do it. Calstock did.

Yuliya Teplova

THE CORNISH CALENDAR

Forget Roman emperors, and number order, some Cornish months give a pretty good description of what to expect:



- *August Mis Est* “the hot month”, the summer month (from Latin)
- *September Mis Gwedngala* “the month of white straw”
- *October Mis Hedra* “the month of stags rutting”
- *November Mis Dû* “the dark month”, “the black month”

- *December Mis Kevardhû* “the month of black/dark weather”

The rest of the months have to make do with more minor attributions:

- *January Mis Genver*
- *February Mis Whevrel*
- *April Mis Ebrel*
- *May Mis Me*
- *June Mis Efen* (earlier Metheven)
- *July Mis Gorefen* (earlier Gortheren)

Yes, we do have some days and months named after Roman planets or gods (and the odd goddess), but not a Wodin or Thor in sight:

- Sun or *Sol* gets Sunday: **De Sül**
- Moon or *Luna* gets Monday: **De Lün**
- *Mars* gets both *Tuesday* and *March*: **De Meurth** and **Mis Meurth**.
- *Mercury* just gets *Wednesday*: **De Merher**
- *Jove* or Jupiter gets *Thursday*: **De Yow**
- *Venus* gets *Friday*: **De Gwener**
- *Saturn* gets *Saturday*: **De Sadorn**

Market days were popular. There were two famous ones in Penzance, preserved in the language, though slightly morphed:

- Thursday Market **Marhas Yow** (Marghasyou in 1331) became *Market Jew Street* (famously painted by Stanhope Forbes).
- Little Market **Marhas Vian** (Marghasbighan in 1359) became *Marazion*.

Jan Lobb

SUMMER GRAZING

Our Cornish place names are a glimpse into history. They tell us about ancient farming practices, e.g. transhumance: the seasonal movement of livestock between a winter home farm and a summer shieling. We find *hav summer* (sometimes mangled) in such names.

• “shieling/summer farm stream” HEWAS WATER: **Dowr Havos**

So where did the sheep and cattle spend the winter? If you look around a map you will find more than a dozen “home farms” with the name HENDRA; modern spelling **hendre**, from **hen old** and **tre farm, farmstead**.



Image from tamarvalleycottages.co.uk

Two places near Callington retain traces of Old Cornish spelling (**d** rather than **s**):

• HAMMETT (Hamet 1086) and HAMPT (Havet 1338); both from **Havod** (OC).

Further west we find:

• “summer fallow (an ironic name)”

The AVARACK: **Havrek**

• “headland by summer fallow land” Little PENHAVER POINT: **Penn Havar**

• “crag at a shieling” CARNEWAS (Carneues 1306, Canhewas 1748):

Carn Havos

• “downs of summer fallow” GOONHAVERN (Goenhavar 1290): **Goon Havar**

• “summer farms, shielings” HALVOSSO (Hafossowe 1532): **Havosow**

Some have extra tags, which build up a picture of their setting; e.g. “waterless home farm” HENDERSICK (Hendresuk 1314):

Hendresegh

• “home farm by a rush-bed” HENDRABURNICK (Hendrebrunnek 1296):

Hendrebronnek

• “home farm at a little wall/bank” HENDRAVOSSAN (Hendrefosen 1479):

Hendrefosyn

We can imagine the animals being moved for the summer, with great festivity, on **Cala Me May Day**. You can wish someone “**Cala Me lowen**”, Happy May Day, but don’t tell them that they are “**gwiskys avel Cala Me**” as you will be implying that they are completely over-dressed.

Jan Lobb

DRIP DRIP UPDATE: WHAT SHALL WE DO WITH SOUTH WEST WATER?

Thanks to the crowdfunder money raised last year and some very committed volunteers, Drip Drip has now completed 26 weeks of sampling for bacterial pollution in our River Tamar. Amazing news! Well done to all involved.

Not so amazing are the results: they have been truly off the scale.



In the 3 weeks prior to week 20, we had *E. coli* readings as low as 33 CFU/100ml but on week 20 after 38ml of rain we had in excess of 10,000 CFU/100ml result at Calstock Quay. *Enterococcus* in excess of 20,000 CFU/100ml at one of the sample points!

