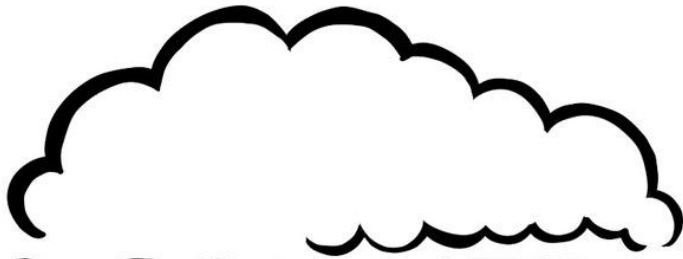


**FREE!**



# CALSTOCK NEWS

~Since 1983~



*December 2025 – January 2026*



*Hand painted ceramic baubles by Ley Roberts, available at Limekiln Gallery*



*Year 5s and 6s:*

*For me, Christmas is about...*

...joy with family and relatives, yummy food, the school nativity, Christmas movies, getting a Christmas tree and getting excited about Santa. – **by Rosa**

...seeing family and friends. – **by Gabriel**

...having fun with my family and friends, doing the school nativity and having a day where all we do is have fun and relax. – **by Sumire**

...the joy of seeing family, the school nativity, the Christmas tree, films, lots of ice and snow and having fun! – **by Willow**

...watching movies with friends and family. – **by Felix**

...having fun, spending time with family and playing in the snow with my dog Treacle. – **by Erin**

...spending time with family, giving and watching movies. – **by Grayson**

...getting a VR headset and lamps. – **by Danny**

...giving, spending time with family, friends and pets! I also like food, feeling excited, happiness and joy! – **by Bryher**

...bringing joy, giving, family, food, watching Christmas films and putting up decorations with loved ones. – **by Ruby**

...having fun, spreading joy and having fun with friends and family. – **by Poppy**

...seeing family and spending time with them. – **by Nessa**

...fun, playing with new toys and the food. – **by Fraser**

...giving, the heart-warming Christmas dinner and singing Christmas carols. – **by Frederick**

...giving, family time, food, joy, cooking and happiness. – **by Elsa**

...spending quality time with my family. – **by Sarah**

...family and peace: a time of wellbeing, reuniting us all, the carols we sing and the energy we give. – **by Ariya**

**Teachers: Donna Kilpin, Tim Jeffery**



## CALSTOCK VOICES: ROSIE BUCKINGHAM

**H**i, I'm Rosie Buckingham and I'm 15 years old.

I lived in Calstock about 8 years ago and have recently moved back. I have always been drawn back to this beautiful village, its arty community and its wonderful events. There is always something going on. My personal favourite is May Day with all the flowers, the colour and the wonderful giant, Tavy. It is just a fantastic place to be. This year I had the honour of directing the children's play explaining the story of Tavy and Tamara and would love to do it again next year.

As a family we have moved around a lot and explored new places and when people ask if I enjoyed it I always say yes. Wherever we went it was a new adventure. But now we have settled in Calstock again we are not planning on leaving any time soon.

Music has always had a big part in my life from performing live and song writing. My fondest memories are singing and dancing in the kitchen with my mum and sister. I also love being out in nature. I love to sing up at the old chapel at Cotehele where you can stare out on the water. Places and moments often inspire my work. It has been lovely to sing live at events like the Calstock Cake Festival.

I also enjoy making art, drawing, painting and sketching. I often have a sketchbook on hand. I also love drama and musical theatre.

I recently played Grusha in the Caucasian Chalk Circle, directed by Sheila Snellgrove, which was performed in Calstock Village Hall. It was amazing! As well as acting in the play I also helped design the costumes which was great fun.

I love animals, travelling and spending time with friends and family. I like riding my bike near the water. I also love going to the beach.

Swimming in the sea is so calming for me. I like getting a hot chocolate to warm up after a winter swim.

My New Year's Resolutions would be to learn French and go to France again. To learn to surf, get my songs out into the world and find more events to sing at. I would like to develop my guitar and piano playing. I'm also planning on doing more drama and art. Look out for our youth theatre club starting soon!



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

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**PLEASE SEND SUBMISSIONS AND ADS TO [CALSTOCKNEWSTEAM@GMAIL.COM](mailto:CALSTOCKNEWSTEAM@GMAIL.COM)**

***Editors' Note:***

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## CALSTOCK VILLAGE HALL: A YEAR ON FROM ITS TRANSFORMATION



**I**t's hard to believe that the renovation of the Hall took place just over a year ago. Since its full reopening in September 2024, it has already become such a familiar part of community life that it feels as though it has always been this way.

Settling into the new design has taken effort. We're still learning how to make the most of the space, and there are ongoing challenges—particularly with lighting for performances and classes. The all-white interior, while fresh and modern, can feel a little stark for a relaxing yoga session or for creating atmosphere during a performance. To address this, new theatre lights have been installed. Plans are underway to paint parts of the hall in slightly darker tones to soften the space.

### **EXPANDING OPPORTUNITIES**

One of the biggest successes has been the second hall, now more than three times the size of the old small hall. It has become a hub for a wide range of activities, from the writers' group and art classes to community meetings. The ability to open up the partition and use the

entire space has proved invaluable for gigs, functions, and larger events.

Relocating the bar into the main hall has brought its own benefits. The flow of people on busy nights is much improved. The new layout enables us to host pop-up restaurants and other creative ventures. Revenue has increased, helping to support the hall's ongoing development.

### **A COMMUNITY EFFORT PAYING OFF**

All the hard work and thought that went into the remodelling is paying dividends. On many levels, the community has benefitted from the investment. We can feel proud of what has been achieved together.

### **LOOKING AHEAD**

There is more to do. Plans are in motion to diversify our events programme and welcome more groups. Since last year, we've introduced a line dance class, a regular sound healing session, a new fitness class, an art class, and chair yoga—all of which are listed in the table of classes in this edition. If you'd like to know more or join in, contact the named organiser.

Matt Taylor

Village Hall Administrator  
CVH Management Committee  
07828704668  
admin@calstockhall.com

### CALSTOCK PRIMARY SCHOOL UPDATE

What a wonderful start to the Autumn term it's been at Calstock Primary School! We've absolutely loved welcoming the nursery as part of our school family. Having our youngest children learning alongside our older ones has created such a warm, caring environment where everyone benefits – the older pupils love being role models, and the little ones learn so much from the friendships and language all around them. It's been a joy to see them all playing, learning, and growing together every single day.

With our growing Early Years family, we've made some huge improvements to our outdoor area. A massive thank you to our incredible EYFS team for their energy, ideas, and sheer hard work. Watching the children explore the new spaces, experiment in the mud kitchen, and get creative outdoors has been wonderful – their excitement and imagination bring it all to life!

Key Stage 1 have also had a brilliant half term exploring all things autumnal. From learning about seasonal changes to diving into the hilarious Funnybones text, they've truly embraced the spirit of the season. The excitement reached its peak with our fantastic Halloween disco – a huge thank you to our amazing community for making this event so special.

Well done to our amazing Class 2 children! We're bursting with pride for our brilliant pupils who took part in the Farm Net Zero

Music Event at Deer Park Farm. Alongside Stoke Climsland Primary School and the Camborne Town Brass Band, they brought to life stories of farming, food, and community. A heartfelt thank you to Cornwall Music Service Trust, Farm Net Zero, and our hosts for an inspiring day celebrating sustainability, music, and teamwork.



We also had a hugely successful Open Morning, welcoming families from across our community. The atmosphere was buzzing, and it was wonderful to share the warmth, creativity, and energy that make our school so special.

Now we're looking forward to the festive season – with our Christmas Fair on 5th December, the KS1 Christmas play, and plenty more sparkle to come!

Jade Morgan  
Class 1 Teacher  
Calstock CP School

## CALSTOCK LIGHTS UPDATE

Hopefully when you are reading this you will have been enjoying the Christmas Lights. With the support of the village this year we have been able to purchase new lights for around the hall and river bank.



We've also made significant repairs to the older lights including replacing some of the poles. Ideas for new additions next year are already coming together.

We also hope you enjoyed the Christmas Light Switch On which included a Santa's Grotto and other activities for the children of the village. These were provided free because of the generosity of the village at our fund raisers.

Talking of fund raisers we will be hosting our 6th Annual Race Night at the village hall on February 28th. Tickets will be £16 per person (including booking fee) - over 18's only - and include free food (Beef & Vegetarian Chilli), a free bar including beer, cider, lager, wine, spirits and soft drinks (whilst stocks last) and an opportunity to make your fortune at the races. There will also be a raffle and prizes for the best dressed Gentleman and Lady. Tickets available at [wegottickets.com/event/682777/](http://wegottickets.com/event/682777/).

Lastly I would like to thank all the volunteers who have helped during the year in fund raising, putting lights up and down and doing the repairs and renewals. I would also like to thank The Village Hall, The Social Club, The Tamar Inn, The Boot Inn and Lishe Coffee Shop for the support you give us. Finally, I and the Lights Committee would like to thank the village for the support you give to allow the lights to stay on, to allow for new displays and for the village to shine bright.

Wishing all a Merry Christmas and a prosperous New Year.

Nev Mckechnie

## CALSTOCK ADVENT WINDOW TRAIL 2026

**T**he Advent Window planning is under way!

Look out for the beautiful window trail in Calstock throughout December.

Every day of Advent, you are invited to find both the window and a hidden festive pasty in each display made by the children in Class 3 using a Trail map which will be on sale for a suggested donation of £2 from the end of November at the Lime Kiln Gallery, pubs and the school.

Join us at the Lime Kiln Gallery on December 1st at 5pm to start the advent trail.

On Christmas Eve we close the trail with a festive street party hosted by The Boot Inn at 5pm. Bring your best voice for carol singing, mulled wine, mince pies, and a famous Boot burger.

The Calstock Advent Windows Trail is a community fundraising event where every penny raised supports Calstock Primary School.

We have a QR code below which links to our Just Giving page where you can also make a donation to the event by scanning the box



with your phone camera. All money to Calstock Primary School. THANK YOU!

Please contact Fleur - fleur@redfluff.com Or via social media pages for more info or to donate to our cause with sponsorship.

**Please scan this QR code to Donate to the Calstock Advent Windows Just Giving Page!**



Fleur Lagunowitsch-Cousins

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## 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: 11th December, 8th January, 5th February, 5th March, 2 April, 30 April, 28 May.**

Out librarian is Peter Fox.

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).

## MONTOL - A WINTER CELEBRATION FREE FOR ALL TO JOIN IN!



Here in Calstock we celebrate the 21st of December with MONTOL, a Cornish word meaning 'winter solstice', a time to leave the darkest day behind us and walk into the light. We have one more minute of light per day after the solstice.

Calstock Samba band will lead a procession of lanterns from the station, down Sand lane to The Green.

Now in its 5th year, we have many giant lanterns on the theme of wild animals of the Tamar Valley. There are new exciting lanterns to look out for every year.

Children have designed and made their own stunningly creative, individual lanterns too.

Please join us up at the Station car park where we gather at 5.45pm ready to set off at 6 pm.

Mulled wine and mince pies will be available

and we have some donation buckets. Please don't forget to bring some cash!

This year, for the very first time, we have a fire show finale brought to us by Mark of 'Queenie and the Jester' keeping the magic alive. How exciting is that!

If you'd like to be involved in this event, I am in need of a few team members on the night to help the event run as smoothly as possible.

