

FREE!



CALSTOCK NEWS



September - November 2025



Spirit of the Viaduct, glazed porcelain by Rebecca Fierek



Year 5s and 6s sharing their hopes for a New School Year

• To be really good at art and become a school council member. To improve my writing and my work in all subjects. To get more pet fish and get to name them. Have a mindfulness club and for everyone to be able to take our shoes off inside – **by Rosa (year 5)**

• I have so many hopes for this year. Here are just a few:

- I hope to get better at maths, spelling and checking through my work

- I hope to do more football because I really enjoy it

- I hope to be a responsible year six.

- I hope to be voted for pupil parliament. – **by Bryher (year 6)**



• To improve my writing and for there to be a school pool. My other hope is for there to be a class pet and that is a duck call Gary – **by Elsa (year 5)**

• My hopes for the new school year are many but my first hope is that everyone is happy – **by Danny (year 5)**

• I hope that we do some science in class and that we are able to finish reading *The Explorer*, because I am really liking it. I also hope we keep doing maths because I really enjoy this subject. – **by Sarah (year 6)**

• My hopes for the new school year are to be able to play dodge ball and school to make everyone smile. Also to get 2 swings for the playing field. – **by Felix (year 5)**

Teachers: Donna Kilpin, Tim Jeffery

Starting a new school – by Lilla & Ayame at Youth Club

Lilla started at Callington Community College: I felt nervous starting school, but it got better as it went on. The best bit so far is meeting new people and learning new things. I miss Calstock School lots, but I have more opportunities in my new school. The uniform is itchy and I have to get up a lot earlier, but it's alright. I'm looking forward to starting new clubs and meeting new people who like the same things as me. Next week we are going to a special year 7 trip to Trethorne and I'm looking forward to it.

Ayame started at Devonport High School for Girls: On the first day of school I was worried about finding my way to all of my classes because in secondary you have a different classroom for each subject. But I asked some of the older years and they helped me. My favourite bits so far have been maths, art and lunch because the food is really yummy. I also met some really nice girls in my form. I'm looking forward to starting clubs like origami and singing. And doing more maths!

CALSTOCK ON GOOGLE EARTH

In 2020 I was living in Texas, about to get divorced and planning to return to UK. I was cruising around on Google Earth one day and following the Tamar upriver from Plymouth when I came upon Calstock. I had heard of the village but never been here.

I opened a page for Right Move and did a search, resulting in 12 properties for sale. My present house was the second one on the list – a week later my offer had been accepted and the deposit paid. I spent two and half years renovating The Cottage, settling into village life and meeting new people.

When I first arrived, I was told that if I wanted to fit in the village, I would need a dog, a motorbike and a boat. Well, I have the first two but after much deliberation I decided not to get a boat. I was born in south Wales, but we moved to Falmouth when I was 10 and I grew up messing about in boats. I think the tidal range and general access make boat ownership difficult in the river, which is probably just as well, because if it was easy Calstock would be like Salcombe.

I think the social atmosphere in the village is wonderful and the main contributing factor

is that you must be coming to Calstock to get here. It is not somewhere you pass through.

The result is an amazing community spirit borne out

by the myriad and diverse volunteer groups, organisations and clubs which exist in our great community.

I am still amazed at the talents possessed by so many residents, whether it be musical, artistical, craftsmanship or just plain drive and enthusiasm. So many people volunteer their time and skills to plan, organize and run events enjoyed by so many. I am sure there are many villages around the country who have great community spirit, but Calstock must be very high on the list. I am so thankful that I continued my Google Earth cruise up the Tamar.



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 VILLAGE HALL NEWS



It's been a year since we reopened the doors to our refurbished Village Hall! And it's busier than ever, with new user groups, community gatherings, gigs and activities bringing people together every week. It's wonderful to see the building so lively and to welcome so many new faces.

The refurbishment has breathed new life into the space, from concerts that have packed the hall with music and smiles, to yoga, dance, art and youth activities that run throughout the week. Thank you to everyone who has supported and enjoyed events so far.

Autumn will be as exciting, with a wide mix of music, comedy, and community events. One highlight is Calstock in Conversation at Calstock Cake on Sunday 19th October, part of our regular monthly Community Weekend. It's a great chance to learn more about the many local groups and organisations that make

our village tick, to meet friends old and new, and to find ways to get involved.

We're also looking forward to our Christmas Market on Saturday 15th November. The hall will be filled with stalls offering locally made gifts, produce, crafts, and seasonal treats – perfect for for a head start on festive shopping while supporting local makers. There's a limited number of stall spaces. If you're interested, contact markets@calstockhall.com.

Don't forget you can hire the hall for your special occasion. It's perfect for weddings, events, private parties, classes, groups and other celebrations. There's also our regular community Post Office, 9am-12pm every Thursday. As always, our volunteers play a huge role in keeping everything running smoothly. We're incredibly grateful for the time, energy and enthusiasm that so many people continue to give - do let us know if you'd like to be involved. Visit www.calstockhall.org for more info, ticket links etc.

Olivia Mathieson - CVH committee member

CALSTOCK IN CONVERSATION: A CELEBRATION OF COMMUNITY SPIRIT

You might remember a few years ago we had the first Calstock in Conversation event which helped give rise to new groups such as the Youth Club and got lots of people involved in existing community groups.

Well, Calstock Village Hall is proud to host the second Calstock in Conversation in conjunction with Calstock Community Cafe on **Sunday 19th October** from 11am until 3pm— a vibrant, welcoming event designed to bring our community together and

shine a light on the many local groups that make Calstock such a dynamic place to live.

From arts and heritage to environmental action, wellbeing, and social support, our village is home to a rich tapestry of organisations that thrive on participation and shared purpose. This event is your chance to meet the people behind these groups, learn what they do, and explore how you might get involved — whether through volunteering, sharing a skill, or simply lending a hand.

At a time when division and uncertainty seem to dominate the national and global conversation, Calstock in Conversation offers something refreshingly different: a space for connection, collaboration, and community pride. It's about rediscovering what we have

in common, celebrating the energy and generosity of our neighbours, and finding new ways to support one another.

Even if you're not ready to join a group just yet, coming along will show you how active and inspiring our local community truly is. You'll see firsthand how participation — in any form — helps us build a stronger, kinder, and more resilient village. It's about togetherness, and it starts with a conversation.

And don't miss the Christmas Market on Saturday 15th November from 10am. A great chance to get those lovely Christmas gifts and support local makers artists and producers. If you would like a stall please contact Phil markets@calstockhall.com.

Matt Taylor

SIX GOES DOWN TO FIVE

Dear Readers,
Currently we produce six issues of Calstock News a year, printed for us by the school which is a wonderful service. But this does mean that we have to fit in with school terms. The school holidays cause us a few timetabling problems. We have therefore decided to print only five editions a year as follows:

- Autumn (September, October and November) coming out mid-September
- Winter (December and January) coming out mid-December

- Spring (February, March and April) coming out mid-February
- Early Summer (May and June) coming out mid-May
- Summer (July and August) coming out mid-July

This also gives the editorial team a chance to recover sometimes before we crack on with the next issue!

We hope you'll be happy with this.

Do let us know what you think.

The Editors



CALSTOCK PRIMARY UPDATE

At Calstock Primary School, we're bursting with pride and excitement as we look back on a fantastic year and share some brilliant news about what's ahead! First of all, our children have been absolutely shining. Every single member of our Reception class reached their early learning goals. What a phenomenal start to their school journey. Also, 100% of our Year 1 pupils passed their phonics screening test too. These outstanding achievements are a true testament to the children's hard work, the dedication of our staff, and the wonderful support of our families!

We're also delighted to welcome Tamar Valley Pre-School into our school family.



This exciting change means that Calstock Primary now caters for children from the age of 2 all the way up to 11. We're thrilled to introduce Becky and Leanne – two incredibly experienced and enthusiastic early years professionals who have joined us. Their passion and creativity are already helping to give our youngest children the very best possible start.

Our school has been treated to a makeover this summer!

Fresh paint, a sparkle of care, and a big dollop of TLC have made the whole place feel more bright and welcoming. Class 1 has seen the biggest transformation of all. The outdoor area has been extended to include the grassy hill, and it's now a haven for discovery and play. There's a brand-new mud kitchen, a small world space, roleplay and creative areas, a sandpit, and plenty more for curious young minds to explore. It's the perfect environment for imagination, adventure, and learning through play.

Here at Calstock Primary, we believe school should be a place where children thrive, grow, and enjoy every moment. With exciting new beginnings, wonderful achievements, and sparkling new spaces, the future has never looked brighter for our school family.

Jade Morgan
Class 1 Teacher
Calstock CP School

CHILDREN'S EVENT AT CALSTOCK ARTS

Autumn 2025

WONDERLAND – A MAGICAL JOURNEY

Friday 31 October @ 11.30am & 3pm



Theatrix Arts are returning for a third year to Calstock Arts with a brilliant new show; Wonderland - A Magical Journey, with two performances during autumn half term week.

Welcome to the Wonderland Hat Shop!

Listen and watch the Hatter as he tells the story of Alice's journey in Wonderland through puppets, beautiful painted scenery, music, song and of course hats! Along the way meet some strange and magical creatures, get to wear one of the Hatter's special hats, join in the songs and the lobster dance.

At the end of the journey meet the puppets and make one of your own at the puppet making workshop. Suitable for children 4-12 years old.

Tickets are £6 (inc a puppet per child), or family of 4 £20.

THE BOOK WITCH

Sunday 9 November @ 11am & 3pm

Kira loves reading, visiting the library for a new book is her favourite thing. One day the words in the books start to disappear and the adults start to get grumpy. Graham Grey says the library will be knocked down to make way for a car park! With her new friend the book worm, Kira has to uncover why words are vanishing and where these book monsters have come from! Could there be a Book Witch in the library?

An open hearted and award winning show aimed at children aged 4+. Exploring the importance of libraries, sharing stories and not judging people. The show features live music, puppetry and storytelling. Created with inclusion and accessibility in mind.

Tickets £8 adult, £6 children or £25 family ticket for 4. Supported by Carn to Cove.

See <https://calstockarts.org/whats-on/> for more details or email: mail@calstockarts.org



CALSTOCK ADVENT WINDOW TRAIL 2026

This December the Calstock Advent Window Trail returns for the 6th year running!

The event is organised voluntarily, making the streets of Calstock even more beautiful, whilst raising funds for our primary school through trail map sales and individual sponsorship.