During the dry weather and for most of our sampling we have witnessed very low levels of bacteria. This has allowed us to clearly identify and demonstrate how, without the pollution from SWW and probable agricultural run-off further upstream, just how clean our river could be. Although the solutions may be difficult, it does show it's possible. We

need to understand how and when this reliance on Combined Sewer Overflows will end.

South West Water have declined a face-to-face meeting with us. They have taken 2 months to reply to our latest letter to say they will reply later. They have invited us to a marketing event next week which we shall attend. But this all takes time, meanwhile the poo pours out every time it rains.

What shall we do next?

We could try some direct action. A Pootilla, get everyone out on the water, riverbanks and do some shouting to attract their attention? We could set up a poo patrol to sample when pollution events are likely.

Or could we take South West Water to court and sue them. This is proving difficult without finding a landowner to lead on this.

Could we grant the Tamar 'Rights' like the River Ouse to get around this?

Build lots of compost loos?

Please come to our next meeting (about an hour long) on the 12th June, 7.30pm Calstock Village Hall to hear more and get involved.

Drip Drip writer: Bryony Stokes & helpers ;)

Photo credit:

Kate Allen from the film Down the Drain

WHO PAYS THE FERRYMAN?

Good question!
Calstock Ferry—now powered by the sun!

After centuries of service and a pause since 2015, the historic Calstock Ferry is back in action—and this time, it’s 100% solar-powered! This iconic route across the River Tamar, linking Devon and Cornwall, dates back over a thousand years to Saxon times. Once used by miners and market gardeners, the ferry now reopens as the UK’s first zero-emissions cross-river passenger ferry—part of a pioneering project by the Tamara Landscape Partnership Scheme, funded by the National Lottery Heritage Fund and Defra.



WHAT’S NEW?

- A brand-new electric aluminium landing craft, powered entirely by solar panels.
- A restored historic boat store—once the ferryman’s home—now a solar-equipped base and community space.

Daily crossings on a one-year trial, supporting walkers on the Tamara Coast to Coast Way.

Scenic river cruises, nature trips, and access to local heritage sites like Cotehele and Morwellham Quay.

It’s taken a very long time to get this far. Over three years in fact. People at the Tamar Valley Centre (TVC) have been beavering away

tirelessly to satisfy the demands of the MCA (Maritime and Coastguard Agency) and the MMO (Marine Management Organisation) and myriad other government TLA's (Three Letter Acronyms). Julian, the original ferryman, worked hard for over a year to get the boat spec’d, all the wiring for the

extremely cunning solar electric setup, and everything else it takes to make it good, but sadly he has had to move on.

Enter Ferryman 2.0—Will Mattos will be operating the ferry for the rest of this season to ascertain feasibility, viability and lots of other abilities and will report back in November. In the meantime, use it or lose it and expect his usual brand of facetiousness and dark humour. And possibly some history and wildlife.

🔗 Learn more: www.calstockferry.com and Insta/FB/YouTube @tamaracalstockferry – please give us a follow!