If you'd like a lantern kit it's £5.

If you'd like more information or for any of the above please email [chrissywallis@gmail.com](mailto:chrissywallis@gmail.com)



## MORE THANKS TO ANNIE LEWIS

**M**ORE THANKS to ANNIE LEWIS from the Thursday FRIENDSHIP CLUB at the HALL

I am pleased to let you all know that Annie Lewis has been back out amongst the generous community of Calstock. This time to raise money for our Christmas meal! She has collected a further £235! Annie has specified that this, and the previous collection she made, should be used to provide our Christmas Lunch at no cost to ourselves.

So many thanks to Annie Lewis, and all the Calstock folk who generously gave to this. Annie tells me there were no refusals or hesitancy. It is wonderful that they are happy

to support our group in this way: we are lucky to be part of such a community. We can now all enjoy our Christmas Lunch, with many thanks to Annie's collecting, and the generosity of our village community .

It would be lovely to see some of you joining us for a coffee or tea one Thursday morning. Pop in and see us. Charles runs the Post Office alongside us should you need his services... and we have a fine selection of used books for sale too!



Cheryl Mulvihill

## SAMBA, THAT BRAZILIAN BEAT!

**Y**ou may have heard us playing in the village hall on the odd Sunday mornings lately. Casaba are now a very strong, happy and well rehearsed band about to perform for the MONTOL solstice festival in Calstock on Sunday 21 st December at 6pm, leading the lantern procession and fire show finale.

We're very pleased to have some teenagers join us lately. We noticed a lack of activities for our lovely teens and have welcomed them to our band.

To play for free, on a no pay but play policy! Otherwise it's just £5 when you attend.

You can join us at any time. Everyone is welcome. We have spare instruments for you to play.

We wear our uniquely designed bright yellow



T-shirts when we play: the rest of the attire is designed by the player! We rather love a bit of tartan, perhaps the funky Cornish Tartan! T-shirts are on sale for £20.

For more details about the band and our practice dates please email [ChrissyWallis@gmail.com](mailto:ChrissyWallis@gmail.com)

**RECYCLING FOR CHARITY**

**A**re you having a bit of a clear out of your cupboards, as you're trying to find the nut crackers?

Drop all the items listed below to our bin outside Calstock School gate to be recycled and make money for charity.

We take postage stamps, any old cameras, sat navs, kindles, MP3's, mobile phones and jewellery in any condition.



We gift and eat more **Ferrero Rocher** at Christmas. We want those empty boxes and trays please!

**Pringles** a seasonal favourite - the tubes must have metal bases.

Empty **Biscuit, cracker and cake** wrappers are the best earner of all our programmes... include tea cakes, croissants, Twiglets, Cheese Twist, Mini Cheddars, mini cookies, mini rolls, cereal bars, Kit Kat..

**Bread** loaf bags, rolls, baps, wraps, pittas, naans, bagels, crumpets, garlic baguettes ... is still growing in popularity... and we eat more at Christmas... Thank you for saving these for us.

**Lip sticks**, lip balm, mascara, eye shadow & foundation compacts, **personal care** pots and tubes of creams, lotions, gels, ointments and hand dispenser pumps are a great steady

earner. No containers need to be cleaned, if there's some product still left that's perfectly OK for us to take. So if you're having a clear out, please send them our way.

**Tea packets**, all makes, from Cornish Tea, Yorkshire Tea, Tetley or others.

Plus **Drinks cans, Ink cartridges, Disposable gloves & Marigolds.**

We are unable to take anymore sweet tubs, takeaway containers, reusable bottles or bottle tops all these can go in your council red recycling bag. Keep the tops on the bottles.

And no more Cheese packets or BabyBel.

Our web site: [www.south-hill.co.uk/charity-recycling](http://www.south-hill.co.uk/charity-recycling) and Facebook group [facebook.com/groups/recycling.for.charity](https://facebook.com/groups/recycling.for.charity) lists items we can accept.

I'm happy to answer any questions email [cornwallrecycling@outlook.com](mailto:cornwallrecycling@outlook.com) or phone 07305 044049

**TO DATE we have raised £19,500 for KICKS COUNT** ([www.kickscout.org.uk](http://www.kickscout.org.uk)) plus in November we also **donated £400 to Blood Bikes and £500 to East Cornwall Search & Rescue Team**... totally amazing we can raise this sort of money on items that people would normally throw away.

Thank you all for the continued support... and Keep on Recycling with us.

Have a Great Christmas and New Year. Ali



**DON'T BIN IT!**  
**RECYCLE IT**  
& MAKE MONEY FOR CHARITIES  
[www.south-hill.co.uk/charity-recycling](http://www.south-hill.co.uk/charity-recycling)



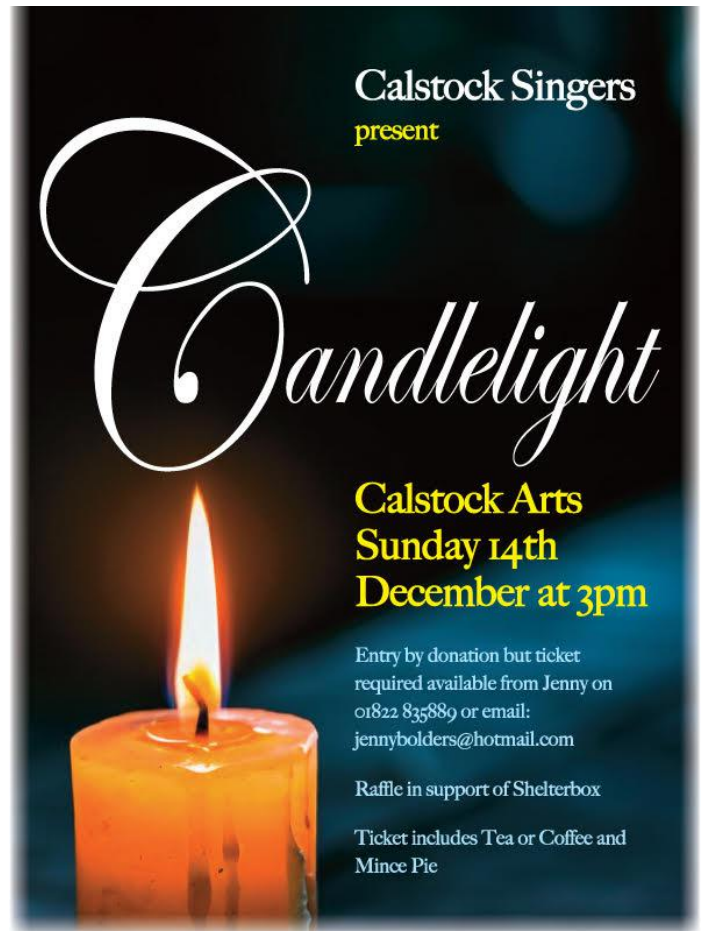

**SHARE**  
South Hill Association for Renewable Energy



**CALSTOCK SINGERS**

Calstock Singers would love to see you at ‘Candlelight’, their Christmas Concert in Calstock Arts on Sunday, 14th December at 3pm. There will be a variety of seasonal songs, some old favourites and some newer items. Entry is by donation but tickets are required. Please phone Jenny on 01822 835889 or email [jennybolders@hotmail.com](mailto:jennybolders@hotmail.com) to request a ticket. There will be hot drinks and mince pies, also a raffle in aid of Shelterbox.

Calstock Singers meet in Calstock Arts on Mondays at 7:30pm and we usually put on two concerts each year. There is no requirement to read music and we pay from week to week. Our leader, Sarah, makes all our rehearsals fun and is very helpful to all of us. If you think you would like to join us just come to a rehearsal after we start again on 12th January. We would particularly like some more tenors and basses to come along.



**PALESTINE: IT DIDN'T JUST START ON OCTOBER 7TH**

Report of a talk by David Oddie at the Village Hall 15th October.

I was born in 1945, the end of World War Two, a war that saw the murder of an estimated 6 million Jewish people by the Nazi state. In my youth I thought the idea of Israel was brilliant and was an enthusiastic supporter of the Zionist project.

However, I began to dig deeply into the history and encountered uncomfortable, verifiable facts. In order to create the new state of Israel 750,000 Palestinian people were expelled from their homes and villages, 500 villages were destroyed, in some cases, such as Deir Yassin, documented massacres took place.

Founding father of Israel, David Ben Gurion, wrote ‘we must expel the Arabs and replace them.’ This was the Zionist intention from the start. Later, Israel occupied the West Bank and

Gaza, introduced a system of apartheid and strict military rule for the inhabitants and, contrary to the Geneva Convention, began encouraging its own citizens to settle in the land.

I had to go and see for myself. I travelled extensively across the West Bank and Israel.

I initiated an Arts and Reconciliation project in Bethlehem, which won the personal backing of Archbishop Desmond Tutu.

On October 7th 2023 the situation in Gaza exploded. I could try to understand the context, which was deeply unjust, but I could not justify the actions, the massacre, murder and hostage taking, which were appalling and wrong. It was shocking enough without the fabrications and allegations that were later proved false, e.g. babies in ovens and children being de-capitated. Israel’s retaliation was brutal and relentless. 70,000 Palestinians were killed, with thousands

missing under the rubble. Organisations such as the Israeli B'tselem, the UN Convention on genocide declared the mass slaughter a genocide.

Despite a tenuous cease fire, Israel will never find

peace with itself or its neighbours until it ceases occupation of both West Bank and Gaza, until, and this is my dream, there is one state between the river and the sea in which there are equal rights for all, Jewish, Muslim and Christian.

**DARE TO BE DIFFERENT**

**B**ell ringing is an age old tradition which countless generations have pursued. At Calstock church, bell ringing has been practised at least since 1773 when our bells were cast and installed by John Pennington & Co from Stoke Climsland.

The only prolonged periods when ringing did not happen was during the two World Wars when the ringing of church bells was forbidden except in the case of invasion.

The bells at Calstock weigh between a quarter

and a half a ton. Each bell is attached to a headstock, which in turn is connected to a wheel onto which a rope is tied.

Twenty meters below the bells, the ringers pull the ropes to turn the wheels and hence the bells.

When a bell has turned nearly full circle a swinging clapper hits the inside of the bell creating the chime. The ringer then makes the wheel turn in the opposite direction causing a second strike. The process is repeated again and again.