Every day of advent, you are invited to find both the window and an item hidden in each display made by the school children.

Join us at the first window, 6pm on December 1st at the Lime Kiln Gallery. The trail ends on Christmas Eve with a festive street party hosted by The Boot Inn.

The Calstock Advent Windows Trail is a community

fundraising event where every penny raised supports Calstock Primary School. Previous funds raised have bought learning equipment, instruments, enabled classroom renovation and the development of the outdoor play area. From September 2025, significant budget cuts to our school resources is having a critical impact on teacher/pupil ratios. Please read the statement below from our school’s business manager Judith Maunder.

“As school budgets continue to shrink, the external fundraising has become absolutely

vital. It helps us improve learning environments, take the children on educational school trips and ensure they do not miss out on the opportunities they deserve.

The Advent Windows, organised by Fleur and Tom Cousins, is one of our school’s key fundraisers, and we are incredibly grateful for all the hard work that goes into making

it such a success.

We would also like to say a big thank you to the local community for their ongoing support, not only of this event but of all

the fundraising efforts throughout the year. Your generosity plays a vital role in supporting our school and our children.”

Trail maps will be on sale for £2 from mid

November, updates via facebook on the Calstock Advent Windows page.

WE NEED YOU! Could you financially support this event? In exchange for financial donation/sponsorship we can provide advertising on the map or via our online publicity and ENORMOUS gratitude on behalf of Calstock Primary School.

Please contact Fleur on 07748 373587 or fleur@redfluff.com before November if you can offer financial help.

Fleur Lagunowitsch-Cousins



CALSTOCK SINGERS

We will soon be starting to prepare for our next concert, so add it to your diaries for Sunday 14th December at 3pm in Calstock Arts. We haven't yet decided on a title for the concert but posters will be out in advance of the date with full details.

You can be sure of a range of old favourites and new offerings to start off your Christmas celebrations. Whatever we bring to the concert it will be a lovely musical afternoon in pleasant surroundings, and no doubt there will be mince pies and other refreshments. We also have an impressive charity raffle.

If you are interested in joining us (men and



women) this would be a perfect time to start. Our first session will be in Calstock Arts on Monday 8th September, starting at 7:30pm. Your first evening is free and thereafter £5 each Monday. We are a friendly, mixed group and would be happy to welcome you.

CALSTOCK CAKE COMMUNITY CAFE

With Calstock News coming out less often there's a lot more to say about previous Community Cafes. But it's also an opportunity to keep it short. There's no need to report on every Cafe. Always a good time was had by all. Often there's some unobtrusive live music going on, invariably a workshop quietly happening, some posters being coloured in, light lunch and cakes being munched and the murmur of Calstock's chatterers. All food and refreshments are available for a donation of your choice. Repair Cafe is there too and will fix up your broken stuff also for a donation of your choice.

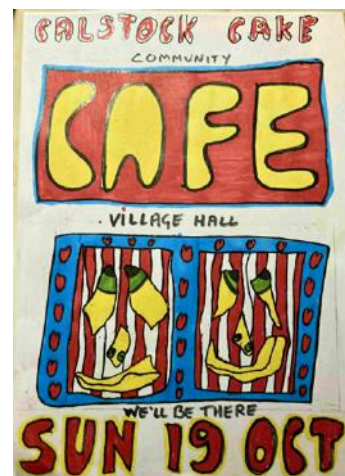
At every cafe there's half a dozen or more making it happen, each having an equally good time as those visiting. If you fancy being part of the team, just for a couple of hours when you can make it, there's always a job you can do. It's totally voluntary: no-one gets paid. Contact Nellie.

Cake's next Cafe is on Sunday October 19th, open

from 11 till 3. Repair Cafe is open in the morning.

Financially, Cafe is a success. Invariably, after paying the hall and all expenses, there is a surplus of over £150. That surplus goes to support local non profit community

organisations who want to try something new or put on an event or support the community in some other way. Cafe's last contribution was financial assistance and help to establish Calstock Folk Music Day. If you are a non profit community gang and have an idea that needs funding please approach us. There's just a simple form to fill in. Keep up to date or Contact us on our FB page, "Calstock Cake".



Barry Kirkman

STOP PRESS STOP PRESS STOP PRESS STOP PRESS STOP PRESS STOP PRESS STOP PRESS
CALSTOCK COMMUNITY THEATRE

*First playreading for 2026 production Tuesday 30th September.
All welcome, no experience needed*

Following on from the success of The Caucasian Chalk Circle, Calstock Community Theatre will begin



rehearsals for a new work, Due Sacrifice – A Post Truth Tale by Jeff Moule beginning on Tuesday 30th September starting at 19.00 – Calstock Village Hall. This is an ensemble piece that has never been staged before. There are no precedents so this will be a world premiere for Calstock with original compositions and songs by Matt Taylor with local musicians.

Please come and bring a friend. You will work as part of an acting team and can contribute to the play in different ways – performing, costume design & make, technical stage lighting, digital, stage design & make, stage management, assistant to director etc.

Performances will take place during school Easter holidays probably week beginning Monday 6th April (to be confirmed).

Looking forward to seeing you there.

Sheila Snellgrove - Director

PALESTINE.
‘THE MORAL ISSUE OF OUR TIME’ (GABOR MATE)

An illustrated talk by David Oddie

Wednesday 15th October 7.30 pm

All proceeds go to MAP.

Calstock Village Hall.

YOU CAN HELP KEEP THE LIGHTS ON!

WHO ACTUALLY ARE CALSTOCK LIGHTS?

It could be said we are a random group of people who love shiny lights and enjoying ourselves, which yes is true. What was started 25 years ago has gone through various configurations, as wonderful people come and go (you know who you are) and now today local people still put effort and energy into bringing lights and cheer to our village.

We now have a loved Calstock calendar event, the 'Big Christmas Switch on', with our quirky and fun feature lights and we are lucky that Santa comes to help! We now help light the village green throughout the year and also support other village groups. We pay for all costs incurred and raise the money needed with

our own events, the ever popular Race Night and this year The Calstock Stomp, and not forgetting our brilliant supporters. We do it because we all live here and want to carry on the legacy from all those years ago. Our occasional meetings are full of laughter as well as plans and then there's the actual work of putting up and taking down that is always full of effort and wit!

We are now seeking new people to join the crew. If you love the lights we need you. No particular skills needed, but if you have some, then great. We always need helpers at events (especially cooks), help for the put up, and yes, people who stand on ladders!

So, if you have a willingness to make our



village light up on dark nights and add sparkle to Christmas please email calstocklights@gmail.com to find out more.

DIARY DATES

THE BIG SWITCH ON –

Friday 28th November 6.15 Village Green

And advance notice Race Night Saturday February 28th

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

Thursdays: 16th October, 13th November, 11th December.

For more details:

- call 0300 1234 111 or
- email libraries@cornwall.gov.uk
- visit Cornwall Council website www.cornwall.gov.uk (go to Libraries, Museums and Archives / Libraries / Mobile library).

U3A: LEARN, LAUGH, LIVE

Do you live in or near the Parish of Calstock?

u3a
learn, laugh, live

If so please take a look at what's on offer from YOUR local u3a Stay active and have fun.

- Art Group
- Intermediate Italian
- Walking Group
- French Conversation
- Quiz/Puzzles
- Genealogy
- Table Tennis
- Dance Group
- Play Reading
- Board Games
- Local History
- Book Group
- Lunch Club

Meet people with similar interests

Learn new things and share your skills

Who can join?

While most members no longer work full or part-time there is no age limit for membership.

These are our current groups but you could start your own group if you have a particular interest that isn't already catered for.

We also have a monthly social get-together including refreshments with a wide variety of interesting speakers.

For more information and to contact us, visit our website at:

<https://gunnislake-district.u3asite.uk/>

COMMUNITY FRIDGE: 3 YEARS AND MANY TONNES OF FOOD!

2nd April marked 3 years since our Community Fridge opened! This year's total of food collected by our volunteers is a staggering 20.93402kg... yes, very nearly 21 tonnes! That total doesn't even include food from individuals, The Cornish Bakery (Ginsters), Redmoor, nor The Mustardseed.

We continue to receive end-of-day food donated by: Asda on Tuesdays, Fridays & Saturdays; either Tavi Co-op store on Mondays, Tuesdays, Wednesdays, Fridays, Saturdays & Sundays; Tavi Tesco on Mondays, Tuesdays, Wednesdays, Fridays, Saturdays & Sundays; plus Lidl on Mondays, Tuesdays, Wednesdays & Fridays. Also most Tuesdays we gratefully

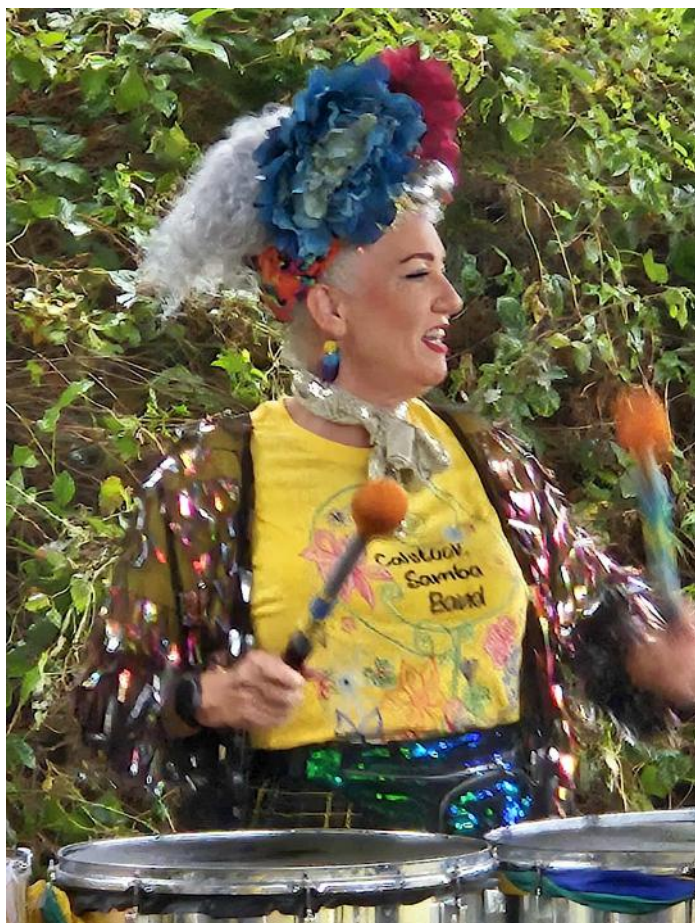
receive freshly-picked veg from Cornwall Gleaning Network.