Will Mattos

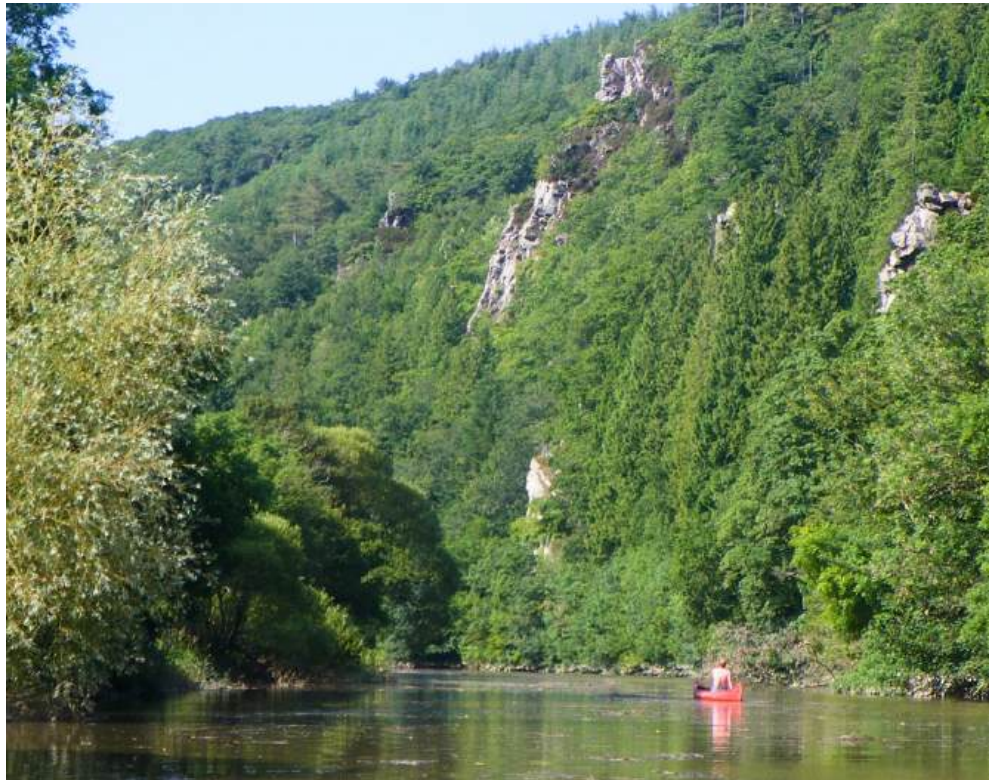
MESSING ABOUT ON THE RIVER

Remembering the song ‘When the weather is fine you know it’s the time for messin’ about on the river, If you take my advice there’s nothing so nice as messin’ about on the river.’

Now is the time to consider doing just that, and we have on our doorstep what I believe to be one of the most stunning river estuaries in the Southwest. It is best experienced using either your own paddle power, or a quiet electric motor, as the peace and solitude experienced is second to none. With the new electric ferry now operating, anyone can make that trip, since they will be running river tours in between ferrying people across the river.

Accessing the river yourself is now easier than ever given the variety of watercraft available. Cheapest is probably inflatable canoes, though I would advise caution as there are many submerged branches that will rip the bottom out of a flimsy canoe. Stand Up Paddle boards are more robust and fun. Sit-On-top kayaks are very versatile, easy to handle and very safe. Further up the scale are touring kayaks, open canoes, and rowing boats.

Safety and practicalities: Calstock slip is the highest point of public access on the estuary.



A Canoeist approaches Morwell Rocks on the Upper Tamar Estuary.

You cannot legally land above the high tide line anywhere upriver, but no one can stop you if you land on a bit of bank staying below the tide line. I recommend launching up to two hours before high tide and go up river. Go as far as the weir (4.7 miles), or until the tide turns and pushes you back. If you are a weak swimmer and in cold water wear a personal buoyancy aid. If on a SUP always use a leash. Always tell someone where you are going and when you will be back. Take your phone (and camera) in a waterproof bag. Go quietly and keep your eyes open, you never know what you might see. Otters and kingfishers or a seal could be encountered any time of day. Above all, have a great time.

Pete Thompson

CALSTOCK PARISH FOOTPATH NETWORK

There are lots of crops and stock in the fields right now. Grass is a crop so please don't trample tall grass or any crops. Keep to the hedges or go in single file on the designated footpaths. Cattle, sheep, goats, horses, can all potentially be threatening, even cockerels and geese can be protective if walking near their patch, this can put people off walking the footpaths especially if they have dogs with them.

If heading to the beach with dogs, remember from May 15th to August/September dogs are not allowed on some beaches between 10am and 6pm. See full details of restriction here on Cornwall Council web site: www.cornwall.gov.uk/environment/animal-welfare-and-enforcement/dogs-on-beaches/

Here's a link to year round dog friendly beaches in Cornwall www.visitcornwall.com/things-to-do/beaches/10-dog-friendly-beaches-all-year-round



Photo from CPFN FB page



If heading to the moors, children and dogs should not be allowed to run free to chase animals or disturb birds. Never light a fire. This is common sense to most of us that live here and enjoy taking our families on a picnic, but reports of littering, causing damage, and fires are regular news items and cannot be tolerated.

If you would like to walk as a group with a responsible leader and explore the area, join a local walking group; there are many in the area catering to different abilities, offering shorter or longer walks.

You can post these on the CPFN FB group alongside the CPFN walks, our evening walks will be published here as soon as details are finalised.

The Calstock Parish Footpath Network group monitors the parish paths and reports any missing signs or maintenance that is required.