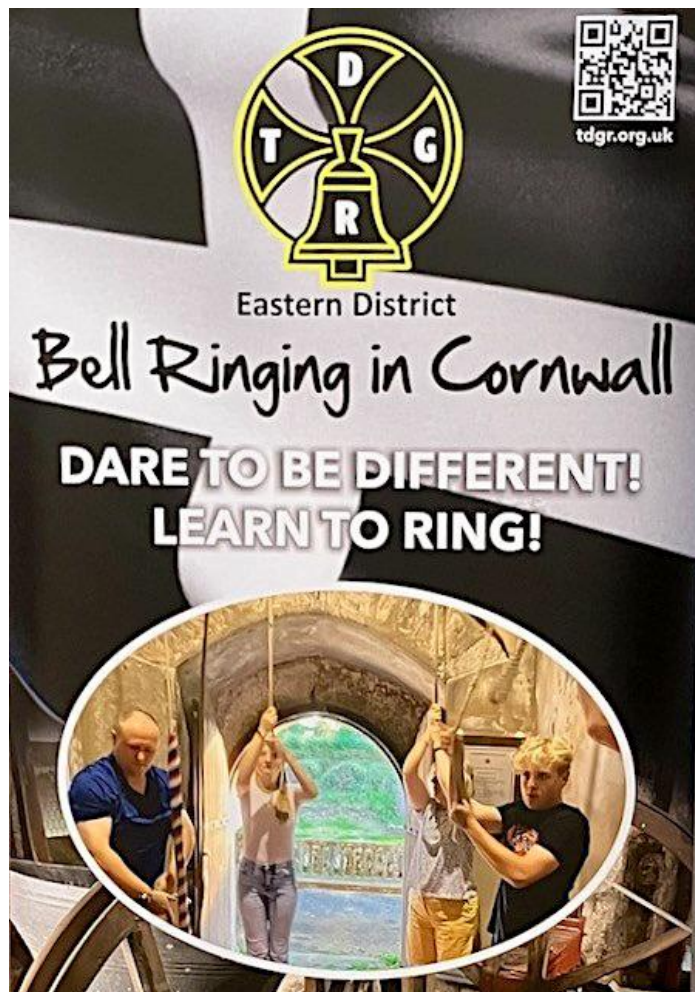
Handling a bell on the end of a rope is a bit like controlling a horse using reins: it's all about tension and timing. There has to be a good connection between the ringer, the rope and the bell.

Most people can try ringing. You don't need to be musical or a church-goer: you just need to be enthusiastic and adventurous. Ringing is great for posture, upper body strength, brain training and team work. It's fun and it's a sociable pastime.

Calstock bell ringers are a friendly, welcoming group of people. Although we aim to ring for all Sunday services most of our ringing is at practices and, of course, weddings.

If you would like to come and watch the bells in action on our TV screen or give it a try, we ring at Calstock church most Sundays from 16.45 to 18.00.

For more details contact Sue McClaghry:  
07771 756125  
smcclaghry@coronis.co.uk



## GREETINGS FROM THE CARPENTERS ARMS

1st December marks four months of The Carpenters Arms being open under the ownership of Heathen Soul Brewery. Taking on a pub wasn't exactly part of our 2025 plans, but we decided to take the plunge when we saw the beautiful 15th century Metherell pub up for auction. It turns out that all those years spent propping up the bar in other country pubs have finally proved to be valuable research.



At The Carps we're all about craft beer, local flavour, eclectic live music and traditional country pub warmth. With deep personal interests in the natural world and our human futures within it, there was only one direction we could go with the pub: one with an ecological, ethical and seasonal focus. Blessed to be rooted in the heart of The Tamar Valley, we're able to connect with fantastic local producers through Tamar Grow Local to create fresh and vibrant dishes that really speak of place.

We're super pleased to hear about the reopening of footpath 9 connecting Calstock

with Metherell. We don't know about you, but for us a country walk with pubs at either end is the best kind of rambling there is!

We have landed in a wonderful and welcoming community and have received a great deal of support and encouragement so far. We are excited to create a place where people can connect through eating, toasting, dancing, story telling and crafting. If you have a club or craft you'd like to enjoy in the corner of a cosy pub, then we're all ears. Craft beer & Crafting Christmas Garlands are on the cards up here imminently! With festive preparations underway, we're grateful to be the latest custodians of a pub that's hosted centuries of Christmases before us.

Tom, Jim & Sarah

**TAMAR GROW LOCAL - FOCUS ON TAMAR VALLEY FOOD HUBS!**

**T**amar Grow Local started in Calstock over 18 years ago to promote local produce in the valley. It is owned by our members as a cooperative Community Interest Company - whether you're a consumer, producer or part of a community project.

Tamar Valley Food Hubs is one of our projects: it's your online, local farmers' market. We connect over 90 amazing small and medium local food and drink producers, many who are organic or working to agricultural principles, with local customers.

Fresh produce is picked to order so it is super fresh with no waste and little packaging (we're working to reduce this even further). There are returnable bottles for many items, even for plant milks!



Shop for a wide range of new and seasonal items at their best. Where we can't locate a product locally (yet!), we look further afield in Cornwall (or Devon). You can also buy ethical / dry goods too, including 'Essential.'

Your order can be delivered weekly on a Friday afternoon or collected from locations in and around Calstock, with no minimum order.

We have lots of lovely food and drink for Christmas - pre-order all you need for your festive dinner, 'build your own hamper'. Whether you're a vegan, veggie, pescatarian or an omnivore there is something for you.

When people choose to buy local, it's good for many reasons. Our very low food miles cut out the long distribution systems. You're supporting small and independent producers in your community who are paid a fair price. Our Producers set the prices and get 85% of the price you pay, supermarkets pass on less than 15% of the price. You are investing in an essential part of the local food chain that values food, quality and community over scale, profits and shareholders. You're supporting the local economy helping to sustain and create jobs.

If you want to support local producers, the local economy and the environment, please do give us a try!

Many thanks!

Find us here:

Facebook: #tamarvalleyfoodhubs

Instagram: #tamargrowlocal

www.tamarvalleyfoodhubs.org.uk

Tel: 01579 208412

## SPRING WILL SOON BE HERE!

In these dark and dreary days of winter it's difficult to imagine a beautiful Spring day, but Calstock in Bloom have been busy preparing for those welcome days.

Two years ago, thanks to a grant from Cornwall Council, we were able to plant 2,000 daffodil bulbs in the bank at the far end of the football pitch.

With the excellent assistance of Calstock Parish Council, the team has been busy strimming the front of the bank so that we can all admire these iconic trumpets heralding spring, hopefully around March next year.

In addition to that wonderful display, the Bloom team of volunteers has been busy planting daffodil bulbs in many of the containers dotted around the village green.

With the Tamar Valley's rich history of daffodil growing we have ensured that all of the varieties grown were also produced in the height of the industry. There are such wonderful names like Ice Follies, Carlton, Sir Watkin, Henry Irvin, Fortune and Red Devon all dotted around the village. Perhaps we can all see which ones we can find and name!

Thanks to a grant from GWR we've been able to supplement the mural of spring flowers at the station with the addition of daffodils planted in the banks and containers.

The spring display will start with 3,000 crocus bulbs, a great nectar source for bees. The flowers are in the bank next to the bus stop at the bottom of Lang Gardens. They were



done in association with the Rotary Club of Great Britain, with the purple flowers representing the colour of the dye on people's hands after they had been inoculated to help eliminate polio around the world.

So there really is much to look forward to (horticulturally anyway) once these short days and long nights have passed.

If you want to join the informal and friendly group of Bloom volunteers, we garden on a Monday morning every fortnight. No gardening knowledge required!

Just email Rayson at [rcpritchard@comcast.net](mailto:rcpritchard@comcast.net)

Colin Bates

## A POEM FOR BEN FRANKLIN AND HIS SLAVE NAMED KING

Just before we moved from Woodbridge to Calstock I was asked to write something for Black Lives Matter/Black History Month/ Martin Luther King Day organized at a local theatre by London DJ Ben Osborne. It was part of the annual Woodbridge Festival by his Noise of Art group. Coincidentally I was researching Paul Cuffe's visit to abolitionists and came across a reference to Benjamin Franklin's slaves. Being an American I had never heard of Franklin having slaves so it interested me and I found out about a runaway boy while he and his son were visiting England. The boy, named King, had been a present to Franklin's son, illegitimate son, William. William's mother is listed as unknown...

So, I wrote a 1500-word poem with the long title of Benjamin Franklin, the Lady and a Runaway Enslaved Boy named King. This



was perfect for the Festival and the reading, that was taped, went over well. A person on LinkedIn somehow saw the poem reading and asked if she could use it as a part of her Phd Thesis and I said yes. That somehow went on to Dr Megan King at the Benjamin Franklin House who are always researching Ben. They through the National Lottery Players had commissioned interpretive artist, Selena Scott, to do paintings of the two characters in the poem, Peter and John King, to be displayed at the Grade 1 listed building.

I was invited to the The National Lottery Heritage Fund sponsored *Lives Revealed* unveiling ceremony in London to read the poem and give an interview on the research involved. Tracey Jarrett and Joyce Jacca, Directors of the Deptford People's Heritage Museum, officiated the unveiling and the paintings are now on the wall of the only preserved house that Benjamin Franklin owned. The poem is to be available on the Bloomberg Connects app.

H. E. Ross

**WE MONSTERED THE LOCH!**

**I**n September, with 6 awesome friends, I rowed the length of Loch Ness in a Cornish Pilot Gig. We towed two gigs from Cotehele Quay to the shores of Loch Ness, a truly spectacular spot.

We had trained together over a number of months, but had never rowed the full distance of just over 21 miles in one go. Conditions were likely to be different from our home patch - the wind screaming down off the steep sided mountains onto the deepest loch in Scotland can make for choppy waters.

It was a big adventure and, by a strange quirk of fate, the race happened to fall on a special date for me - 2 years, almost to the day, since my breast cancer surgery.



I can hardly believe that after such a short time I had grown strong again. I felt ready for a big challenge. Nature is amazing.

I know I couldn't have made such a great recovery without the support of so many friends, family, clients, medics and the wonderful Penny Brohn Centre in Bristol. Thank you all, you have been amazing.

Penny Brohn is a tiny charity for people living with and beyond cancer.

They supported me with unlimited good advice, resources, zoom support groups ... and all for free.

It occurred to me that this might be an opportunity to raise some funds and awareness about them. It's a club no one wants to be in, but cancer is surprisingly common.

If you can make a donation, please add the reference of my name, or Loch Ness Monster, to your payment. There is a donate button on their website pennybrohn.org.uk. If you can't donate, please do make a note of their name.

**£5** could fund an online Scar Care session, **£10** an online Bereavement Support Group place, **£12** an online Connect session - to meet people who are going through a similar experience of the challenges of living with and beyond cancer.

Penny Brohn UK

Heartfelt thanks to you all x

Support our vital work – Penny Brohn UK

Lily Russell,  
Complementary Therapist,  
[www.thehavencalstock.co.uk](http://www.thehavencalstock.co.uk)  
Mob 07812 458058



**BABY ALFIE**

Alfred Purton, born at 11:47 on the 6th of November 2025.

Alfie weighed in at 10lbs 13oz and was only 3 weeks late!



---

**BABY MORRIS**

Another new resident for Calstock. Morris was born on Saturday 29 November to Beth Kaye and Matt Exley. 8lb.



---

**JUNE INGRAM**



June Ingram, wife of John and mother of Keith & Judith has died.

The funeral was held on Thursday 11th December at 1pm at the new Tamar Valley Crematorium, Tamerton Road, Plymouth. There was no dress code but those attending were encouraged to wear a splash of blue, June's favourite colour

---

**VIVA HANNELL**



Viva Hannell died 15 November. Cornwall will be missing a real character.

She will be cremated privately but there will be a big bash in the New Year as she wanted.

---

***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 [CalstockNewsTeam@gmail.com](mailto:CalstockNewsTeam@gmail.com) and help keep our pages full of life, love and community spirit.*

## CALSTOCK PARISH COUNCIL

*Winter 2025*



It's been a year since the last budget was agreed. Councillors have been reviewing committee spending and income, and working out what is needed for next year. A recommendation will go to Full Council in December.

Calstock in Conversation was an opportunity to put forward ideas, for Town Farm Field, and for wider recreational opportunities. Please keep involving your local councillors (Phil Spurr, Jon Tilbury and Alex Polglase). We welcome suggestions for improvements: we can't promise to do everything but we will do what we can within our resources.