Thanks to all our amazing volunteers (who are there in all weathers) and everyone who supports us! 😊



Mai Evans
Co-ordinator of TVCF
tamarvalleycf@gmail.com

CALSTOCK SAMBA BAND



So, anytime is a good time to start Samba. We're very friendly so give it a try without any commitment.

We have instruments to get you started!

We have a gig coming up in October and another in December. It's always great fun to perform and share the Samba beats.

Please let me know if you are interested. I'm looking forward to hearing from you!

Chrissy Wallis

- 21st September
- 5th and 19th (gig) for October.
- October half term
- November rehearsals will be 9th and 23rd
- December 7th and 21st (gig) Evening Montol lantern procession.

We have some very exciting news to share! Firstly, we have an amazing new Sambanista (leader), Stephen Ellis, a music teacher who amongst other skills is head of drama at Ivybridge college.

Welcome to our band Stephen!

Secondly, drum roll....

We're offering a chance for young people age 14 to 18 yrs to come and join our band for free sessions. We have some spare instruments but if you have your own that's great too!

Going forward, our sessions will be every other week on the first and third Sunday of the month from 10am until around 11.30am Calstock Village Hall.

All free for 14 -18 yr olds

Otherwise £5 cash.



CALSTOCK COMMUNITY SCULPTURE GARDEN

In a bungalow garden of wild fauna islands and well trodden paths, Blauwhuis, (the blue house at the very top of Higher Kelly, on the corner near where Worth's



Removals used to be), played host to over 70 sculptures produced mainly by Calstock residents, past and present. What a wealth of imagination fills the minds of those who put their idiosyncratic souls on show. The exhibition was called "Anything You Can Imagine" and it certainly fulfilled its title. You can see some of the work on our

Facebook page, "Calstock Sculpture Garden" - keep scrolling down.

The exhibitors ranged in age from 8 to over 80. The trend seemed to be let your mind run wild with recycled materials. It was open for the whole of August Wed's to Sat's and attracted about 350 visitors. It was free to exhibit and free to visit, but there was a bucket for donations to St Lukes Hospice if anyone fancied making a donation. It raised about £740 for St Lukes Hospice. Will it happen again? Probably, maybe next May, for just 2 weeks, three weekends. Will there be as many exhibitors? Definitely, there's room for a couple of hundred exhibits and many have already said they fancy doing something.

Fancy making something for next year? Feel free, keep a look out on our Fb page, "Calstock Sculpture Garden" and in Calstock News for details, inspiration and to keep your interest alive. Sculptors are invited from any age and any style, playful, monumental, comical, serious, minimal, abstract, surreal, figurative, make you think or numb your mind; everything goes. We didn't win the Turner Prize this year but who knows next year. I feel it was deserved, it was inspiring, democratic, inexpensive and about community. Come on get those creative juices running.

Calstock Sculpture Garden

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.

A REVIEW OF CALSTOCK STOMP FROM THE CALSTOCK LIGHTS TEAM

The first “Calstock Stomp” was held in the village hall on a warm Saturday evening in July. The event was well supported by locals and visitors from afar (Devon!). We promised a night of food, drink and dance - which was met with a good dose of fun as well.

With perfect BBQ weather and a quality food offering everyone was able to recharge their energy tanks either inside the hall or out on the sun-drenched patio. Once suitably filled the next stop was the bar, not the first or last time for most.

Our line dancing co-ordinator, Rita Hoile, took to the stage and provided some entertaining line dance steps instruction – sometimes not quite in the right order, but who cares!! A very attentive audience listened and acted out all the moves including those with their dad dance steps firmly in place. I think most were quite surprised how energetic the line dancing was and promptly headed back to the bar on completion for further refreshment.

For all those who willingly participated in the line dancing we are truly grateful, it would have made for a much quieter night otherwise. Even Rita’s occasional stage helper appeared keen to enhance the enjoyment factor!

The evening provided much needed funds to support the operation of the village festive lights and hopefully some will have already noticed some improvements to the exiting lights around the green.

We hope to host another Stomp next year and have listened to all the feedback. Our aim will



be to implement some, if not all these suggestions to make attendance at the event more affordable with additional ticket options whilst offering extra opportunities to perform further line dancing on the dance floor, not to mention retaining the cheapest bar in town!

If you have any suggestions or feedback regarding the village lights or can offer some of your free time to assist us please drop a line to calstocklights@gmail.com and we will respond accordingly.

Many thanks
Nev Mckechnie

HARROWBARROW & METHERELL COMMUNITY SHOP

Together we are making it happen! YOU as a community have driven this project forward, raising a phenomenal amount of money for our new community shop. Thank you for your support!







The committee, elected by shareholders, secured the permits and planning to deliver this key community asset, next to the Village Hall, Primary School, and QEII Fields in Trust play park.

We've had Food Handling training and will have more staff training before opening. We now have electricity, internet and a landline!

SHOP OPENING DELAY - We're sorry that **unexpected delays** (outside our control) mean we **can't confirm an opening date yet**.



We understand this is disappointing – we feel it too! But this gives us **extra time to prepare**, train staff and ensure everything is perfect when the doors open. We'll keep you updated! We are working hard to deliver your community's wishlist:

-  Inclusive pedestrian access
-  Safe vehicle parking
-  Open 6 days a week
-  24-hour postal service
-  Cash-back facility
-  Local fresh produce

PHASE 2: Help Us Finish the Job!


Winter is coming... and we need your help to:

 **Clad and insulate the shop buildings**

 **Add a roof to protect from the weather**

We're chasing grants AND running community fundraisers:


Current Fundraisers:

 **Long-term raffle tickets** – prizes grow with sales

 **Bonus ball** – £2 entry, 50% prize payout


££ Buy supplies for cladding & insulation

££ Contribute to outdoor furniture

 **Picnic with The Sydenham Blowers** – 21st Sept, 2–4pm, Village Hall (Dogs welcome outside!)

 **Auction of Promises** – October 5th

 **Second Share Offer** – Gain voting rights once the shop opens

 **Every Penny and Voice Counts!**

By supporting our shop:

- You invest in **local trades & businesses**
- You build a stronger, **more connected community**
- **Surplus profits** go back to local groups chosen by **the shareholders**

Even spending **£10 a week** in your shop makes a **huge difference**.

Let's keep this amazing momentum going – together!

Thank you for being part of something special.

Auction of Promises: 5th October, Carpenters Arms

Photo: Some of the Shop Staff and their Food Handling Certificates

REPAIR CAFÉ

Mr and Mrs Scoble brought their gift for their 25th wedding anniversary which had been given to them 35 years ago for repair.



They were very happy to have it back in one piece!

Repair Café is on the third Sunday every month alongside Calstock Cake.

THANK YOU, ANNIE LEWIS

Calstock Friendship Coffee Morning would like to thank Annie Lewis for her door to door knocking raising funds for us!



Mostly Rowse Gardens, but other generous friends too!

Annie collected £220 door to door, and a further £90 from friends and family!

We are extremely grateful to all.

Cheryl Mulvihill

NO OTHER LAND

Through a serendipitous chance meeting with Mark Cullen in his boatyard weaving studio, I am fortunate to reside in Lower Kelly and am fiercely proud of Calstock village, in all its forms and the Cornish land where I was born.

I, like Mark am a member of MAKE South West, and for the Members summer show this year, at Riverside Mill, Fore Street, Bovey Tracey, Devon TQ13 9AF.

I submitted the following piece of indigo dyed Madagascan raphia and was honoured with the South West Green Maker Initiative Award.

greenmakerinitiativeaward.org

The exhibition runs until 1st November and if you have the chance visit the gallery where there



is exquisite work on show. Do enjoy!

No Other Land

“Oh, the land of zaatar

What colour is your zaatar now

And, what colours the land

Does zaatar blossom from blood

Or, does zaatar itself bleed.”

Now in my 75th year—and marking five decades as a dyer, embroiderer, author, and teacher—

“No OtherLand” is a deeply personal celebration of my creative journey and a tribute to the enduring legacy of Palestinian Makers cultural heritage.

This work honours Tareez, the traditional embroidery practiced by Palestinian women for generations. Through intricate motifs embroidered onto their thobes (dresses), these women recorded their personal stories, communal memories, and deep-rooted connection to the land. Each stitch is a symbol—of village, harvest, hope, resistance. This textile language speaks across time, a vivid thread between past and present.

Inspired by these traditions, No Other Land incorporates hand-dyed indigo using Shibori Itajime – Kikkō techniques, alongside handwoven Madagascan raffia, silk and cotton threads, and 24ct gold leaf. The materials and methods I’ve chosen pay homage to both heritage and experimentation—bridging the ancient with the contemporary.

The title draws from Akram Al Najar’s haunting 1983 poem, questioning the cost of land and memory. Through colour, texture, and textile, I seek not only to celebrate the artistry of Tareez, but to stand in solidarity with its message: that identity, like cloth, is both fragile and enduring.

Vivien Prideaux

LAST NIGHT FOR NO PARTICULAR REASON...

I guess the thing about writers is that the concepts that we put out toward the public tend to sit within our minds and feelings and that takes a certain courage to stick up in the eyes of strangers. I think a writer writes alone even in a group. When they, we, come up for air we have wary eyes that search for the why are they looking away from what was written? Sensitive, egoistic, careful all mixed together we try and bring something to another person in some scripted manner, like this sometimes for no particular reason.

Our Calstock Writers Group is unlike any writers’ group I have associated with in that almost each of our members is writing something that has nothing to do with the others in the group. An autobiography, a drama, a fictional sociological examination, a play, poetry, a collection of vignettes,

children’s fables. This diversity in aims is what gives strength to the feedback. A children’s tale can bring a dialogue into easy clarity. A collection of vignettes might be a way of maintaining continuity when the day to day interferes with a straight sit down. An autobiography can assist the identification and examination of some of the characters that lie within the writer. Poetry allows us to openly search for our truths and, hopefully, clearly expose what we feel.

A writers group allows each individual to make that individuality as important as the scratching of the sensitive skin that carefully complements the ego and can from so many angles perceive the point needing to be made.