If you see something that needs attention please let us know.

CPFN Facebook group
www.facebook.com/groups/calstock.pariah.footpath.network

Email: calstockfootpath@gmail.com

ADIE'S SPECIAL

There was a place called Rozel, on the north coast of Jersey.

They used to serve something they called the Hungry Man Gut Buster.

It was: cheese, red onions, bacon, burgers, steak, eggs, all – in a single roll.

It was huge.

I'm trying to remember now exactly what it was...

It was three eggs. It was six bacon. There were three burgers. And there was a steak, a minute steak. In a roll.

And it was a one-man meal.



That's why it was called the Hungry Man Gut Buster.

So, that's where the idea came from. It's an adaption of that meal. A small version. A diddy version really, in comparison.

Some people finish it. Quite happily finish it. Not me – but my son can. And he's thin as a rake.

AT LISHE, WE DO:

- Five bacon,
- Three eggs,
- Brie and cheddar cheese,
- Sweet chili sauce,
- Tomato,
- All – in a roll.

And that's the Adie's special.

Written down by Yuliya



HOW THE LIGHT GETS IN

Early summer is such a wonderful time in the garden, full of promise, with everything growing so fast you can almost see it. And of course the annual Chelsea Flower Show in May showcases the very best of gardening – or does it?

While it would be churlish not to appreciate all that beauty, care and expertise brought together in celebration of horticulture, the concentration on achieving perfection has always bugged me. Gorgeous to admire but sets such high expectations I wonder whether it puts more people off gardening, than it encourages.

As amateur gardeners, it's unlikely we'll ever be able to recreate such exquisite vistas in our own backyards. For us, there will always be bindweed or ground elder; freak winds will knock over our prized delphiniums or slugs will munch them; and the rain will batter our roses. And that's how it should be.

Chelsea is there to inspire, not be a blueprint for how we garden in the real world. In essence, it's a snapshot in time. Nothing stands still in a garden and there is no finishing line. It's the process where the fun lies.

Years ago, I read a quote saying the finest gardens are those where it looks like the gardener died a fortnight ago... hopefully metaphorically. But the idea is that everything is slightly going over, on the edge of being a bit looser and less confined.

For me, that means letting things self-seed, not worrying too much about colours clashing or planting in straight lines, and working with nature rather than against it.

Above everything, don't chase perfection, as it's fleeting, unrealistic and frankly, a bit dull. Instead let your garden be an expression of you, flaws and all. To borrow Leonard Cohen's words, 'There is a crack in everything; that's how the light gets in.' Just add love, care and water for best results.



If you do one thing this month...sow a courgette seed. Poke it into a pot of compost, half a thumb deep and on its side, so it doesn't rot. Keep it on a sunny windowsill, water, and within a few days feeder leaves will appear. Plant in full sun, when it has proper leaves, and you'll be harvesting before you know it.

Lynne Pearce



RANT 3.0

I've been having a bit of an issue with this for a while. There are these things called "Best Before Date" which used to be called "Use By Date" which might once also have been labelled "Sell By Date"; it changes all the time. Don't get it. Does it look bad? Smell bad? Personally I say all's fair in love, war and business, and as long as it doesn't come out of the fridge fighting, it's going on the plate. Anyway... Something happened this week that brought things to a head. I'd bought this cheap-assed cottage cheese from a supermarket, no idea why. I opened it, wasn't excited, put it back in the fridge. So this pot has been there, open for a month or two, and I thought to myself, maybe something has grown on it to make it more interesting? It's def's way past its anything. To my surprise, no. Nothing, nada. Looks exactly like the day I opened it. Tastes as pointless as it did before. These dates are nonsense. Use your own judgement.

Also with other things. I read something the other day that said "Keep away from fire". Good advice I think. Unless you want to keep warm or heat something with the fire I suppose. "Keep out of reach of children" is another one. I definitely recommend that. Nasty, grabby little things they are. Stay well away. If you know what's good for you.



- Things that never really get old, honestly:
- People seeking to avoid liability.
- Mayonnaise.
- Yoghurt, after you scrape the mould off the top.
- Jam, same principle.
- Bacon.
- Paranoia (unless you figure out who it is and bury them under the patio).
- Keyboard warriors whining about things they don't understand. What did you do this week?
- They said 300 words.