Thanks to support from Cornwall's Community Capacity Fund Dartmoor Energy is carrying out a feasibility study on our buildings and land to see what might work for renewable energy. While many of our buildings are too small, a few show potential. We will explore these further. We are keen to do whatever we can (however small) to reduce reliance on fossil fuels. We held a drop in event on Wednesday 03 December 2025 in the Tamar Valley Centre where people were able to find out more about what practical steps we can all take - for our homes, our fuel bills and our planet.

Finally, road safety concerns are one of the main issues raised by residents. Earlier this year, Cornwall Council and the Tamar to Moor Community Area Partnership launched a Community Road Safety Toolkit. This free resource is packed with ready-to-share social media messages, images, and messages to help spread the word and encourage safer driving. Whether it's in your workplace, WhatsApp group, or local club, every share counts. You can view, download and share the toolkit at: [www.cornwall.gov.uk/saferroads](http://www.cornwall.gov.uk/saferroads)

May we wish you all the best for the upcoming Festive Season.

To contact the council please email [clerk@calstockparishcouncil.gov.uk](mailto:clerk@calstockparishcouncil.gov.uk) or write to us at the Tamar Valley Centre, Cemetery Road, Drakewalls, PL18 9FE. You can also phone 01822 748847. Please use email or leave a voice message rather than Facebook – social media is not monitored every day and comments can be difficult to find in long threads.

Clare Bullimore  
01822 748847  
[clerk@calstockparishcouncil.gov.uk](mailto:clerk@calstockparishcouncil.gov.uk)  
[www.calstockparishcouncil.gov.uk](http://www.calstockparishcouncil.gov.uk)

**CALSTOCK PARISH ARCHIVE**

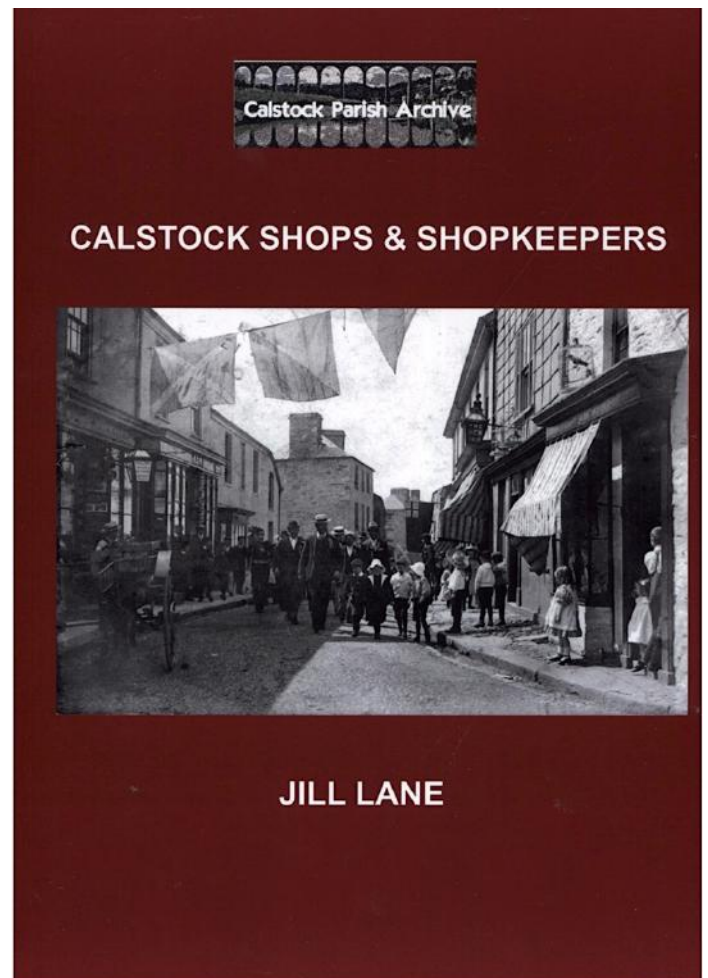
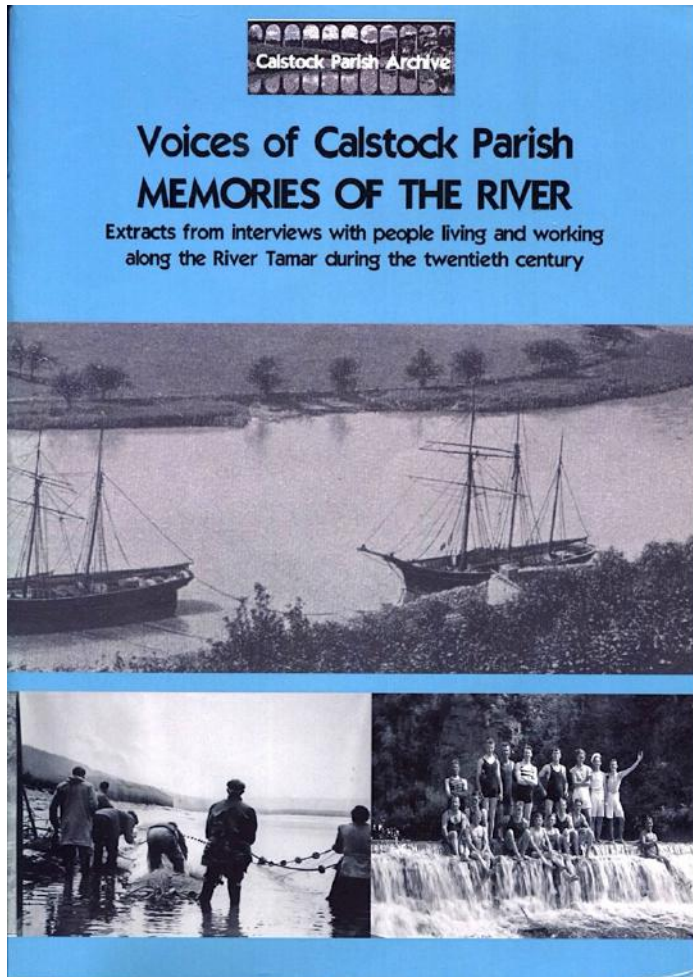
**W**e had a table at Calstock in Conversation which was our last event of the year. Back in September we were at the S.W. Maritime Group day in the Hall. This was very successful with lots of people studying the exhibition.

The archive has produced several books over the years which raise money for the upkeep. All are available at the archive which is housed in Albaston cemetery chapel.

**‘VOICES OF CALSTOCK PARISH’**

We have a series of books, ‘Voices of Calstock Parish’, covering different topics. The words are taken from interviews recorded over the last forty years. The River Tamar is brought to life, from catching so many fish they were too

heavy to land, hiding from the bailiffs, drinking all the profits, to leisure fishing where fish are returned to conserve numbers. One man, Gerald Wakem, even describes innocent participation in poaching with dynamite in his youth. Regattas, escapades, Sunday School outings all personal memories of the people of Calstock Parish.



**‘CALSTOCK SHOPS & SHOPKEEPERS’**

Jill tells the story of the many shops in Calstock and the families who ran them when Calstock was a busy river port. Pleasure boats came up from Plymouth, offloading passengers for cream teas. The book takes the reader along the streets telling of all the shops that were there in the 19th century and into the 20th.

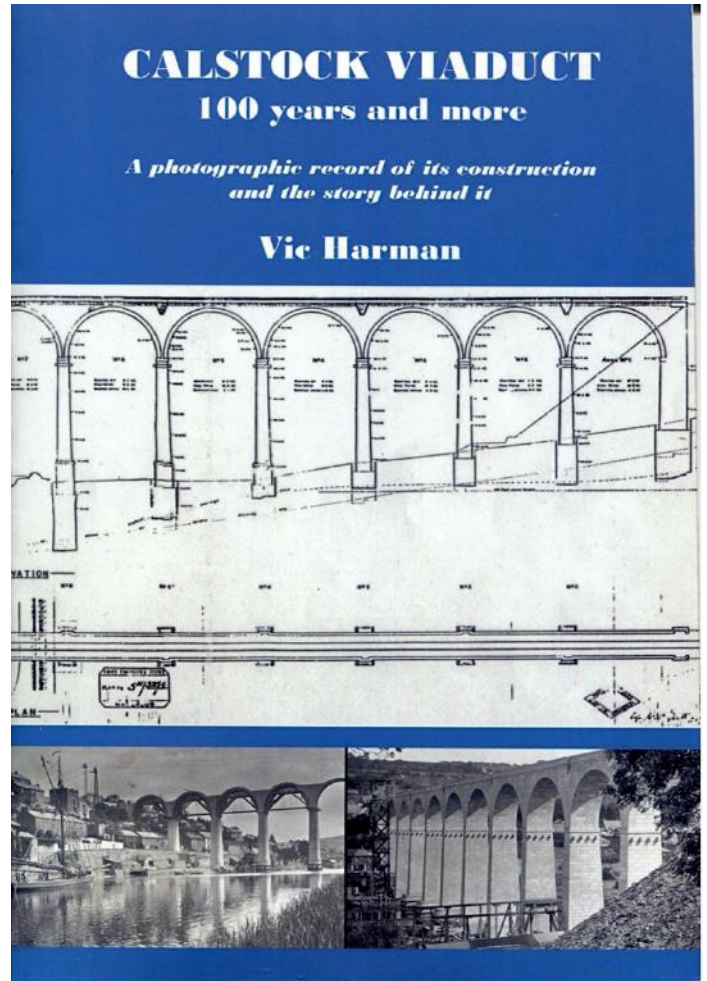
**‘CALSTOCK VIADUCT. 100 YEARS AND MORE’**

Jill gives the reader an insight into some of the well known shopkeepers such as the Bowden and Bickle families and of course Sid Geake, the midnight baker.

This book, was written to mark the centenary of the building of Calstock Viaduct. Vic covers the trials and tribulations of building the viaduct and introduces the leading characters involved in the construction. It runs to 68 pages including thirty pages of black and white photographs which were taken by Frederick John Paul, a local shopkeeper and banking agent, during the construction of the viaduct.

Our normal opening hours are Tuesdays and Fridays 10.00 – 2.00 and Wednesdays 12.00-4.00. We close for Christmas on 19th Dec and won't re-open until 3rd Feb, although the website will be manned.

lynda.harman@btinternet.com  
Tel 01579 351413



**CALSTOCK PARISH LOCAL HISTORY GROUP**

**C**ome 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 the events. Get in touch if you'd like to join or find out more.

Coming up:

**SATURDAY 31ST JANUARY: WHITEFORD HOUSE**

Patrick Newberry will tell us about

Whiteford House near Stoke Climsland which was built in 1775.

It was sold to the Duchy in 1879, and demolished in 1913.

The site is now occupied by The Duchy College.

Meet at the 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.