H E Ross, Calstock Writers Group



MISS PLASTIC 1949

When Mary Deacon was 9, she took part in Calstock Carnival as Miss Plastic 1949. There wasn't a lot of plastic around in 1949 and Mary ended up wearing a dress made from a thin, clear plastic and a plastic hat. She had a hula-hoop from which dangled the very few plastic objects they could find: toothbrush, comb, plastic spoon, handbag and a teething ring. It was a great success.

Mary was a Calstock child. Born in Tavistock and whisked back home to Harewood Road, where she grew up. She went to Calstock Primary School and then Callington Grammar School. She used to get the school bus which left Calstock early in the morning and then proceeded to trundle around all the villages. On the return journey it did the same in reverse and got to Calstock last. Mary used to wish the bus would be a little fairer and get to Calstock first sometimes.

Mary came from a Calstock family: her grandmother grew up across the river in James Passage Inn, now Ferry Farm. Her grandfather, Frederick Paul, was a tailor and a keen photographer. He had a shop in Fore Street a few doors down from The Boot. When construction on the viaduct began he documented its progress in great detail and sold his photographs as postcards in his shop. The photographs are a wonderful collection and span from 1904 to 1907: such a short time to build such a monumental structure.

When Mary left school she went to Exeter University and then the LSE and studied social

science. She became a Medical Social Worker, and in the Radcliffe Infirmary in Oxford she met Helmut Schneider, a medical student on an exchange from Germany. They were soon married and Mary found herself living in Germany.



But Mary never forgot Calstock. Every summer she, Helmut and their children came back to her family home in Harewood Road, and for five special weeks they became Calstock neighbours once again. Mary came over again this summer and we look forward to having her as our summer neighbour for many years to come.

Angie Sage



CALSTOCK PARISH COUNCIL

Autumn 2025

The Parish Council is at full complement. We welcome Ben Marley, Chris Clarke, Ann Moore, Ashley Rodda and Jon Tilbury to the council, making 19 councillors altogether.

THE CALSTOCK WARD MEMBERS ARE:

Alex Polglase – 07545 872667

Jon Tilbury – 07837 603541

Phil Spurr – 07779 595008

With over 5,550 residents on the electoral register we are larger than some town councils and rank among the largest parishes in Cornwall.

We own, maintain and manage a range of assets, including:

- Three burial grounds
- Four play areas and recreational grounds
- Four large open spaces
- Footpaths
- Four car parks
- Moorings and a pontoon
- Public toilets
- Allotments

We also look after several bus shelters, salt bins, dog bins, benches, and noticeboards — the list goes on!

Our commitment to serving the community is reflected in the breadth of services and amenities we support.

So we were greatly disappointed have one of our work vans and some equipment stolen. This not only incurred a financial cost to the Council—and ultimately to you, the public—but also placed a significant strain

on our staff, diverting them from their regular duties.

Thankfully we are fully operational again. The Outside Services Team’s efforts ensured that key areas of our services remained unaffected during this challenging time.

The future of Devon and Cornwall Food Action in Gunnislake is currently uncertain. Due to rising costs, the charity can no longer deliver to locations with fewer than 30 users.

We understand the importance of this service and are exploring ways to continue supporting a local delivery option.

In better news, we have had a provisional offer of a grant from FiPL to help increase biodiversity and public access on Town Farm Field.

We also received a grant from the Community Capacity Fund to commission a feasibility study into whether sources of renewable energy can be installed on buildings and land owned or managed by us.

And finally, for the sporty ones, Pickelball lines have been marked on the Tennis court in Gunnislake

• To contact the Clerk email: clerk@calstockparishcouncil.gov.uk or telephone: 01822 748847.

• To contact Pete Gadd about Outside Services email: estates@calstockparishcouncil.gov.uk or telephone: 07887 090445

Clare Bullimore
01822 748847

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

CALSTOCK PARISH ARCHIVES

We have had a busy summer. In the tent at the Tamar Valley Fete sadly the weather wasn't too kind. In July we had an exhibition in Gunnislake Hall and the following week we were at the Latchley show. These events are very useful as visitors offer documents and photos to copy and sometimes the chance to come to them and take photographs.

In the last few months we have been collaborating with Calstock in Bloom who have been doing a market gardening project with funding from GWR.

We have provided photos for the artist Colin Pethick who ran a painting workshop at Calstock Arts and we provided a display for this event.

Colin painted several boards connected with the market gardening in the area and transport of produce. These were put up on Calstock Station in August. An information board on market gardening has also been put up which contains a QR code linking to the archive website (www.calstockhistory.org.uk).

Our last outing of the year will be at Calstock Hall on 20th September where we will



be putting on an exhibition as part of the South West Maritime History Day.

Please remember, if you're turning out a cupboard or the attic, think of the archive before you throw anything away including old newspaper cuttings, programmes, photographs, anything to do with the parish and the people who live there.

The archive is based in the Cemetery Chapel in Albaston. Our opening hours are:

Tuesdays and Fridays 10.00 – 2.00 and Wednesdays 12.00-4.00. If you are not able to make these times, please contact us and we could make special arrangements.

lynda.harman@btinternet.com

Tel 01579 351413

CALSTOCK PARISH LOCAL HISTORY GROUP

Come along to the Calstock Parish Local History Group. We have talks in autumn/winter and outings in spring/summer. Everyone is welcome.

If you'd like to become a member, dues are only £7 a year. Membership includes three newsletters packed with articles about local history, and discounted entry to events. Get in touch if you'd like to join or find out more.

Coming up:

SATURDAY 27TH SEPTEMBER: It's our AGM, followed by an illustrated Talk by Mark Pellow chronicling his lifetime collection of coins. Come early to renew your annual membership or join anew if you'd like.

SATURDAY 25TH OCTOBER: Dartmoor in the age of the Black Death, a Talk by David Stone. David helped lead the Moor Medieval Study group which researched Dartmoor's medieval past.

SATURDAY 29TH NOVEMBER: A Talk about The Medieval Weir at Gunnislake -- Sharon Gedye

has researched the use of the fish weir at the tidal limit of the River Tamar. It belonged to the monks of Tavistock Abbey and passed into private hands after the dissolution of the monasteries.

For all talks, meet at the Tamar Valley Methodist

Church in Albaston. Non-members are always welcome. Members £1.50, visitors £3. Doors 7pm. Start 7.30pm.

Booking not necessary. For more information please contact Jill Lane on 01822 833856 or lane235@btinternet.com.

STILL ENDANGERED: THE LAST TAMAR TRADING KETCH

Steamboat skipper Ian Richards has pushed me out on to the Tamar several times now and when that happens I seem to bite my lip when we pass the *Garlandstone* at Morwellham Quay.

A national treasure that sits still because of holes drilled into her to allow the tides to rise and fall without having to bail her.

This clipper bowed ketch was the last Tamar Trading Ketch built at the James Goss Shipyard directly across the Tamar from Calstock.

Sometimes when the subject of her being restored comes up I usually hear that ‘they spent a lot of money on her’ though the last £120,000 restoration funding was only for a museum piece and not a working charter vessel.

An estimate for a full sailing restoration might have been closer to £600,000.

She was built on spec over a period of six years and was finally purchased and by Captain John James Davies Russan and launched in 1909. Captain Russan traded with her along the coast of Britain as well as ranging from the Elbe to Brest on the continent. He also frequently shipped cargo to Wales.

In the early 1920s *Garlandstone* was described in Edmund Eglinton’s book, *The Last Sailing Coasters*: “I was happy to find such a pretty little vessel, with a beautifully rounded counter stern: a sharp and jaunty bow, even her sides showed

a gentle curve throughout, and the narrow planking of her deck followed that beautiful curve.”

To see her today and looking past the planks pulling out on her port side you can still see those almost yacht-like lines. Her beauty was also sketched by the period artist, Micha Leszczynski.

Garlandstone was bought and sold a few times and was even actually used as a yacht. But she was found forlorn at Barmouth and saved by Messrs RA Kyffin and Colin Lansdown and through them purchased by the National Museum of Wales. In 1987 *Garlandstone* was moved to World Heritage Site at Morwellham Quay. *Garlandstone* has been on the National Register of Historic Vessels since 1996.

H E Ross



FLEUR LAGUNOWITSCH-COUSINS

Married to Tom living near the Boot with kids Etta, Lilla and Felix.

Advanced Nurse Practitioner in Neurology. Singer in the Quarter Tones.

Passionate about promoting healthy choices, good food and spending time outside.

WHERE DID YOU GROW UP?

All over the UK! My parents were Salvation Army officers which meant moving every few years to a new home and city.

WHAT BROUGHT YOU TO CALSTOCK AND WHEN?

Friends moved to Calstock in 2010 and we visited them more and more from London. One very grey November Day Tom and I decided that we couldn't leave the viaduct behind again and we moved into the village in 2011.

WHAT IS IT ABOUT CALSTOCK? YOU ENJOY MOST?

The close community of friends that are from all paths of life that have become like family to me and the free spirit that runs beneath the surface throughout the village.

WHAT WOULD YOU LIKE TO SEE MORE OF CALSTOCK?

More Allotments or similar communal growing and play spaces

WHERE ARE YOU MOST LIKELY TO BE SEEN IN CALSTOCK?

Running around the river path and Cotehele Woods.

WHAT IS YOUR FAVOURITE LOCAL WALK?

Danescombe loop, up into Cotehele, peeking over the valley above the 'hotel house'.

WHAT FOR YOU IS THE HIGHLIGHT OF THE CALSTOCK EVENTS CALENDAR?

May Revels captured my heart and soul and always will.

WHAT WOULD BE YOUR PERFECT DAY?

An early morning run followed by a cuppa on my doorstep, a packed lunch on my allotment, a sneaky beach trip after school with the kids for a swim and surf followed by live music in one of the many pubs with friends.

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

This is a tricky question as there are so many! Natural beauty aside, my favourite view in the valley is people watching on Fore street on Christmas Eve. The twinkling lights from the advent windows mixed with the smiles and songs on the faces of the lovely people in



Calstock makes my soul sing and I know that I am home.

WHAT IS YOUR FAVOURITE CALSTOCK CREATURE?

Other than my children... Slow worms coiled up on my allotment plot

WHAT SEASON DO YOU ENJOY MOST IN CALSTOCK?

Spring. I love the wild hedgerow flowers, early morning running in the new sunshine and all the weekend events and gigs held outside on the quay that start from April/May.

DO YOU TALK TO THE DUCKS?

Yes! I apologise regularly when I run past them waking them up!

HAVE YOU EVER SWUM IN THE TAMAR?