Will Mattos

IN GOOD HEALTH: EXPLORING WELLNESS IN EVERYDAY LIFE

As a former medical school research fellow, I've spent years analysing health data and public health trends. In this regular column, I'll use that background to unpack a topic currently shaping health conversations in the UK.

HEALTH AND THE RISE OF DIY WELLNESS

We are seeing a growing public appetite for preventative, self-directed health strategies. With NHS services under strain, people increasingly turn to private and tech-enabled solutions that aim to catch problems early or avoid them altogether. At-home health testing kits, personalised nutrition plans, DNA wellness reports and routine blood tests are no longer fringe concepts. They're marketed as part of a new wave of 'health MOTs', often blending fitness, nutrition and screening in one package. The idea is to 'go upstream' and manage risk factors before illness occurs. AI is also reshaping how people access support. From mental health chatbots to algorithm-driven diet and fitness coaches, digital health platforms are becoming big business. Some services offer biometric tracking and tailored guidance, with access to curated wellbeing advice, though frequently these lack clinical oversight. With the growing public interest in longevity science, once confined to laboratories, ideas like mitochondrial health, intermittent fasting, and biohacking now feature prominently in lifestyle media.

From the explosion in the number of people plunging themselves into cold water to corporate wellbeing programmes, amongst

those privileged enough to have choice, the conversation is increasingly about optimising body and mind to extend 'healthspan' and prevent chronic disease.



There's a shared desire for greater control and better outcomes across all age groups, from young professionals using apps to older adults attending wellness workshops. Whether this signals a necessary evolution or a commercial opportunity dressed as empowerment, the shift is undeniable. As always, caution is wise. Not all trends are grounded in solid evidence, and not all providers are created equal. However, the move toward more proactive, personalised care reflects a more profound truth; many people no longer see health as something to wait for but as something to pursue.

Dr Emma Hazeldine

SUMMER AT THE HAVEN IN HAREWOOD

My treatment specials for June and July focus on rehydrating the skin. At this time of year, we tend to be outside more, and (hopefully) getting some summer sun, time at the beach, in the sea or taking walks enjoying our beautiful Tamar Valley. So, in June and July I will be offering super moisturising treatments with organic coconut oil. Add a splash of lavender essential oil for a cooling, massage which will feed and moisturise the skin. **Special June/July pricing when you mention reading about it in the Calstock News!**

Treat your feet How about this for a simple, low-cost **Self Care Sunday Evening** practice over the summer? A foot soak with some Epsom salts or bath salts, followed by a good old fashioned pumice stone (or similar)



to remove excess hard skin, particularly around the heels. Rub in plenty of coconut oil. If you don't have any in your kitchen cupboard you can buy it from most supermarkets—it's usually about £2 for a big 300 ml jar of organic oil which will last for ages, and is also great for frying, baking, roasting etc. Pop on a pair of socks, which helps keep your feet warm and encourages absorption while you sleep. It will also save the sheets!

Grow a cup of happiness Sip a cup of tea brewed from herbs you have grown yourself. They are naturally caffeine-free and packed with vitamins and antioxidants, which can lower stress and boost your immune system. Pick, then brew right away for the tastiest cuppa. Here are my top tea herbs to grow:

- **Chamomile** - use the flowers for a sleep-inducing brew
- **Mint** - easy to grow, makes a refreshing tea
- **Lemon Balm** - a stress busting hit, easy to cultivate
- **Lavender** - adds a floral note to other blends, try adding to a mix of the above for a soothing bedtime tea

If you can, please share this Calstock News, or tell someone else about me—word of mouth and personal recommendations are great for me.

Love and warmest wishes, Lily x

HELLO FROM THE OTHER SIDE

What a glorious May we are having. Spring was slow to get going, the cold nights and easterly winds slowed the grass growth down so the cows didn't go out as early as other years. Due to the dry weather the grass has been of high value so the quality of the milk has been good, although we will soon be shouting for rain.

hundred shades. We don't have all those in the Tamar Valley but we do have quite a few. Some people consider green an unlucky colour, such as those in horse racing, fishing and the theatre, although others see it as a lucky colour. Well, the cows certainly like the green stuff.