**DANESCOMBE PAPERMILL**

If you walk down Lower Kelly and carry on past the Cotehele turning onto the track beside the Danescombe stream, you will

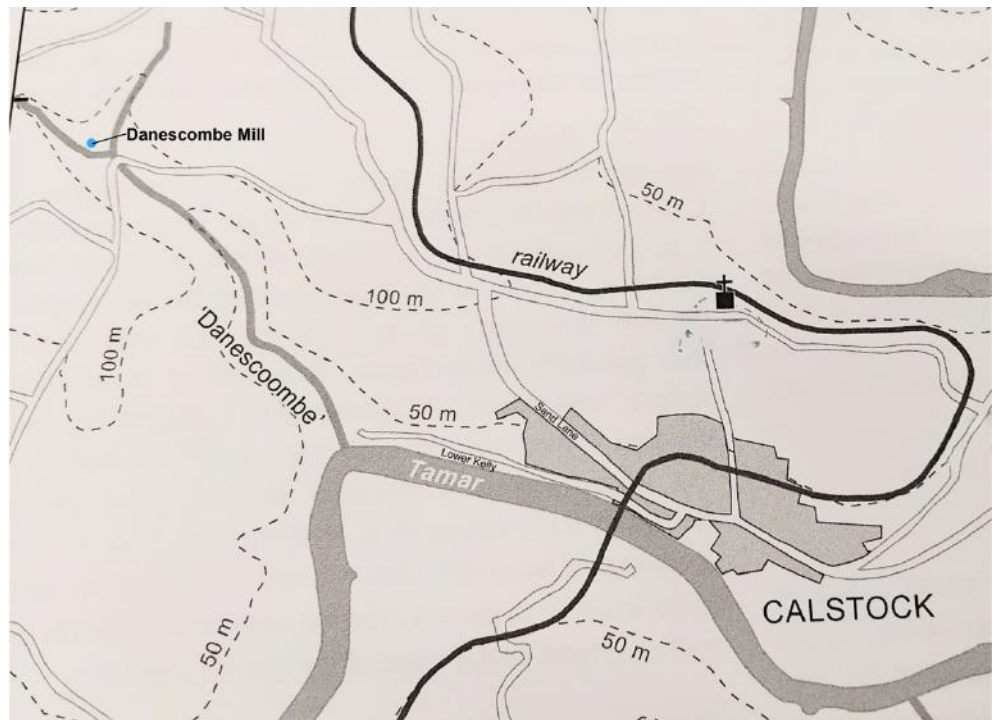


pass so many reminders of Calstock's industrial history - the viaduct, the quays, the Boat Yard, the incline railway, the lime kilns, a sawmill, the Danescombe Mine engine house. When you come out onto the road in Danescombe Valley take the track behind Danescombe Cottage and you'll come to a hidden gem, the Danescombe Papermill. The earliest record is an insurance policy dated 1788. The building was still in use in 1884, though not as a papermill of which the last record is 1857.

An advertisement in 1811 for the sale of 'that desirable Water Paper-Mill called Danescombe Paper-Mill' describes 'two large drying lofts, one large vat and all the fixed machinery.' It made brown paper. The second drying loft has gone but a lot of the building remains. I keep going back, trying to imagine what it was like and where all the machinery was.

The advert cites notes 'the navigable river Tamar' which provided 'ready conveyance of goods to Plymouth Dock as well as returns of paper-stuff etc.'

The 'paper-stuff' included rags, waste paper and sailcloth, ships' canvas, nets, hammocks and ropes, for which Devonport Dockyard provided a ready supply. It was pulped by a rotating cylinder which may have been positioned by the back wall. The mill is right beside the fast-running Danescombe stream. There is no sign of the overshot water wheel



*With thanks to Prof. Chris Smart for permission to adapt & use this map*

but it probably rotated slowly in the dip on the other side of the wall to drive the cylinder. There are two paths above the mill. Take the righthand one and you can find an adit which may have provided the water to power the wheel.

The pulp was transferred to a vat into which

a mould was dipped to make sheets of paper which were then hung on greased ropes in the drying lofts which needed a good draught hence all the windows.

Go and have a look for yourself and see what you make of it.

Alastair Tinto

---

### **VIV NELSON**

**I**n the article *Connecting to our Proud Past* by Colin Bates in the Sep-Nov 2025 *Calstock News* about the station murals, Colin talked about Chris Southcott, Charles Nelson's great-grandson. He wondered if there were other relatives of Charles in the village. Viv Nelson was also one of his descendants.

I met Viv in 1986 when he began supplying salmon and, if we were lucky, peal (sea trout) to Danescombe Valley Hotel.

Viv grew up in Kelly Cottage, Lower Kelly, and when he married Jean they lived above what is now the Edgcumbe Arms tearoom on Cotehele Quay. There is a small field called "Nelson's Piece" on the higher side of the path to Cotehele House, below which is the valley garden. This field I believe was named after him. He later moved to Harrowbarrow where Jean taught piano to many local children.

Viv was one of the netsmen who kept his boat below the limekilns on the Bohetheric wood side of the Morden stream, close to where

in 2005 Bernie and Ley of the Limekiln Gallery had a wonderful alfresco wedding reception!

Viv not only regularly fished during the season but also acted as the wholesaler for the salmon caught by many of his fellow netsmen. He was also a keen market gardener and beekeeper.

I'm hoping all my recollections are correct and I'd welcome any comments to the contrary.



This photo is one I took in probably 1995 of Viv with Ken Pridham, his regular partner - Viv and Jean's marital home is in the background.

Martin Smith

**STEVE DARBYSHIRE**

*Born in Tavistock, Steve grew up in Newton Abbot and returned to Tavistock in the 1990s. An apprentice in Carpentry and Joinery he has been in the trade most of his life. He was the Parish Council 2024 Citizen of the Year.*



**WHAT BROUGHT YOU TO CALSTOCK?**

I came to help build Shamrock II, the barge at Cotehele, about 24 years ago. I moved in with my partner, Claire, in Tavistock in 2002. We then realised that we had more friends in Calstock. We found Helegate House and got the keys in 2010 on the day of the Bike Show.

**BEST TIME OF MY LIFE?**

Getting married to Claire at the Arts Centre and having fun and frolics in the Village Hall.

**WORST TIME OF MY LIFE?**

Claire getting cancer and then losing her in April 2021.

**WHAT IS IT ABOUT CALSTOCK THAT YOU ENJOY MOST?**

When we moved here I wanted to get involved in Calstock but I didn't expect to get so ensconced. Calstock is a unique community with all the lovely volunteer groups.

**WHAT DO YOU DO IN THE COMMUNITY?**

I am hands on with Calstock Lights. I help Drip Drip. I've been digging silt from the Wetlands & been getting things ready for the Bridge inspection.

**WHAT WOULD YOU LIKE TO SEE MORE OF IN CALSTOCK?**

A pontoon for canoes and kayaks to launch from.

**WHERE ARE YOU MOST LIKELY TO BE SEEN?**

Here, there and everywhere & around the river and the Wetlands.

**WHAT FOR YOU IS THE HIGHLIGHT OF CALSTOCK'S EVENTS CALENDARS?**

May Revels and the Boxing Day Shout in the Tamar.

**WHAT IS YOUR FAVOURITE: MOORLAND, COASTLINE OR WOOD?**

Wistman's Wood and swimming in the Dart at Swincombe Meet where my ancestors wild camped in the early 1900s.

**WHAT WOULD BE YOUR PERFECT DAY?**

Messing about on the river.

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

When I open the curtains in my bedroom and see the morning sun on the viaduct and birds dancing on the telephone wires.

**WHAT IS YOUR FAVOURITE CALSTOCK BIRD?**

The kingfishers I see from my kayak.

**DO YOU TALK TO THE DUCKS?**

When I am launching my kayak on the slipway

**HAVE YOU EVER SWUM IN THE TAMAR?**

Yes: getting other people's paddles after they've capsized.

**WHAT THREE WORDS DESCRIBE YOUR LIFE HERE IN CALSTOCK?**

Interesting, fun, enjoyable.

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**CALSTOCK ARTS**

**DECEMBER**

**12TH DECEMBER** – a Gallery Bar Special – The Rubber Band – Free entry – bucket for the band – Doors open at 7pm, performance at 8pm



**14TH DECEMBER** – Calstock Singers Christmas Concert – Entry by donation but ticket required available from Jenny on 01822 835889 – raffle 18 2.30pm – performance at 3pm

**21ST DECEMBER** – Just Friends - free entry – donations invited for Calstock Arts – doors open at 3.30pm music from 4pm

**JANUARY**

**16TH JANUARY** – Hedera – Doors opens at 7pm – performance at 8pm. Tickets £15 in advance - £17 on the door

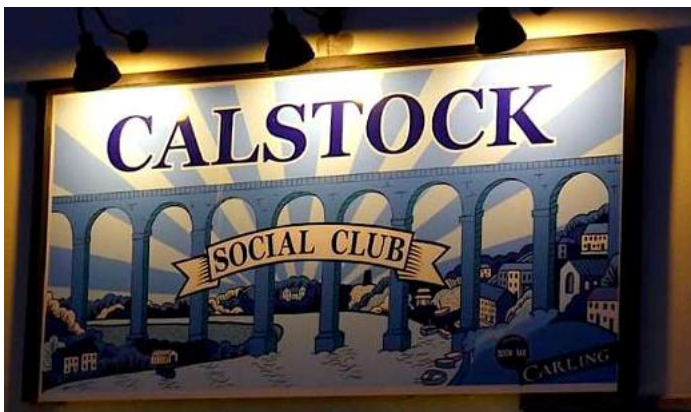


**25TH JANUARY** – Alison Smith – a very exciting and lyrical guitarist. Tickets £14 in advance - £17 on the door. Doors open at 2.45 pm performance at 3.30pm

**31ST JANUARY** – Alex Merrett Quartet - tickets £15 in advance - £18 on the door. Doors open at 7pm performance at 8pm.

The Team at Calstock Arts wish all our supporters, volunteers and friends a very Merry Christmas and a Happy and Healthy New Year.

**CALSTOCK SOCIAL CLUB**



**SUN 28TH DEC** – Hurdy Gurdies 8.30 pm

**WED 31ST DEC** – Lexi’s New Years Disco 9 pm

There will then be no further gigs at the Club until March.

## CALSTOCK VILLAGE HALL: KING DINOSAUR PLUS WEATHERMAN SOUNDS

Sat 20 Dec 2025 7:00 PM - 11:30 PM

King Dinosaur will be returning to Calstock this Christmas for a repeat of last year's sell out gig. King Dinosaur are an exciting, 5 piece band consisting of drums (Paul Bullock), double bass (Matt Taylor), piano (Jacob Kodicek), guitar (Alik Peters-Deacon) and vocals and trumpet (Ed Hart). They play fun, high energy, original tunes to dance to and have been ripping up the south west scene with sell out gigs in some of the area's best venues and festivals. Their raucous, joyous gigs are highly memorable and this is helped by the fantastic original tunes they play. The songs have interesting, heartfelt lyrics and there is lots of top class improvised instrumental work during the solos and

throughout the songs. The music defies genre and the influences are as diverse as jazz, latin, mariachi, eastern european folk and swing. Melt that lot together, add a little spice, and you have their unique sound that they like to call 'Spaghetti Western Swing'.



Weatherman Sounds will be spinning the Vinyl before and after the band.