Yes, once about five years ago. Now I think it's become too dirty and is unsafe to do so sadly.

WHICH SIDE OF THE TRAIN DO YOU SIT ON WHEN YOU GO OVER THE VIADUCT?

On the left, always try to spot my house.

DO YOU HAVE ANY PARTICULAR HOBBIES OR INTERESTS?

Working for the NHS can be quite stressful so to relax I love to cook and feed people! I make a good sourdough and have many ferments to feed both my gut and obsession with good nutrition. I also share my home with a glorious big scruffy black cat called Hagrid.



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Calstock Samba Band

Sambista: Tom Attwell

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For more info, practice dates and gigs, contact
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CALSTOCK ARTS

SEPTEMBER

FRIDAY 26 – Macmillan World’s Biggest Coffee Morning – 10am – 12.30.

SATURDAY 27 – The Storyville Jassband – Netherlands oldest Trad Jazz Band. £15 advance, £18 door. Bar open 7pm

OCTOBER

THURSDAY 2 – Cfylm presents All We Imagine As Light – Drinks and refreshments available. £5 members £6 door.

FRIDAY 3 – Aspyrian - ambitious new UK jazz act. £12 advance, £15 door. Bar open 7pm.

SATURDAY 4 – Leveret –three fold musicians. £18 advance, £15 door. Bar open 7pm.

SUNDAY 12 – K’antu Ensemble – Music in the Age of Discovery – Classical, folk, world fusion. Bar open 2.45 for 3.30pm start. £15 advance, £18 door.

THURSDAY 16 – Tobias ben Jacob and Friends – 50 years of Blood on the Tracks. £15 advance, £17 door. Bar open 7pm.

FRIDAY 24 – Melanie Branton – The Full English. £10 advance, £12 door. Bar open 6.30pm Performance 7.30pm

SATURDAY 25 – ARQ Jazz (Blow the Fuse) £15 advance, £17 door. Bar open 7pm.

FRIDAY 31– Wonderland – A Magical Journey – a puppet show for 4 – 12 years. 11.30 am and 3pm £6 each or family of 4 for £20



NOVEMBER

SATURDAY 1 – Tamar Valley Heritage and Environment Symposium from 10am – 3.30pm see website.

SUNDAY 2– Meridianum Ensemble. Doors open 3pm: 3.30pm start. £15 advance, £18 door

Thursday 6 – Cfylm presents The Penguin Lessons

SUNDAY 9 – The Book Witch – children’s event 11am and 3pm. £8, adult family of 4 - £25

SATURDAY 15 – The Jake Leg Jug Bank – £10 advance, £12 door – doors open 7pm

FRIDAY 21 – Gallery Bar Special – Free entry bucket for the band. Mojito Jazz Trio – Bar open 7pm

FRIDAY 28 - Peter Knight and John Spiers – £18 advance, £20 door - Bar open 7pm

SUNDAY 30 – Philippa Mo – Suite Fantasia Caprice – Doors open 3pm: start 3.30pm £14 advance £17 door.

CALSTOCK ARTS WEDDING FAIR –

Sunday 19th October 11am – 3pm – free entry – 15% discount for bookings made on the day.

CALSTOCK ARTS WEDDING FAIR

SUNDAY 19TH OCTOBER 11-3PM

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15% Discount for bookings made on the day.
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CALSTOCK VILLAGE HALL:

SAT 13TH SEPT – Phil Beer + Kana

FRI 19TH SEPT – Mad Dog Mcrea

FRI 26TH SEPT – Martha Tilston + Fionnuala Kirby

SAT 4TH OCT – Reggae Night with DRAS

SAT 18TH OCT – Tamar Valley Male Voice Choir

SUN 19TH OCT – Calstock in Conversation (+ Community Weekend)

FRI 24TH OCT – Comedy Night

SAT 1ST NOV – Baskery + Modern Life

SAT 15TH NOV, 10am–5pm – Christmas Market

THE TAMAR INN



CALSTOCK SOCIAL CLUB

SUN 21ST SEP - Jack O'Hearts 4-6pm. Folk with a twist.

SAT 27TH SEP - Rudi's Message - 9pm Ska band

SUN 5TH OCT - Hungry Bears 4-6 pm acoustic

SAT 25TH OCT - RooTzmill - 9pm. Reggae/ska

SAT 8TH OCT (fireworks night) - Rockafella - 9pm Indie Rock.

FRI 21ST NOV - Lonesome Saddles 9 pm - Country music

FRI 5TH DEC - Boogie Knights - 9pm Disco/motown 70's band

SAT 20TH DEC - Hurdy Gurdies - 9pm hits from the 60's

WED 31ST DEC NYE - 9pm Lexies Disco.

There is no music in the club Jan/Feb 2026.

AUTUMN, HARVEST AND HALLOWEEN AT COTEHELE

Cotehele matched the rest of the Tamar Valley in a seriously bumper year for soft fruit crops. Mother Orchard and Old Orchard at the top of the formal garden at Cotehele saw trees laden with apples and pears; and the medlars are growing on rapidly also. The harvest has come quite early this year, and at Cotehele we had to bring our apple

picking events forward from the planned dates. It is always a fun challenge for our teams to event plan around Mother Nature – you cannot always predict her moves, and we love that. We have all enjoyed watching lots of happy visitors, old and young alike, pick some tasty and healthy treats from the trees.

Autumn is almost here, and with the early harvest the colour on the leaves is already turning and they begin to fall in preparation for winter. It has felt cooler in the mornings and there will soon be spooky happenings in the garden at Cotehele as our community scarecrows will be returning, with a swashbuckling pirate theme this year! Harvest celebrations will once again return to Cotehele Mill – and autumn walks across the Cotehele estate look set to be as special as always. We hope to welcome lots of visitors to Cotehele this season, and then Christmas will be upon us. As with the fruit – it has also been a bumper year for the flowers and there are already many drying in preparation for this year's garland, which is shaping up to be spectacular.

*Photo: ©National Trust Images/
Mel Peters*

Rebekah Mason
Senior Programming &
Partnerships Officer



CONNECTING TO OUR PROUD PAST

What started out as a way of improving the appearance of our train station has evolved into a trigger for people to recall their connections to the Tamar Valley, and in particular its rich history of market gardening.

FUNDING THE PROJECT

In GWR terms, the Calstock in Bloom team are ‘Station Adopters’, and in that role are always looking for ways to improve



the appearance of our station. With limited direct sunlight, restricted access to water, and poor soil quality there is only so much planting that can be undertaken! Through a GWR Customer and Community Improvement Fund grant we were able to look at how the station shelter could be cheered up. We identified that a mural would provide both impact and a source of information on the Tamar Valley Market Gardening industry, plus tell the story of how the trains got produce to markets around the country.

Working alongside local artist Colin Pethick and the Calstock Parish Archive team we have developed what we hope everyone thinks is

an excellent piece of public art. Certainly all of the comments on social media, plus talking to people at the station have been extremely positive.

CONNECTIONS

What we hadn’t expected is how people have connected to the mural. Numerous people have either directly recalled how the station looked with its produce ready for shipping, or how their parents told them stories about it. But a totally unexpected connection was with Charles Nelson.

Charles Nelson (Born Charles Nilsson, and believed to be Swedish) is thought to have been a merchant seaman delivering timber to Calstock. He then married Edith Willock of Lower Kelly and was believed to be a fruiterer between 1893 and 1902. The Archive team had a photo of Charles carrying a basket of daffodils. Colin Pethick thought this was a wonderful image that we should include in the mural. A photo of the mural is below.

Only after we had installed the mural did we discover that local resident Chris Southcott



*Top left: Colin Pethick and his mural.
Above: Chris and Charles Southcott*



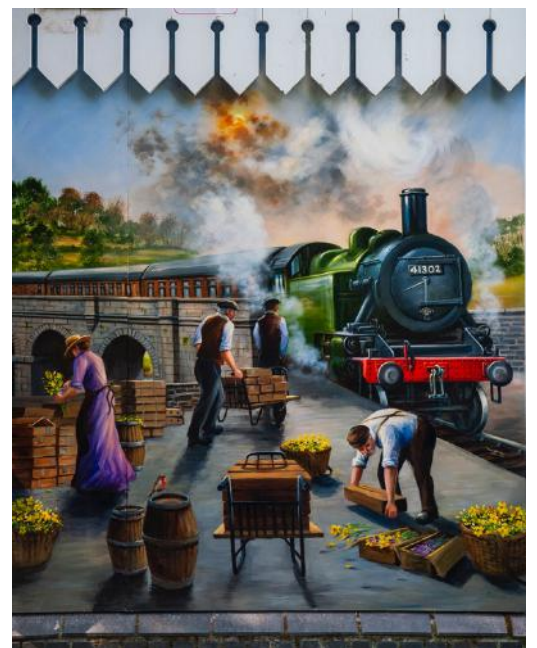
was the great grandson of Charles, and Charlie Southcott was his great great grandchild. Thankfully they could attend our launch event at the station to celebrate the work. We believe there may be other relatives of Charles still living in the Parish.

NEXT STEPS?

If other people have stories about the ‘Fruit and Flower’ trains they could write articles for future editions of Calstock News.

In addition to the mural, we ran a workshop at Calstock Arts for locals to learn how to reproduce one element of the mural – a glass bowl full of flowers. We are now working with Calstock Primary school on how they can benefit from the artist’s skills to produce their own artwork celebrating market gardening in the valley. Hopefully, like many others they can be inspired by our station mural.

Colin Bates



RECYCLING: IN CONVERSATION WITH LORNA LUNN AND ALI HUMPHREYS

I sat down with these two community activists to talk about their recycling work. Living now in Calstock, and well known to our school children for listening to their reading, Lorna Lunn was a pioneer in Heywood in Lancashire in the 1990s. Ali Humphreys runs the Recycling for Charity project in Calstock and the surrounding area. I thought it would be interesting to get them to compare notes.

pay for the aluminium, card, textiles and glass bottles that they collected. This helped cover their costs. ‘There wasn’t much plastic then,’ says Lorna.