My husband says it's been the best spring for many years for the honey bees with lots of honey stores already; although we are coming up to the June gap when the spring flowers have been pollinated and the summer ones are yet to blossom, so it's good to have stores.

Every year, I love to see the different greens as the trees and hedges come out in leaf. The human eye can see more shades of green than any other colour—there are about three

BREAKING NEWS: THE FOURTH DONKEY.

Some of us over here in Calstock have noticed that there are now only three donkeys in the field to the right, above the viaduct. We feared it might be bad news. But Ali says: all is well. The fourth donkey is ok, she has just gone to live with a friend who wanted some company for their daughter's Shetland pony.

It's lovely to think that people are interested.

Ali Rundle, Ferry Farm

CALSTOCK FERRY TIMES

The ferry will operate from 3hrs before until 3hrs after high tide each day, daylight and weather permitting. The following list indicates the proposed operating times for 2025, but please note that these are subject to change.

Please phone or email the ferryman to confirm.

info@calstockferry.com

07783 432280



| | | | | |
|---|---------------------------------|---------------------------------|-------------------------------|---------------------------------|
| 1 June 09:00–13:43 | 2 June 09:00–14:34 | 3 June 09:28–15:28 | 4 June 10:29–16:29 | 5 June 12:59–16:59 |
| 6 June 12:23–17:00 | 7 June 13:14–17:00 | 8 June 14:46–17:00 | 9 June 14:15–17:00 | 10 June 15:29 – 17:00 |
| 11 June 09:00 – 09:52 16:10 – 1700 | 12 June 09:00 – 10:34 | 13 June 09:00 – 11:10 | 14 June 09:00–11:44 | 15 June 09:00–12:20 |
| 16 June 09:00–12:59 | 17 June 11:48–15:48 | 18 June 09:00–13:42 | 19 June 09:25–15:25 | 20 June 10:31–16:31 |
| 21 June 12:04–17:00 | 22 June 12:54–17:00 | 23 June 13:59–17:00 | 24 June 14:59–17:00 | 25 June 15:54 – 17:00 |
| 26 June 09:00 – 10:29 | 27 June 09:00 – 11:17 | 28 June 09:00 – 12:03 | 29 June 09:00–12:46 | 30 June 09:00–13:25 |
| 1 July 09:00–14:00 | 2 July 09:00–14:34 | 3 July 09:14–15:14 | 4 July 10:04–16:04 | 5 July 11:08–17:00 |
| 6 July 12:16–17:00 | 7 July 13:18–17:00 | 8 July 14:14–17:00 | 9 July 15:04–17:00 | 10 July 15:59 – 17:00 |
| 11 July 09:00 – 10:18 | 12 July 09:00 – 10:59 | 13 July 09:00 – 11:37 | 14 July 09:00–12:15 | 15 July 09:00–12:52 |
| 16 July 09:00–13:29 | 17 July 09:00 – 14:10 | 18 July 09:00–14:56 | 19 July 09:53–15:53 | 20 July 11:09–17:00 |
| 21 July 12:32–17:00 | 22 July 13:44–17:00 | 23 July 14:49–17:00 | 24 July 15:44–17:00 | 25 July 09:00 – 10:20 |
| 26 July 09:00 – 11:06 | 27 July 09:00 – 11:46 | 28 July 09:00–12:03 | 29 July 09:00–12:52 | 30 July 09:00–13:19 |
| 31 July 09:00–13:46 | - | - | - | - |

PRICING:

CALSTOCK QUAY <> FERRY FARM

Adult £3.50 single/day return
child £2.50 single/day return
children 4 and under free