Food will be available from the wonderful Mark Russell

## CALSTOCK VILLAGE HALL: TIMETABLE OF REGULAR CLASSES

DAY	TIME	ACTIVITY	EMAIL
<b>Monday</b>	7pm	<b>SHORT MAT BOWLS</b>	brianjackman@hotmail.com
Every other Monday	5.45pm	<b>LINE DANCE</b>	ritachoile@gmail.com
<b>Tuesday</b>	12pm	<b>ADULT BALLET</b>	nickybriceballet@gmail.com
	5.30pm	<b>PILATES</b>	gill_court@hotmail.com
	7pm	<b>COMMUNITY THEATRE</b>	sheilagsnellgrove@gmail.com
	9am	<b>FITNESS CLASS</b>	itsmattos@me.com
<b>Wednesday</b>	9am	<b>SMALL GROUP YOGA</b>	westwoodsop@gmail.com
	10am	<b>CHAIR YOGA</b>	westwoodsop@gmail.com
	11am	<b>SOUND HEALING</b>	Sacredspacehealing.org.uk
	6pm	<b>YOGA</b>	louise@essentialyoga.uk
	7pm	<b>SHORT MAT BOWLS</b>	Brianjackman@hotmail.com
<b>Thursday</b>	10am	<b>FRIENDSHIP CIRCLE</b>	cherylmulvihill@hotmail.co.uk
	9am	<b>FITNESS CLASS</b>	itsmattos@me.com
	4.30pm	<b>TAI CHI</b>	contact@adambenjamin.co.uk
	7.30pm	<b>BELLY DANCE</b>	juleszahaya@hotmail.co.uk
	7pm	<b>WRITERS GROUP</b>	herossea2004@yahoo.com
<b>3rd Friday of Month</b>	6.30pm	<b>YOUTH CLUB</b>	calstockyouthclub@gmail.com
<b>1st and 3rd Sun of Month</b>	10am	<b>SAMBA DRUMMING</b>	chrissywallis@googlemail.com

**THE TAMAR INN**



**COTEHELE**

Cotehele is getting ready for Christmas and wintertide celebrations. The garland is being created as these very words are written – and is looking gloriously festive as always.

This year the growing year was very successful and productive so there were a lot of flowers that could be cut and dried. The garden staff and volunteers have been up and down scaffolding for nearly a fortnight and are happy with its progress.

This year at the Mill, we have worked alongside Callington Care Home Forum who have created decorations alongside staff and residents at the four care homes in Callington

and decorated some of the most beautiful Christmas trees. The trees are being displayed in Sawmill Cottage at the Mill, and that is also where the children’s Christmas crafts are there this year. It’s toasty and cheery and the festoon lights along the mill path will light your way there. Thank you to Addison Park, Chyvarhas, Appleby Lodge and Hillsborough staff and residents for their creativity, Christmas spirit and involvement in Christmas at Cotehele this year.

It is always a beautiful and exciting time on the estate, and we are looking forward to welcoming lots of visitors over the next few weeks. Cheers to Christmas memory making, quiet and still winter mornings in the valley and welcoming in the new year in whatever way you choose.

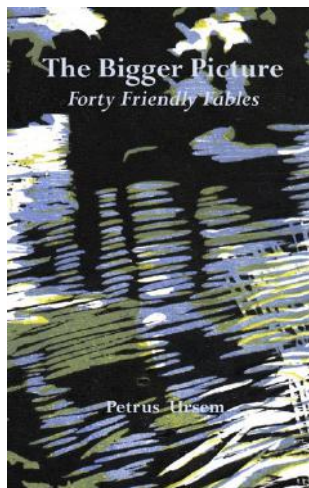


*Photo by Carol Drake*

Rebekah Mason  
Senior Programming & Partnerships Officer

## “STELLAR CELEBRATIONS”, A NEW BOOK OF FABLES BY LOCAL WRITER

Local writer Peter (Petrus) Ursem is publishing a second book of fables in December. Calstock readers may be



familiar with Peter’s witty collection, ‘The Bigger Picture’, portraying a group of animals living in their small paradise near the river, each with their own desires and dreams. The stories bring humour and wonder, with a mild invitation to see the world from a different perspective.

The second book of Fables, titled ‘Stellar Celebrations’, follows the same characters as they prepare for a festival at midwinter, when a change in the stars is expected. The animals all know that with the new constellation things are

about to change, but they are not sure how it will impact on their world. What better thing to do than organise a big celebration, to show the Stars and everyone what they are proud of and good at?

'What's this I hear about?' Bull said to Owl. 'Peacock tells me that something is being planned for the next midwinter.'

'Oh dear,' said Owl. 'I thought that might happen. The committee had agreed to keep it under wraps until the posters are printed and put up, but Peacock clearly couldn't wait.'

'So, it's true what he told me?'

'That depends on what Peacock told you,' said Owl. 'In any case, he shouldn't have. Not yet.'

'Stellar Celebrations' will be available in print from December 17th and can be pre-ordered via the webshop on Peter’s website [www.peterursem.co.uk](http://www.peterursem.co.uk), where you can also find ‘The Bigger Picture’ and Peter’s trilogy set in the Tamar Valley, starting with ‘The Fortune of the Seventh Stone.’ Alternatively, email to [peter@peterursem.co.uk](mailto:peter@peterursem.co.uk) or text a message to 07786 558624.

## MUSIC THINGS FROM EMMA OLIVER-TREND

### VIOLIN LESSONS



Lessons start in January – if anyone is interested in learning the violin or improving with some lessons, get in touch. We can do world tunes by ear, or classical grades – whatever you like! Kids and adults. Details below.

### CALLINGTON MAYFEST –MAYFESTERS BAND!



I am delighted to be leading the MayFesters band in the Callington MayFest 2026.

Rosie Fierek does an amazing job leading huge long groups of musicians through the streets of many Cornish towns and villages - and has been leading this group for many years. Big boots to fill!!! I’m grateful to Rosie and the MayFest organisers for giving me the chance to lead the group. I can’t wait to get started.

I’ll be leading music sessions in Callington on Saturdays through Spring to get ready for the big day. I’m SUPER keen to get as many of my musical Calstock friends involved. If you’d like to join in and would appreciate some extra music

sessions in the village over February/March – let me know: I’m happy to organise this. Any instrument – any ability level. Get yourself a violin, ukulele or a recorder. I’m also happy to run a couple of beginners sessions to get you started, and can make little videos to help you practice. Message me on details below, I’ll get it organised.

**CORNWALL YOUTH FOLK ENSEMBLE – JOIN US NOW!!**



I’m pleased to co-direct the new Cornwall Youth Folk Ensemble with Ben Sutcliffe. Run by Lowender, we are creating a youth

band of teenagers (roughly aged 13-19) to learn and promote Cornish music and tour the world! (That’s the vision anyway!)

If you are, or know, a young musician who is roughly that age who might like to join us, get in touch. We’re setting up music sessions every 3 weeks or so, around the Callington– as well as Central and West Cornwall, joining the full ensemble every so often. Any ability, any instrument, no need to have any experience of Cornish music, or reading notation!

Contact Emma: [eolivertrend@gmail.com](mailto:eolivertrend@gmail.com) (or PM me on Facebook: Emma Oliver-Trend)

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**LIMEKILN GALLERY**

2025 has been a big year of changes at the Limekiln. If you’ve visited recently you’ll know that Ley’s new studio has been taking shape within the Gallery, so we now boast an artist creating and selling her work in the heart of the village. After 4 years of thoroughly enjoying the bucolic charm and lovely company at Calstock Boatyard, she needed to expand her working space (and this coincided with a big career change for Bernie), so the stars aligned and a new era for Limekiln Gallery has evolved.



Casually glancing through the windows will not reveal many changes, however, as our front shop space remains full of beautiful things, all handmade locally by very clever people. We remain committed to helping our local economy by showcasing the best of the talent around us, keeping our footprint light while selling Calstock to the world. We are making sure to put our opening hours on the door each week, and will definitely be there every Wednesday, Friday and Saturday in December and no doubt many other days in between.

And of course, with Christmas almost upon us, we have our annual selection of unique and special decorations and pressies to suit all pockets, an array of Calstock Christmas cards and baubles, with mulled wine on Christmas Eve between 2 and 5pm. We thank all of our customers and artists for their continued support and wish you all a very merry Christmas.

If you have an art buying emergency (or general enquiry) please email us [limekilngallery@gmail.com](mailto:limekilngallery@gmail.com)

## MISS BEULAH'S KWEYOL PUNCH

I first met Miss Beulah on a hot stormy day when I took refuge in a little rum bar to escape the rain. She was an elderly lady with an aura about her that was captivating. She served me a beer and then went straight back to her normal state which was soundly sleeping on the bar. I visited regularly from then on and in her waking moments we became friends. She taught me some Kweyol (Creole) and how to understand when people were cursing me which was invaluable information and served me well. In the Caribbean a rum punch recipe is akin to a pasty recipe in Cornwall: every mother has one which is revered and passed on to the next generation. I was honoured when one day the recipe was shared with me on the understanding it would not be divulged. Her secret was that “a punch need to punch you, but in a way dat you eh realize you been punched”. Her recipe certainly achieves that and every time I make it I’m taken back to a tiny little rum bar in a shack near Labwi beach and to lazy afternoon’s drinking Chairman’s Reserve and chatting to a wonderful lady sadly now passed away.



### THE SECRET!

- 1 bottle dark rum. Chairman’s preferred but any will do.
- Orange Juice, amount depends on taste.
- Pineapple Juice, half the amount of the OJ
- Grenadine syrup, just enough to turn the punch pink.
- Cinnamon
- Nutmeg
- Ginger

And the final ingredient for the “punch” 1 bottle of overproof rum. Normally 151 proof however for ease of getting it in the UK a Wray and Nephews will suffice.

I hope you have as much fun with this recipe as I have and please if you make it raise a glass and spare a thought to the incredible Miss Beulah. Sa nou menm?

thanks to Steve White

**ASHBURTON HOTEL FROM MARJORIE VICKERY**

*Marjorie and Horace Vickery were a delightful couple who lived in the village. In 1991 Marjorie sent Martin Smith this lovely story about life in the early 1930's in the Hotel which Martin was running and which by then had been renamed the Danescombe Valley Hotel.*

**“TWO HAPPY SERVANTS WE”**

I am 83 but luckily possess a clear mind regards years ago and have promised to write a short account regards my job as waitress at the “Ashburton Hotel” with my sister who was cook. I was 24 years old and did love my job. Our employers were Major and Mrs Ackroyd, such good people. Apart from being waitress my jobs were many and varied, so never a dull moment. I especially remember through the summer months with so many people coming along from all over the Globe. It really was interesting for us, though it made so much more work for us really.

We were never late to bed as we had to be around at 6 o'clock e very morning, as the guests were always up before 9 o'clock for something to eat and there was always so much to do before they arrived for some. However, we never did let them down. The menu was eggs on toast or fried eggs and bacon and also cereals if wanted. My sister was 'tied' to the kitchen really as cooking was her main job. She really did turn out some lovely meals, beef, chicken

etc & always managed a good 'sweet' to follow. Our busiest part of the day was late dinner at 8 o'clock when all the guests arrived back from their various outings during the day and a good meal was enjoyed by all. We were really tired after the 'last lap', washing a load of dishes and tidying up afterwards to make things easier for us in the morning.

One thing I do remember quite clearly in my mind which did annoy us greatly was the terribly weak bulb in our bedroom. We complained regards it as it was too weak for us to see each other! It was an 8 Candle Power Bulb! So our employers kindly agreed to change it for a 15w bulb which certainly was a little better! Really an age of miracles!

(3)  
 My friend was a Gardener, with much lower wages, & no prospects regards marriages until a few years after my sister, however, he stayed on at the Hotel, for a few months after my sister left, & got a much lighter job in the Village with Mr Bowden the Tailor & Outfitter, his Brass Plate still adorns the front shop Windows of the Village Super-Market. I do so hope you will enjoy reading this report, & do so wish you every success this coming Summer, regards the Hotel.  
 Sincerely Yours,  
 (Mrs) Margery Vickery.