7 years ago Ali took over from Sam Gliddon who was recycling baby clothes and plastic wrappers in Calstock and Callington. Sam’s garden shed in Calstock wasn’t big enough and she was going to have to close down. Ali, as a member of SHARE, South Hill Association for Renewable Energy, took it over. It has changed a lot over the years, especially since Covid when they started collecting with a car trailer. This is when Ali met Lorna. Back then they were recycling empty crisp packets. ‘We would send over 100kg every month,’ Ali says. ‘It was frightening to realise how many crisps we were all eating!’ The project has grown considerably, accepting many different items



Lorna Lunn

Lorna began what she calls her ‘virginal trail’ in 1988. ‘Nobody recycled,’ she says. There were no Council collections: everything went into landfill. She was a trailblazer. Starting from scratch, her Green Gang set up a community recycling business with European funding. They employed a driver and an administrator but were otherwise run by volunteers. Lorna was a volunteer director. They filled skips with cardboard and paper. They had a separating machine that pulled out metal cans from the aluminium ones that they could sell and they had a can crusher. They didn’t have recycling centres in those days so part of Lorna’s job was to find companies to



to raise money for different charities. As well as Calstock and Callington, there are now hubs in Saltash, Launceston, Liskeard, Bude and Tavistock.

I asked them what the biggest challenges are. Not a lot has changed. ‘People,’ says Lorna, ‘and their lack of knowledge.’ I was slightly surprised that 30 years later Ali agrees. ‘Education is still needed,’ she says, ‘as there are plenty of people who are not aware of what can be recycled.’ She reckons that when Cornwall Council restricted the amount we could put into our new black waste bags & bins it ‘really woke people up. We were pushed into recycling.’ Within a few months the amount of waste that was recycled in Cornwall rose from 36% to 58% together with over 3,000 tonnes of food waste.



Ali Humphreys



Both of them say that education is a big part of the job. Lorna’s Green Gang would go into schools and she had a weekly column in the Heywood Advertiser to raise awareness. Ali’s project is also involved with schools and she regularly talks to groups in the area. Together they are setting up a Green Gang at Calstock School.

‘There’s too much clothes and toys and stuff,’ says Ali. ‘Cheap goods come over from China. We buy it. It breaks and we send it back to China to be burnt in big incinerators. Is that really good? We’ve got to be smarter and reduce using stuff that we don’t need.’ She encourages people to visit our local incinerator at St Dennis which is a real eyeopener into

just how much waste is burnt.

Lorna says that the great change came when Councils took responsibility for recycling and started kerbside collections. She and groups like hers played a part in making that happen. For Ali, her project’s biggest success came this May when they won a competition for the group that could collect the most waste in the space of three months. They accumulated over one tonne - that’s over 100 boxes. The prize was playground equipment made from recycled plastic that went to Brunel School in Saltash who involved their community and now recycle daily.

Well done to these two amazing women who have made such great contributions in their communities to the recycling cause.

Alastair Tinto

PROTECTING THE CORNISH IDENTITY FOR FUTURE GENERATIONS

In Cornwall, we are proud of our county’s unique history, heritage and culture, which all play an important part in constructing our identity.

With its Celtic origins, the Cornish language was the main language in Cornwall up to the 15th century, and communities were still using it going into the 18th century. This isn’t that long ago in the context of history, with Cornish still being used during the American, French, and Industrial revolutions. These events all have lasting legacies today, with Cornish language influencing our identity in the present too.



Recognising the importance of Kerneweek, in Parliament, I introduced the Cornish Language and Heritage Bill, which will play an important role in securing our identity for future generations.

This Bill aims to secure greater recognition for the Cornish language, making sure that there is an option to learn the language in schools. This isn’t about imposing Cornish on anyone, but about making it available, just as Welsh and Gaelic are.

For decades, local efforts to promote and protect the Cornish language have been carried out by cultural organisations, local authorities, and passionate individuals who have worked tirelessly. As your MP, it is important that I play my part in this story.

The reaction to the bill has been overwhelmingly supportive, with local people often speaking to me about how we need to go further to protect the Cornish identity. I am proud that the bill has backing from MPs of all parties, showing the great levels of support for improving access to the Cornish Language.

Cornwall deserves recognition and respect, and we cannot afford to let our identity and culture fade away. My Cornish Language and Heritage Bill is a step toward ensuring the Duchy’s unique identity is celebrated, protected, and shared.

Anna Gelderd,
MP for South East Cornwall

GERO NEI CLAPPYA KERNÔWEK. LET'S SPEAK CORNISH

Let's greet one another in Cornish. You may hear people say a polite, impersonal, "**Dedh da!**" or "**Dydh da!**" *Good day!* But how about "**Ha sos!**" *Hi mate!*, "**Lowena dhis!**" *Joy to you!* Or "**Dursona dhis!**" *God bless!*

On their birthday, you can slip in "**Pednblood lowen!**" *Happy birthday!*

If you are going to see someone again that day, you might say "**Anowr!**" on parting.

"**Kebmer with!**" or "**Kemer' with!**" *Take care!*, and "**Duw genes!**" or "**Duw genowgh whei!**" are considerate ways of saying *Goodbye*.

If you'll meet again, a good parting shot is "**Terebo nessa!**" *Until next time!*



Jan Lobb

KERNOW A'GAS DYNNERGH!

Cornish (Kernewek) is thought by many to be 'dead', but that's not so! (The same was said about Welsh not so long ago!)

Dydh da (Hello/Good day), Meur ras (Thank you), Mar pleg (Please)

Interest is reviving and growing numbers of people are taking an interest in exploring this important heritage language.

Intrigued? Want to learn more?

There are many Cornish Language groups in Cornwall, the nearest to Calstock (Kalstok) is in Callington (Kelliwick), which meets each Wednesday evening (7.00 - 9.00pm) in term time.

All levels are catered for; from Beginners (Level 1) to Advanced (Level 4). Cost is



a nominal £25/term (to cover costs of room hire, etc.)

Contact Maureen for more information: mpiercekernow@btinternet.com

There are also several Cornish Language Speaking Groups (Yeth an Werin) scattered about Kernow (and nearby). The nearest ('Bagas Riflewas') meets in The Rifle Volunteer (An Gonn Hir Bodhek) on 2nd and 4th Thursday of each month, from 7.00pm onwards. All levels are welcome!

Yeghes da!
Kytto

HOW THE TAMAR COMMUNITY TRUST (TCT) MANAGES CALSTOCK WETLANDS

On completion of the recent flood defence works for Calstock, the Environment Agency (EA) needed a third party to manage the newly created wetlands. Since the EA were paid about £1.5million from the E.U. to create the wetlands (thus making the flood defence

A management plan was produced by the EA for the wetlands, with certain responsibilities assigned to the TCT. These had to be within the capability of the Trust and its volunteers and included litter removal, control of certain invasive weeds and the monitoring of certain environmental aspects of the wetlands to record its development.



The Trust being a small charity with limited means could not agree to anything that might jeopardise the Trust's viability. The Trust also sees its role as promoting the wetlands and enhancing the visitor experience by providing information boards, seating areas and producing news and publicity reports such as this one.

scheme financially viable), they had to retain ownership of the wetlands and oversee its development as a Saltwater Marsh. An agreement was made with the EA that the TCT would manage the wetlands. Then when ownership of the river path and bridge was transferred to the Parish Council last summer the TCT agreed to maintain the bridge and river path with grant money that they had sourced, so there was no cost to the council. The TCT also pays for the necessary bridge inspection every two years. It is this arrangement that enables the river path to remain open to the public.

The Trust has an ongoing programme of conducting educational visits for schools and colleges covering various topics such as the nature and evolution of the wetlands, and wider aspects such as the industrial history of Calstock as observed from the wetlands. These have to date been very successful.

Without volunteers the Trust must use contractors to maintain the bridge and river walk, so less would be achieved. More volunteers mean more gets done, and visitor experience is further enhanced. Anyone wishing to help the TCT by volunteering can e-mail: info@tamarcommunitytrust.org.uk.

Pete Thompson

AND THEN THE RAIN CAME!

Drip Drip began sampling and testing the River Tamar in October last year, at the end of a damp summer. Unsurprisingly, those early results showed high bacterial counts.

Since then, we have experienced unusually dry conditions, with the river showing very low bacterial counts through spring and summer.

There were only a few short spikes, usually following heavy downpours. One troubling exception, however, has been the combined storm overflow (CSO) on Harewood Road, which continued to spill even during drought conditions.

We witnessed disturbing visual evidence of these spills in the river itself — slicks under the viaduct and sewage sticking to the sides of boats. We are pursuing this case with South West Water (SWW) and will keep you updated.

But just as in the long hot summer of 1976, the weather eventually broke. This September the rains returned with a vengeance, bringing thunderstorms and floods to parched ground. On the very first day of the month, we recorded clear evidence of sewage spilling from the Harewood Road CSO. By the following week, 10 live discharges had been recorded within just seven miles of Calstock. Since 2 July Harewood CSO has spilled on 47 days out of the last 70 often multiple times.

Needless to say, we do not consider the river safe for swimming, paddling, or any other water-based activity at present.

We have been in conversation with our local MP, Anna Gelderd, who recently visited to offer her support. Anna has already used Drip Drip's data to press the case for cleaner rivers in Parliament. Together we are calling for



an accelerated end to the routine use of CSOs by South West Water. At present, their plan allows them to continue spilling sewage into rivers until 2050 — far too long for our river, our wildlife, and our community.

Meanwhile, Drip Drip has developed a website that will feature a live, localised map of CSO activity alongside other river condition data. This will make it easier to check if the river is safe before heading out — streamlining access to vital information within seven miles of Calstock.

<https://dripdriptamar.org>

FERRY NEWS

WIMBLEDON WEEK...

What does that say about one's target demographic?



Photo by Ian Richards

The Calstock Ferry has been running since May 22nd and will continue to operate at least until the end of October. If you want it to continue after that, it's a use-it-or-lose-it situation. There are circumstances under which the ferry could operate all year round, or just every summer from May to September, or myriad other scenarios, but not having anyone use it is not one of them. Right now, in September/October, is the make-or-break period for the person responsible for the feasibility study. And that person is me. So I know.

When we first started back in the Spring, I very quickly began to do that painfully human thing

of starting to recognise patterns where there are none. There's a deep-rooted psychological principle that has an intellectual-sounding name. There is – it's apophenia, the human tendency to perceive meaningful connections or patterns between unrelated or random things across various forms of information, including visual, auditory, and data sets. Wow...

I was convinced that the reason no one showed up was that it was raining. Or that rain was in the forecast. Or Yesterday's Weather Syndrome (YWS), an at best apocryphal and

probably entirely illusory principle that I coined many years ago – tourists go to the beach today because the weather was nice yesterday.