CALSTOCK QUAY OR FERRY FARM <> COTEHELE QUAY

Adult £5 each way
Child £3 each way
Children 4 and under free

Bicycles/pushchairs/wheelchairs etc. free of charge
Well behaved dogs welcome

TAMAR VALLEY COMMUNITY BUS

JULY 25 – BOOKINGS FOR ** TRIPS AVAILABLE FROM TUESDAY 10TH JUNE

| DATE | DESTINATION | COST | DEPART | HOME | CONTACT |
|-----------|---------------------|------|--------|------|---------|
| Tues 1st | Launceston shopping | £2 | 9:30 | 2:00 | Carol |
| Wed 2nd | Afternoon Tea | £5 | 1:30 | 4:00 | Mavis |
| Fri 4th | Tavistock shopping | £2 | 9:30 | 2:00 | Carol |
| Tues 8th | Launceston shopping | £2 | 9:30 | 2:00 | Carol |
| Wed 9th | Boscastle | £8 | 9.30 | 5.00 | Mavis |
| Fri 11th | Tavistock shopping | £2 | 9:30 | 2:00 | Carol |
| Tues 15th | Saltash shopping | £2 | 9:30 | 2:00 | Carol |
| Wed 16th | Okehampton | £7 | 9.30 | 5.00 | Mavis |
| Fri 18th | Tavistock shopping | £2 | 9:30 | 2:00 | Carol |
| Mon 21st | Truro | £5 | 9:30 | 5:00 | Mavis |
| Tues 22nd | Launceston shopping | £2 | 9:30 | 2:00 | Carol |
| Wed 23rd | Budleigh Salterton | £9 | 9.30 | 5.00 | Mavis |
| Fri 25th | Tavistock shopping | £2 | 9:30 | 2:00 | Carol |
| Tues 29th | Launceston shopping | £2 | 9:30 | 2:00 | Carol |
| Wed 30th | Pub lunch | £5 | 11:00 | 4:00 | Mavis |
| Thur 31st | Trago shopping | £2 | 10:00 | 4:00 | Mavis |

AUGUST 25- BOOKINGS FOR ** TRIPS AVAILABLE FROM TUESDAY 8TH JULY

| | | | | | |
|-----------|--------------------------|----|-------|------|-------|
| Fri 1st | Tavistock shopping | £2 | 9:30 | 2:00 | Carol |
| Tues 5th | Launceston shopping | £2 | 9:30 | 2:00 | Carol |
| Wed 6th | Afternoon Tea | £5 | 1:30 | 4:00 | Mavis |
| Fri 8th | Tavistock shopping | £2 | 9:30 | 2:00 | Carol |
| Tues 12th | Launceston shopping | £2 | 9:30 | 2:00 | Carol |
| Wed 13th | Bude | £8 | 9.30 | 5.00 | Mavis |
| Fri 15th | Tavistock shopping | £2 | 9:30 | 2:00 | Carol |
| Mon 18th | Truro U3A Coffee morning | £5 | 9:30 | 5:00 | Mavis |
| Tues 19th | Saltash shopping | £2 | 9:30 | 2:00 | Carol |
| Wed 20th | Paignton | £8 | 9.30 | 5.00 | Mavis |
| Fri 22nd | Tavistock shopping | £2 | 9:30 | 2:00 | Carol |
| Tues 26th | Launceston shopping | £2 | 9:30 | 2:00 | Carol |
| Wed 27th | Pub lunch | £5 | 11:00 | 4:00 | Mavis |
| Thur 28th | Trago Mills | £2 | 10:00 | 4:00 | Mavis |
| Fri 29th | Tavistock shopping | £2 | 9:30 | 2:00 | Carol |

Bus trips and outings for all ages.
To book trips and outings ring Mavis
01822 833412 (Mon-Fri 10 -5).

For more information about the regular
shopping trips ring / text Carol on
07423176732.

BUSES TIMETABLE

Schedules are subject to change. Please double-check.

ONLY MONDAY – SATURDAY SERVICE

Bus 79 / 79A from **the Quay**, Calstock:

| | | | | | | | | | |
|----------------|--------|---------|-------|-------|-------|---------|--------|---------------------|-------|
| to Callington: | 07:42 | - | 09:12 | 10:17 | 12:17 | 15:17** | 16:42 | 17:52 ^{NS} | 18:42 |
| to Tavistock: | 07:58* | 08:08** | 09:23 | 11:23 | 13:23 | 15:23** | 15:47* | 17:01 ^{NS} | 17:56 |

**On school days only. **On Saturdays and school holidays only. NS – Not Saturdays.*

TRAINS TIMETABLE

Schedules are subject to change. Please double-check.