I must tell you I had a very funny experience early one morning. As it happened my Boss was in the same mind as I was and had gone

We both had a boyfriend to meet on half days. As the weeks and months passed by my sister and her boyfriend decided to marry. He was



*Ashburton Hotel (no date). Courtesy of Calstock Archive*

to have a bath. He was singing lustily so I decided to tidy his room before he returned. But lo and behold my sweeper stuck tight under the bed. I panicked and fled down stairs as quickly as possible as I had found a cork leg under his bed which my sister and I were never aware he wore, though we knew he had been through the last War.

Well now, we were allowed two half days off a week which as you might guess we looked forward to greatly. It was always a pleasure to cast off our black dresses, shoes and stockings, caps and aprons, and don bright dresses etc.

a baker and his wage were good. My friend was a gardener, with much lower wages and no prospects regards marriage until a few years after my sister. However, I stayed on at the Hotel for a few months after my sister left but then got a much lighter job in the village with Mr Bowden, the tailor and outfitter – his brass plate still adorns the front shop window of the supermarket.

I do so hope you will enjoy reading this report and do so wish you every success this coming summer, regards the Hotel.

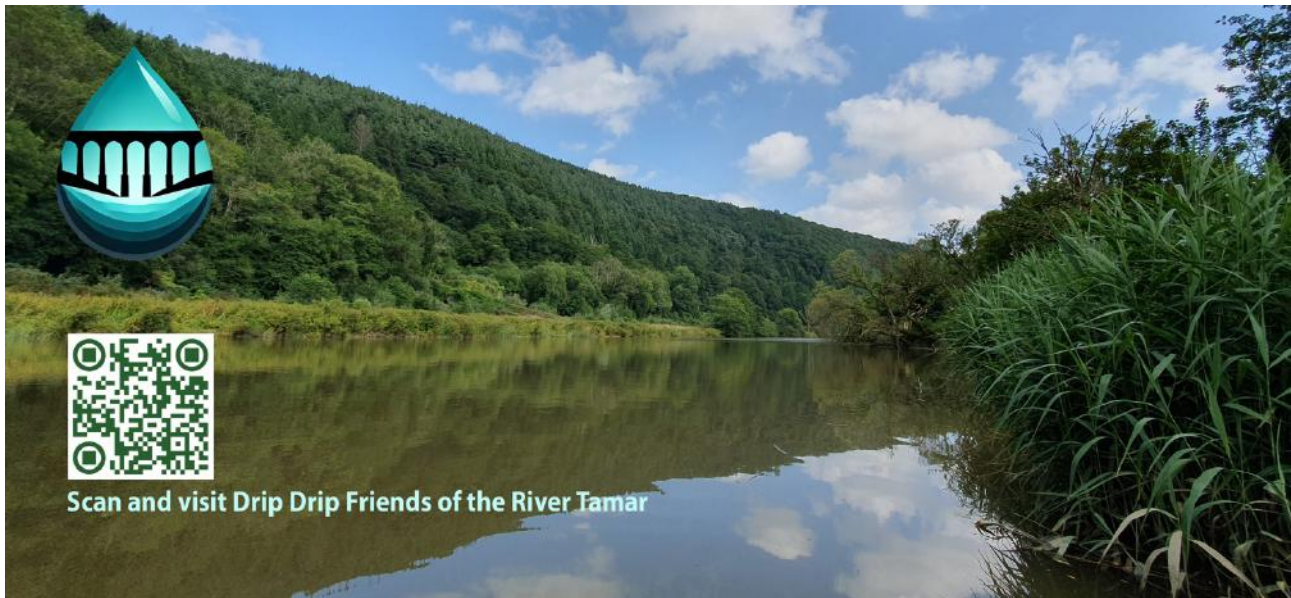
Sincerely yours,  
 Mrs Marjorie Vickery.

## FORWARD TOGETHER WITH A PEOPLE'S ASSEMBLY

*February 27th – Calstock Hall*

In 2024 we held our first People's Assembly – a facilitated gathering to explore how we could find better ways to care for our river. From that meeting Drip Drip was born. One year on, we are ready for phase two. Our next People's Assembly will be held on 27th February at Calstock Hall. We hope you can join us and help set the priorities for the year ahead. One Year On for Drip Drip

We began by focusing on bacterial contamination linked to sewage discharges and agricultural run-off. And while no one wants to row, paddle or swim in untreated sewage, we have come to see high bacterial readings as a sign of something wider. Even moderate rainfall washes a mix of pollutants into the river: pharmaceuticals, PFAS “forever chemicals,” hormones, microplastics, household and



In December 2024, we asked our community to help raise the funds needed to sample and test the River Tamar as it flows through our parish. The response was remarkable. Enough was raised to keep regular, professional sampling going for well over a year. Since then, we have carried out 50 lab tests (more still to come), giving us the clearest picture yet of the Tamar's condition from the point of view of human health. The results vary widely: at times the river meets excellent standards, while at others the picture is far more worrying. What our testing now allows is a far better understanding of the conditions under which the Tamar is likely to be safe, and when river users may be at risk.

industrial chemicals, road run-off and more. With each rainfall event, when the treatment works can't cope, South West Water discharges this mixture into the Tamar via storm overflows. Even wastewater that passes through treatment still contains most of these chemicals, as there is currently no facility to remove them. The long-term effects of the chemical pollution remain largely unknown.

Join us on 27th February and help shape the direction for 2026. Finally, a heartfelt thanks to everyone who has supported us. To see results and follow our work, visit [dripdriptamar.org](http://dripdriptamar.org) and our Facebook page.

Ken Finn

FERRY NEWS

Exciting news! Well, maybe not to you. Not to me either, actually. Except that it gives my life purpose, I suppose. Anyway... The Calstock Ferry, or Tamara Calstock Ferry, supported by TLPS and DEFRA via the Tamar Landscape Partnership Scheme (shameless plug for sponsors), shall continue its trial period until at least March.

I had to submit a very grown-up report this month to make this happen. Tempting though it was to make it an award-winningly arcane work of fiction, I plumped for just making it so long and complicated that no one will bother to read it properly. Don't get me wrong, it's got pretty graphs and accountant-type stuff in it too, but you know how I like to waffle.



This has been in no small way helped by the support of local people who have used it, and I hope you'll all continue to do so. It seems worth keeping, doesn't it?

The trial period was supposed to start two years ago and end on October 31st, but because of the nature of real life, the first commercial trips happened in May of this year, so that's not much of a trial period. Hence, the extension, and an opportunity to see who is going to brave the weather for the next few months. Me, apparently...

So, now that we have some continuity, the most important thing, to my mind, is to figure out how to keep this show on the road for next year. Realistically, that's going to involve some other people wanting to drive the thing. I'm not doing it seven days a week forever, even though the days only average three hours because of the tides! If anyone would like to step up and get involved, that would make the service more likely to continue.

Will Mattos

## SANCTUARY – GIVING SPACE FOR WILDLIFE

A century ago, Grey Owl wrote that ‘in a wilderness apparently without life there is a teeming population continuously on the move, yet a man may see nothing but the trees around him, and hear nothing save the sound he makes. For here man is the only alien, the archenemy from whom all dwellers of this sanctuary flee, as from pollution’.

He was referring to the Canadian Wilderness, but it can apply to the rare patches of wilderness we have here in the Tamar Valley. A friend has land on the edge of the village accessible to the public and he encourages people to come and enjoy it. He also has a parcel of land that not even he enters. It is a sanctuary for wildlife, and I respect him for that. Other landowners in the valley are doing the same thing, hence the rich biodiversity we enjoy here.

The Wetlands is a sanctuary surrounded by the path and road. In winter it is populated by growing numbers of Teal that breed in the summer in the wildernesses of Northern Europe where they are hunted. They find sanctuary here in the winter where they feel relatively safe such that within weeks of their arrival they can be easily approached because they know they can retreat to the centre of the marsh and be safe. We should feel privileged that they trust us to that level.

You can also create sanctuaries in your garden, places that remain undisturbed. Let a corner of the garden grow wild or leave a bramble thicket that provides sanctuary for small birds and mammals from the relentless predation of neighbourhood cats. Create a pile of brushwood and cuttings and build on it year on year and it becomes a sanctuary for birds and hedgehogs that feed on the invertebrates that

thrive there. A patch of grass left uncut, surrounded by shrubs, is a cool sanctuary for creatures on those long hot summer days. We need to be mindful that some creatures can only thrive when left undisturbed by humans and their pets.

Pete Thompson



**CELEBRATING 30 YEARS OF THE TAMAR VALLEY NATIONAL LANDSCAPE**



*Valley Volunteer Nominees and Winners*



*Previous and current Managers and Chairs of the TVNL cut the celebratory cake*

Nearly 200 people came together at St Mellion Estate on Wednesday 12 November to celebrate a very special milestone, the 30th anniversary of the Tamar Valley being designated as a protected National Landscape. The annual forum brought together local residents, community groups, parish representatives, landowners and long-standing supporters, creating a real sense of shared pride in this beautiful place we all call home.

The afternoon began with a look back over three decades of partnership work to protect the Valley’s wildlife, heritage and iconic river scenery. Former managers and chairs also joined the celebrations, taking part in cutting a special 30th anniversary cake.

A heartfelt thank you was given to Martin Howlett, who has served as Chair for the past four years while representing the farming community on the Partnership Board. Martin will continue to support the Valley through his volunteer role.

The event also welcomed the Partnership’s new leadership team. Philip Hygate takes on

the role of Chair, bringing a wealth of experience in local government, farming and national landscape management. He is joined by the new Vice Chair, Cornwall Councillor Hilary Frank, a dedicated volunteer and strong advocate for community involvement and environmental stewardship.

One of the highlights of the day was the Valley Champion Awards, which celebrate people who go above and beyond for the Tamar Valley. This year’s nominees were Tim and Bonny Lightfoot, Clare Tagg, Jenny Wytcherley, Pete Thompson, Jo and Ken Tytherleigh and Charlotte Dancer. The awards were presented to Pete Thompson, recognised for his inspiring work monitoring wildlife and supporting conservation around the Calstock Wetlands, and to Charlotte Dancer, who has dedicated 22 years to sharing the Valley’s stories and connecting people with its landscape.

It was a warm, uplifting celebration of community spirit, care for nature and the shared effort that keeps the Tamar Valley such a special place for us all.