In reality, there are only two reliable correlations that I have been able to detect. One is that during Wimbledon Week, no one will show up, no matter how good the weather is or how convenient the tides. The other is that on an August Bank Holiday weekend, a whole bunch of utter *****s will turn up and litter the pontoon with their boats despite all the signage to the contrary.

Check out calstockferry.com or lots of socials @tamaracalstockferry

Will Mattos, the Ferryman

CALSTOCK BOATYARD

It's 5 years since we took over the reins at Calstock boatyard. How fast it has gone!

We sailed into Calstock after voyaging from Cornwall to Portugal and back on board our 78 year old Scottish herring boat. Chris and Julia, who ran the yard, welcomed us and we became happily ensconced in this wonderful valley.

We then took over in 2020. It's been an adventure for sure.

Andy joined after a year. His knowledge of boats has really enabled the boatyard to function. He helps in all areas from hauling to moorings, boat maintenance to servicing.

The boatyard continues to be popular with locals and those from further afield seeking access to the water - be it the local rivers or the Cornish coast. With beautiful anchoring opportunities down towards Pentillie and the River Lynher or enjoying Cawsand/Kingsand on a sunny day there is lots to explore. Taking a boat down to the Plymouth firework championships in August and anchoring close to the display is a particular favourite.

We have seen lots of new sailors coming up the slipway over the last couple of years bringing a refreshing energy and enthusiasm for Calstock. The art studios bring creative people in to use their spaces - joining the boatyard family.

The River Tamar at Calstock is busy, well loved and well used. There are usually music events on in the village and the water is a fantastic way to access them. The new Ferry with Will at the helm has been silently up and down with people aboard opening up an ancient crossing point. We have the steamboats visiting yearly showing off their fine vessels and taking us back to a slower time. The gigs are always to be seen with oarsfolk both young and older pulling hard. The rowing regatta held every summer is very competitive as they power down past the boatyard round the marks and back up again. The fish counters and dolphin recording



Pods listening and clicking. The kayaks and canoes, paddle boards and dinghies. Tavy The Giant, Father Christmas... Calstock Boatyard – We still love it all so thank you Calstock!

Luke and Bryony
info@calstockboatyard.co.uk
01822 834559

CALSTOCK PARISH FOOTPATH NETWORK

Oh Autumn rain making paths muddy and slippery and wind bringing trees down! Let us know and we liaise with the Parish Council. Take care and wear suitable footwear, use walking poles.

If a path is flooded, only try to go through if you're confident of how deep it is.

Cornwall Council has a 10 year strategy for Public Rights of Way and wants as many voices as possible to complete their consultation for the upcoming plan. Please visit: <https://letstalk.cornwall.gov.uk/rowip> by 28 September.

A big thank you to all around the Parish who go out and check their local paths and where necessary cut back the vegetation; to Ali who updates the Calstock Parish Footpath Network on Facebook and leads walks; to Helen for emailing; to Jean for finance management; and to all of us who walk our network of paths.

As Chair I've been pretty hands-off (aka useless) and would like to improve. Would you like to join us as a member or be part of the Committee to help us spread the word, get people enjoying walking our path network and do a bit of the background admin / website / organising?

We live in a wonderful place with World Heritage mining history, National Landscape woods and fields around the Tamar, wildlife to spot, abundant Tamar Valley apples...walking the paths is a good way to explore.

Do use Calstock Ferry ("the oldest passenger ferry has now gone electric!") to cross the Tamar from Calstock to Ferry Farm and walk



Photo from CPFN FB page

in Buttspill Woods and up towards Rumleigh or Bere Alston. Email or ring the ferryman, Bill on 07783 432280, info@calstockferry.com New footpath from Newton Farm to The Carpenters? Well, we're still waiting. Hopefully we'll get the good news soon that it is open - and we can finally walk this historic path! But not yet. At least The Carpenters has reopened so there will be suitable refreshments to greet us.

Enjoy the season and mind the mud!

Juliet Hilary - Chair

Email: calstockfootpath@gmail.com

‘LIVING CHURCHYARDS’ - MOTH TRAPPING

St Andrews Church held its second ‘Living Churchyards’ day on 28th June. It was meticulously organised by Jane Weatherby and Ian Richards, with the help of lots of eager volunteers, and pupils from the village school, with events to suit all ages and interests.

Events kicked off with the moth traps being opened by Phil Barden, author of ‘The Moths of Bere Peninsula’. A must for all lepidopterists.

Light boxes had been set up in the churchyard and left overnight. The bright light attracted the moths which were then trapped in the boxes, which contained a matrix of egg cartons. The textured surface and crevices of the cartons mimic the natural environment with lots of nooks and crannies which provided safe shelters in which the moths could settle. Lifting out the individual pieces of egg cartons made it much easier to inspect, count and identify the moths without disturbing them too much.

On close inspection, a staggering 97 different species of moth had been captured, and were recorded. This was a vast increase in number

from last year. The moths were of all shapes, colours, patterns and sizes, and included some unexpected ones. They varied from the tiniest of micro moths to the large hawk moths. One of the tiny moths was a continental moth which will have flown across the Channel to get here.

Once the moths had warmed up their wings sufficiently, they flew off, unharmed, back into their natural environment... or at least those that escaped a hungry waiting robin!

Apart from being a crowd-puller, the traps also served as a tool for environmental monitoring. The number of different species of moth caught is a very good indicator of the biodiversity in the churchyard and nicely demonstrates the importance and the success of the work being carried out there.

Moths fly at different times of the year, depending on the availability of their food source and that of their caterpillars, although not all adult moths do eat.

Moths and caterpillars are an extremely important part in the food chain, and are the favoured food of many birds, bats, and other animals.

Jan Simpson



BACK-TO-SCHOOL BROWNIES

Dairy and nut free, these are a staple of my school bake sale offerings. You can easily add extra fixings to them - favourites of ours are halved macadamia nuts pressed into the top before baking (if being nut-free isn't a consideration), or a quick glaze of 60g icing sugar, 1.5 tablespoons cocoa powder and ~1 tablespoon water (just enough to make it pourable) spread on top after baking.

- 2 large eggs
- 2t vanilla extract
- 60g plain flour
- 60g unsweetened cocoa powder
- ¼t salt

Mix together oil and sugars until well combined. Beat in the eggs and vanilla. Pour the dry ingredients on top of the wet ingredients, mix the dry ingredients together

a bit first and then fold into the wet (this saves using a separate bowl for the dry ingredients - less washing up!)

Pour batter into an 8" square baking pan lined with baking paper and smooth the top. Bake in an oven preheated to 175°C for 20-25 mins. For the fudgiest brownies, don't overbake. The brownies should only



They're also particularly good microwaved for a few seconds and topped with vanilla ice cream.

- 112g vegetable oil
- 100g granulated sugar
- 100g dark brown sugar

just be set in the middle and a toothpick should NOT come out clean!

When cool, cut them into 16 pieces (my children would say to cut them into 9, but I don't listen to them and I suggest you don't either).

Yukiko Stranger-Galey

GOING POTTY

I've a long-standing love of container gardening, sparked by the first home I ever bought, a flat above a car showroom.

The roof space provided the perfect spot to experiment with what might be persuaded to grow in pots – and I soon discovered that was pretty much anything, if the size, soil and aspect were right. It meant that when the time came to move, most of my garden came with me.

I've gradually added more containers to every garden I've had - shrubs, perennials, annuals, bulbs, vegetables, fruit and grasses. They frame doorways and entrances; soften patios and pathways; provide instant seasonal colour or interest; and even grow things that don't like my soil – you can provide exact requirements in a pot.

Here's a few tips to use them successfully in your patch:

- Group containers and mix large and small plants or they can look stunted and bitty.
- Large containers are easier to look after as they take less watering. Look out for unusual ones at auctions, salvage and boot fairs. You can use almost anything providing you drill holes in the bottom for drainage.
- For seasonal pots, think thriller – an eyecatcher – filler – shorter and fills the gaps - and spiller – something that trails, like ivy.
- Consider colour theming, picking three that either harmonise or contrast, or try all white flowers, which glow at night.
- Incorporate scent wherever possible. For late winter and early spring, hyacinths and wallflowers are unbeatable. Plant pots now and place near doorways.

• Plant a mix of 'permanent' shrubs or grasses that need minimal care, alongside a few containers that change

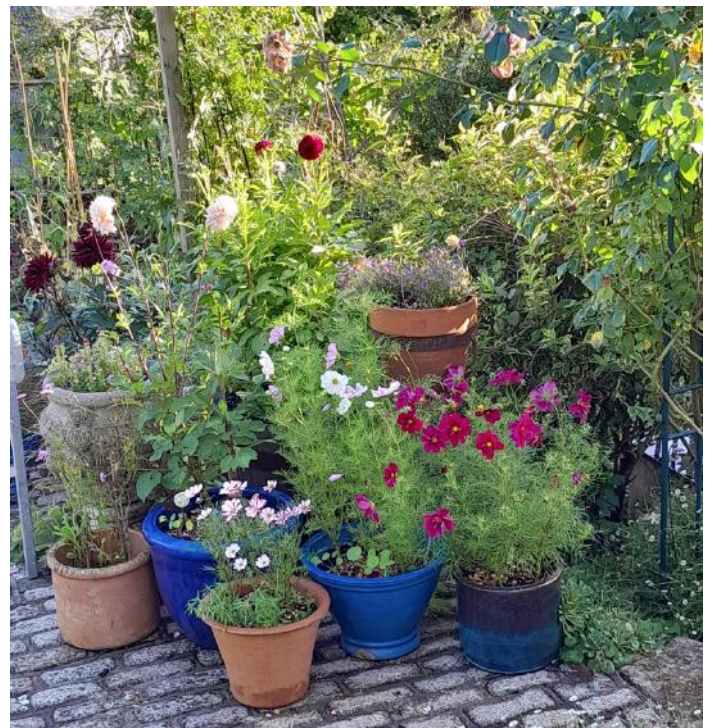


with the seasons. Annuals, like pansies, cosmos and nasturtiums, do brilliantly in pots and can be grown from seed, cutting costs dramatically.

• Spring bulbs are excellent, but incorporate lots of grit into the compost to improve drainage and stop them rotting. Plant tulips and daffodils six inches deep and add wallflowers or pansies on top – bulbs will grow through them.

• Dress your finished pot with grit, pea gravel or even bark chippings. It helps drainage, reduces weeds and watering, and looks neater too. Happy planting!