Monday-Friday

| | | | | | | | | | |
|----------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Plymouth - Calstock: | 04:57 | 06:31 | 08:28 | 10:28 | 12:28 | 14:27 | 16:38 | 18:38 | 21:30 |
| Calstock - Plymouth: | 05:53 | 07:37 | 09:32 | 11:31 | 13:32 | 15:31 | 17:45 | 19:45 | 22:34 |

Saturday

| | | | | | | | | | |
|----------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Plymouth - Calstock: | 06:27 | 08:22 | 10:24 | 12:24 | 14:24 | 16:45 | 18:30 | 21:28 | - |
| Calstock - Plymouth: | - | 07:28 | 09:26 | 11:26 | 13:26 | 15:26 | 17:46 | 19:40 | 22:32 |

Sunday

| | | | | | | |
|----------------------|-------|-------|-------|-------|-------|-------|
| Plymouth - Calstock: | 09:03 | 11:10 | 13:20 | 15:20 | 17:44 | 20:01 |
| Calstock - Plymouth: | 10:22 | 12:21 | 14:22 | 16:22 | 18:46 | 21:03 |

YOUR COUNCILLORS



Calstock has nineteen Parish Councillors who represent the five wards within Calstock Parish – Calstock, Chilsworthy, Delaware

which includes St Ann’s Chapel, Gunnislake & Harrowbarrow.

The Chair of the Parish Council is Jim Wakem (Gunnislake Ward) and the Vice Chair is Mark Warwick (Gunnislake Ward).

THE CALSTOCK WARD COUNCILLORS ARE:

Alex Polglase

07545 872667

alex.polglase@calstockparishcouncil.gov.uk

Phil Spurr

07779 595008

philip.spurr@calstockparishcouncil.gov.uk

The Parish Clerk is Clare Bullimore

The Tamar Valley Centre,

Cemetery Rd, Drakewalls,

Gunnislake PL18 9FE

01822 748847

clerk@calstockparishcouncil.gov.uk

www.calstockparishcouncil.gov.uk

POLICE

Emergency 999 Non-emergency 101 Crimestoppers 0800 555111

MEDICAL SERVICE

TAMAR VALLEY HEALTH:

Callington Health Centre

Haye Road, Callington, PL17 7AW

Hours: Mon-Fri 08:30-13:00, 14:00-18:00

Closed Saturday & Sunday

Phone: 01579 382666

TAMAR VALLEY HEALTH:

Gunnislake Health Centre

The Orchard, Gunnislake, PL18 9JZ

Hours: Mon-Fri 08:30-13:00, 14:00-18:00

Closed Saturday & Sunday

Phone: 01822 832641

DOMESTIC ABUSE

Are you being belittled, humiliated, or abused emotionally, physically or sexually?

The Freephone Domestic Abuse Helpline:

0808 2000 247 day or night.

There is an NHS page, "Domestic Violence and Abuse"

SOMEONE TO TALK TO. THE SAMARITANS

Whatever you are going through you can call the Samaritans at any time day or night.

They won't judge or tell you what to do.

Call 116 123.

Or if you prefer you could write contact email: jo@samaritans.org

TROUBLE GETTING BY?

Trouble paying energy bills, rent, council tax or other bills?

You might be able to claim benefits if you are struggling to afford essential things such as food or housing. You might be able to get extra help from your local council for

things like energy and water bills, food or essential items like clothing or an oven.

Go to www.citizensadvice.org.uk or call: 0808 223 1133

Abbey Surgery, 28 Plymouth Road, Tavistock. Open Mon or Fri, 10 till 3.

REPORT POTHoles IN THE ROADS

Immediate Danger:

0300 1234123

Located in Cornwall:

0300 1234222

Located in Devon:

0345 155 1004

SOUTH WEST WATER

Report concerns and sightings of pollution or sewage in the river:

By email: info@southwestwater.co.uk

www.southwestwater.co.uk

By phone: 0344 346 2020

By post: South West Water, PO Box 4762, Worthing, BN11 9NT

For free, independent advice:

Consumer council for Water (CCW)

Tel 0300 034 2222 or use their online form at www.ccwater.org/contact-us

A CUTE LITTLE QUIZ:

How many ducks are there in the photo?



Photo by Pete Thompson

CALSTOCK NEWS

Our community newspaper

June and July 2025

PLEASE SEND SUBMISSIONS AND ADS TO [INFO@CALSTOCK.NEWS](mailto:info@calstock.news)

ALASTAIR TINTO, ANGIE SAGE, YUKIKO STRANGER-GALEY AND YULIYA TEPLOVA
have all helped to bring this issue to you.

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