Lynne Pearce



LAST DAYS OF SUMMER

Here at The Haven things have been busy for me over the summer, not so much with clients to see, but with work on my new treatment space. The dry weather has let us get some outside landscaping finished, and we are currently creating a lovely spot to consult or wait, when it's warm and dry. A big, outdoor table will afford space for messy, arty activities too. Watch this space for info on wellbeing creative days coming up in the Spring.

In September and October I am offering luxurious warming body massage to soothe away Autumn aches and pains. A heated couch, warmed rosemary + black pepper massage oils await - special price in September and October £43 (£5 saving).



In September, Boost House will be opening its doors in Liskeard. Friend of The Haven, Sam Jackman, and her inspirational team outgrew their tiny Calstock home, and have been working hard on their new building. The doors will open on 5th September, and the exciting new space will have fitting rooms, and a beautiful treatment room too. I will be offering all my usual treatments there on Thursdays from 2nd October. Now I have my oncology massage qualification, I will also be offering light touch massage, which is suitable for people living with and beyond cancer, appropriate for those undergoing active treatment, and also for people with delicate skin, frail constitutions, or recovering from major illness or bereavement.

So all in all, a busy summer and early autumn for me. Hoping you and yours have had a wonderful sunny summertime, and are feeling replenished as the season changes.

Looking forward to hearing from you if you'd like to book your treatment session or to come and see me at Boost House.

Best wishes

Lily

www.thehavencalstock.co.uk

07812458058

THE RANT

As an outdoor enthusiast, I've always had a bit of a love-hate relationship with the British weather.

Beautiful though it can be – the blossoms of spring, the glorious summer evenings, the autumn mists, the frosty winter mornings... mostly it's just a bit cold and damp for outdoor sports. Which led me to spend more and more time training at the gym, instead of the great outdoors.

Unlike many people, I actually enjoy resistance training rather than seeing it as a necessary evil. But after a while I started to question whether it was a good thing to spend several hours a week inhaling the sweat of people who didn't always seem as healthy as their motives might have been.

So I moved to France. The Alps to be precise. I could have sought a maritime location. The Med, perhaps, that would have suited many of my interests. But I am easily bored and thought that the extremes of climate, with hot summers but proper snowy winters, might be my cup of tea. And, frankly, it is. I can get used to skiing and snowboarding every day December through April. Whitewater kayaking or paddling on the lake, May until September. And for all of those months, just



being able to tramp around the countryside without any serious fear of getting unexpectedly wet or cold. The autumn though, was crap. The mizzliest weather imaginable from September until whenever it properly starts to snow, which could be anytime in December.

Calstock, on the other hand, has the most beautiful springs and autumns, and is in a maritime location. Yes it is. The thing we call the “River Tamar” is in fact the sea. That's why it goes up and down twice a day. Best of all, it's impossible to be very far from the more widely accepted beach/seaside situation, even if we are at what I like to call the thick end of Cornwall. So I'm not going anywhere. Yet.

Will Mattos

HELLO FROM THE OTHER SIDE

We have recently visited East Sussex for a few days. Being farmers, we are always interested in the countryside, what crops are being grown or what animals are grazing the fields.

purple emperor butterfly whilst walking through the sea of ragwort and brambles, undoubtedly a haven for nature. However, the flora and fauna in the hedgerows, woods and banks of the Tamar valley felt more diverse.



We as humans, and the top of the tree, have the power to damage which we have obviously done but on the upside the power to try and improve things for nature. As a farmer we do feel that responsibility.

There was a definite lack of visible dairy farms, it was mainly arable although the cherries sold in lay-bys were better than anything you can buy in a supermarket.

We decided to visit Knepp wilding, some of you may have read the book written by Isabella Tree describing the journey of re-wilding their farm.

A fascinating place and amazing to see the storks circling and riding high on the thermals on the hot summer's day; we also saw the rare

I hope our lovely Tamar Valley will continue to be a wonderful place for nature.

The dry weather has meant there is not a lot of grass for the cows, and as we are calving at the moment the demand is high. Fortunately, we have a field of stubble turnips which they are currently grazing after the evening milking, we are having to feed extra in the field as well. Let's hope that by the time you read this we will have had some rain.

Ali Rundle, Ferry Farm

TAMAR VALLEY COMMUNITY BUS

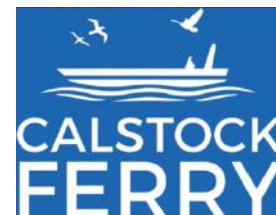
Bus trips and outings for all ages.
To book trips and outings ring Mavis
01822 833412 (Mon-Fri 10 -5).

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

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



27 Sep 09:00 – 12:31	28 Sep 09:00 – 12:58	29 Sep 09:00 – 13:31	30 Sep 09:00–14:22	1 Oct 09:31–15:31
2 Oct 11:12–17:00	3 Oct 12:45–15:45	4 Oct 13:43–17:00	5 Oct 14:33–17:00	6 Oct 15:20–17:00
7 Oct 09:00–09:50 16:07–17:00	8 Oct 09:00–10:34	9 Oct 09:00–11:12	10 Oct 09:00–11:50	11 Oct 09:00 –12:27
12 Oct 09:00 – 13:05	13 Oct 09:00 – 13:48	14 Oct 09:00 – 14:51	15 Oct 10:32–16:32	16 Oct 12:01–17:00
17 Oct 13:06–17:00	18 Oct 13:57–17:00	19 Oct 14:40–17:00	20 Oct 15:18–17:00	21 Oct 09:00–09:43 15:54–17:00
22 Oct 09:00–10:15	23 Oct 09:00–10:43	24 Oct 09:00–11:11	25 Oct 09:00–11:38	26 Oct 09:00 – 11:05
27 Oct 09:00 – 11:33	28 Oct 09:00 – 12:09	29 Oct 09:00–12:58	30 Oct 09:00–14:01	31 Oct 09:20–15:20

PRICING:

CALSTOCK QUAY <> FERRY FARM

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

CALSTOCK QUAY <> RUMLEIGH FARM

Adult £5.00 each way
Child £3.00 each way
Children 4 and under free

CALSTOCK QUAY <> COTEHELE QUAY

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

MORWHELLHAM QUAY & BEYOND

Please phone/email the ferryman for details.
CORPORATE CHARTERS £100 per hour.
Private trips please enquire for prices.
Hampers/beverages available at extra cost.

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

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 PARISH 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

Jon Tilbury

07837 603541

jon.tilbury@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:

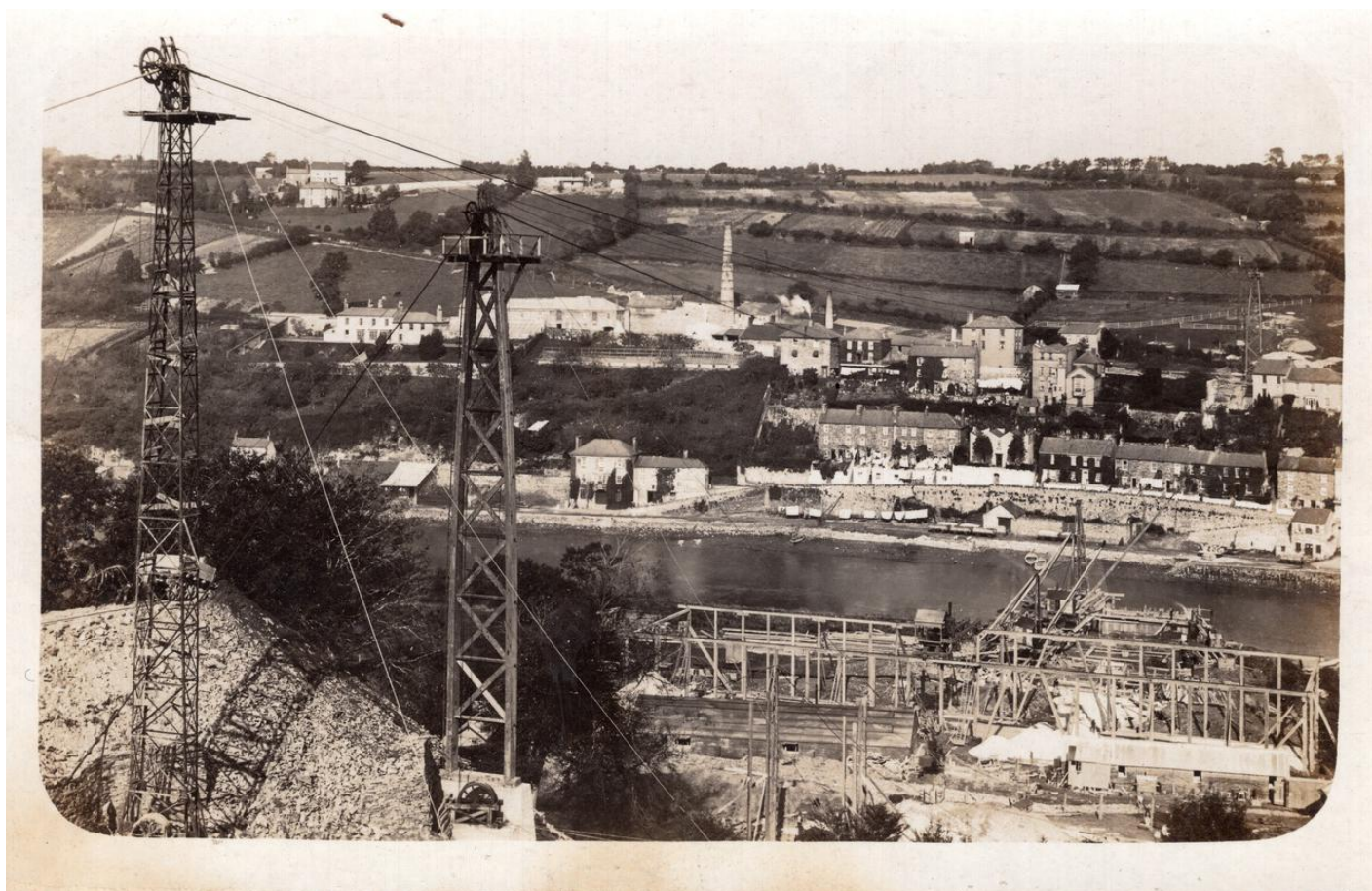
Consumer council for Water (CCW)

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

The VIADUCT

Autumn 1904. Photographer Frederick John Paul, Fore Street, Calstock.

By kind permission of his granddaughter, Mary Schneider.



CALSTOCK NEWS

Our community newspaper

September-November 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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