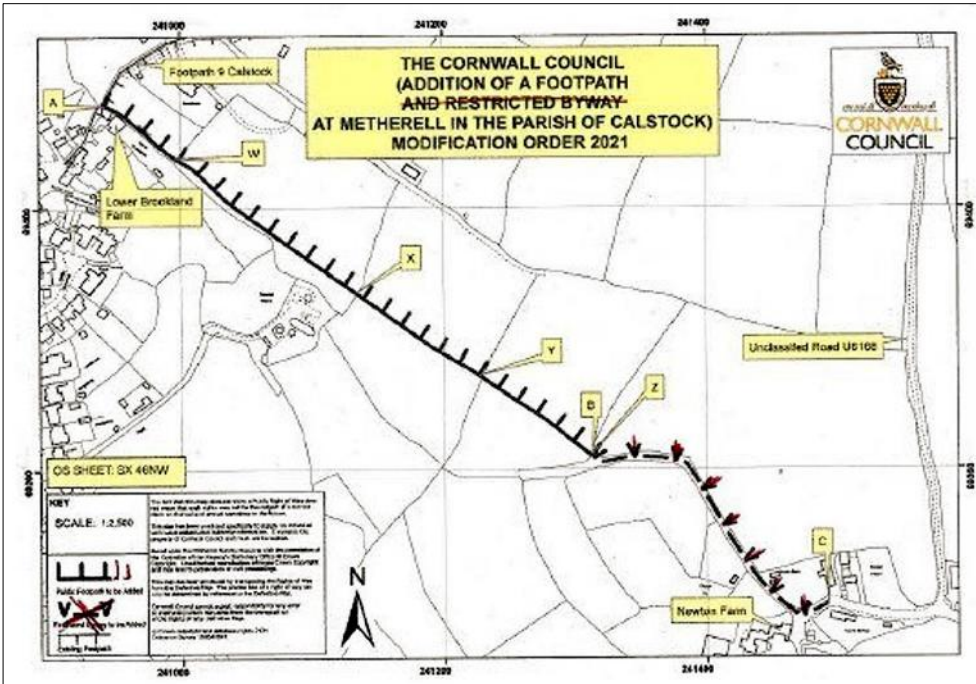
*Photos: FotoNow*

**A LONG AND WINDING SAGA:**

*Footpath 9 Newton – Metherell, our newest Public Right of Way!*

**W**hen I took on the Chair of Calstock Parish Footpath Network I inherited communications about

fallen away. Repairs are needed. Earlier today, I met someone in their 90s who said: “I’m so pleased about that path! It’s beautiful there.



*Location: A is near The Carpenters Arms, Metherell*

*I was trying to work out if I could get along it, I’d love to see it again, but now I hear it’s closed. It was part of my childhood”.*

I sometimes get asked, what are footpaths for? They bring us up close to mining, farming and domestic history and give vistas over beautiful landscapes. Walking is great low impact exercise. We can do it together for social contact or alone for contemplation. It helps us reconnect.

this path. Decades ago it was an enjoyable walk across fields and woodland, over ancient stone stiles.

Then it got closed. Public out. In 2007 a local man called Bob applied to Cornwall Council, with statements from people who’d used it for 20 years and old maps that indicated the path. I gather it then lay in Cornwall Council’s enormous footpath backlog.

My understanding is that one landowner was all for it and the other very against.

Eventually our lowly path went to the Secretary of State and then back to Cornwall Council. It almost went to a Public Inquiry but the objector withdrew just days before.

Finally, it’s official! Hooray! But we can’t walk it yet because the Metherell end has

Help the repair get done by contacting Calstock Parish Council. I suggest:

clerk@calstockparishcouncil.gov.uk or 01822 748847

Dear Clare,  
Footpath 9 Newton – Metherell.

I am concerned that our newest Public Right of Way is closed for repairs. We’ve been waiting 18 years to be able to walk this historic path. Please can CPC do all it can to encourage a timely repair.

Yours.... (include full name and postal address)  
When Footpath 9 is open again, let’s have a big community walk to enjoy it together!

Juliet Hilary  
Chair, Calstock Parish Footpath Network  
calstockfootpath@gmail.com

## THE GARDEN HOUSE, YELVERTON

Visitors and gardeners have been amazed to see snowdrops in bloom at the Garden House near Yelverton in Devon weeks ahead of their expected appearance. Expert gardeners put the early snowdrops down to the UK's long dry summer.

*Photo by John Richmond*

Head gardener Nick Haworth explained that the varieties currently in bloom are from hot southern European countries where autumn flowering is not unusual, "We've got around 400 varieties of snowdrops at The Garden House and while it's not unusual to see the odd Mediterranean snowdrop popping its head up in autumn, we've never seen so many in October. It's pretty clear that the reason is the long dry summer followed by autumn rainfall. This is close to the conditions these snowdrop varieties experience in their natural habitats."

Nick explained that The Garden House has one of the UK's most diverse snowdrop collections. Most are in bloom across the 10 acre site from early January to mid-March when thousands of people visit the garden to see the spectacular displays.

The garden's 2026 Snowdrop Festival opens to visitors on January 9 and will continue until the season ends – usually 10-12 weeks later. The snowdrop festival has become an annual pilgrimage for families, garden lovers and serious snowdrop enthusiasts alike. For many visitors, it is a heart-warming experience, marking the first signs of spring after months of dark nights and gloomy weather.

About The Garden House:



The Garden House is an idyllic 10 acre English country garden set in a tranquil valley near Buckland Monachorum. Several gardens in one, it features more than 6,000 different plant varieties and is not only a must for horticultural enthusiasts, but anyone with a passion for beautiful plants. Owned and managed by the Fortescue Garden Trust, it is renowned for its snowdrop festival, spring wisteria display, traditional summer flowers in the walled garden and spectacular autumn colours from its acer glade.

Website: [www.thegardenhouse.org.uk](http://www.thegardenhouse.org.uk)

Location: The Garden House, Buckland Monachorum, Yelverton, Devon, PL20 7LQ

## **FIND YOUR FESTIVE CALM**

*Here are a few ideas from The Haven in Harewood...*

### **LET GO OF PERFECTION.**

This time of year, more than any other, piles on expectations. We are bombarded with messages from the media about what the perfect Christmas should look like. Choose a couple of activities that you really enjoy. Perhaps decorating the Christmas tree or an afternoon of baking in the kitchen. Let go of anything else you think you 'should' be doing. Focusing on how you want to feel, rather than falling into the cycle of planning, preparing, and clearing up, is very liberating. Once you've tried letting go of perfection at Christmas, try it for the rest of the year! It really is a simple step you can take to being present and enjoying the moment.

### **SAY NO TO THE THINGS YOU DON'T REALLY WANT TO DO THIS DECEMBER.**

It could be a busy time at work for you, or you may have a calendar full of activities for your children. Rather than adding another date to December, be honest with yourself, and others, and make plans for the New Year when you have more time and headspace. If there are traditions you have fallen into that no longer feel good, now could be the time to say no to those too.

### **GET OUTSIDE.**

Who doesn't love that feeling of getting back from a blustery walk and cosying up inside?

Taking jobs off your 'to do' list, could allow you to prioritise getting outside.

### **EAT WELL.**

Lots of lovely brightly coloured vegetable sides and salads can make a more satisfying supper than the beige buffet foods supermarkets seem intent on selling to us at Christmas.

### **GIFT SOME TIME OR A LOVELY EXPERIENCE**

Vouchers or donations to a charity close to your heart are such a lovely thing to gift to loved ones. Please get in touch to organise a gift voucher for The Haven in Harewood - [www.thehavencalstock.co.uk](http://www.thehavencalstock.co.uk)

Wishing you all a Peaceful Solstice, and Christmas .



Lily Russell x

## SAUNA

If you've wandered down Lower Kelly lately, you might have spotted something new tucked in at the end of Danish Perch Garden, just before the boatyard. That curious wooden pod on a trailer?



It's a sauna! And not just any sauna, but a traditional wood-fired barrel sauna, here for the next few months for all of us to enjoy.

Saunas (especially paired with cold-water dips) have become very popular across the UK recently. Until

recently, most of us only saw them in fancy spas or hotels. Now, mobile saunas are popping up in beauty spots everywhere, taking inspiration from Finnish sauna culture, where hot-and-cold "contrast therapy" is part of everyday life. People love it! Not just for the ritual, but genuinely for the health and social benefits.

### WHY BOTHER WITH ALL THAT HEAT?

Well, the science bit is convincing. Regular sauna use has been linked with improved heart and lung health, reduced inflammation, better sleep, pain relief, and all-round relaxation. And that's just the shortlist —

humans have been sweating it out for thousands of years for a reason!

One of the aims of bringing the sauna here is to make it accessible to everyone.

The main communal session of the week is *Wellbeing Wednesday*, running 2–7pm with a sliding price scale, so you can pay what you can manage.

Full priced weekend bookings and group sessions are also available.

### A FEW QUICK FAQs:

**Do I have to be naked?** Absolutely not. This is Britain — swimwear is perfectly fine!

**What should I bring?** A towel, swimwear, water bottle, and something waterproof for your feet. A change robe is a bonus if you have one.

**Do I have to do the cold plunge?** Nope! It's there for the brave and curious, but optional.

It won't be everyone's cup of tea — some people can't use saunas for health reasons, and others just don't enjoy the heat — but for the sauna lovers among us, having one right here in the village is a real treat. Enjoy! Check out [litsaunaandspace.com](http://litsaunaandspace.com) to book or email [litsaunaandspace@gmail.com](mailto:litsaunaandspace@gmail.com) for enquiries

Lara Kramer

## SACRED SPACE HEALING

Sound Healing or Sound Therapy is gaining traction and growing in popularity. It has been around for thousands of years. Many different cultures since ancient times have used music, chanting, singing and rhythm to heal the mind, body and soul.

As a Sound and Vibrational Practitioner, I use a plethora of different frequencies and instruments: tuning forks, crystal and Tibetan singing bowls, drums, and gongs to name a few. The waves of sound and frequency wash over, in and around your body supporting the changes in your energy field.



Did you know by simply just humming it can relieve stress, improve your sleep, lower your blood pressure, and even create new neural pathways to your brain?

Sound and frequency benefits are now backed up by science, proving it supports and heals our nervous system.

Everything in the Universe is vibrating and everything has its own resonating frequency. When these frequencies are misaligned disease, stress, tension, illness can occur. Every cell, organ, drop of blood in the body vibrates and has its own frequency.

I offer one-to-one sessions using tuning forks, crystals, drum and bowls, and reiki. I also have monthly soundbaths, bespoke day retreats and workshops, private functions like hen parties, corporate team building days and much more. Are you ready to calm your mind, body and soul and reconnect and align your energies for your highest good?

Then maybe Sacred Space Healing is for you. “Everything is energy, and that’s all there is to it. This is not philosophy, this is physics!” – Albert Einstein.

My last Soundbath of the year will be on **17th Dec, 11am-12.30pm in Calstock Village Hall.** Book online at [www.sacredspacehealing.org.uk](http://www.sacredspacehealing.org.uk)

Tracey Teague  
Sacred Space Healing  
Tel: 07494096172



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## KLEGH A SEN

*(provias gans Maga)*

**Klegh a sen! Klegh a sen!**  
**Ow seni oll a-dro!**  
**Ass yw brav, ow lewya yn gwav**  
**Yn draylel deg heb to!**  
**(X2)**

Dres ergh y hwren ni mos  
Yn draylel deg heb to  
Yn gwelyow ryb an fros  
Ow hwerthin der an vro

*Klegh a sen! Klegh a sen!*  
*Ow seni oll a-dro!*  
*Ass yw brav, ow lewya yn gwav*  
*Yn draylel deg heb to!*

Klegh an margh a sen  
Ha ni oll yn spyrys da  
Ow kana'n uhel kettep penn  
A-dro dhe'n viaj ma

*Klegh a sen! Klegh a sen!*  
*Ow seni oll a-dro!*  
*Ass yw brav, ow lewya yn gwav*  
*Yn draylel deg heb to!*



Jingle bells! Jingle bells!  
Jingle all the way!  
Oh what fun it is to ride  
In a one-horse open sleigh!

Dashing through the snow,  
In a one-horse open sleigh,  
Through the fields we go,  
Laughing all the way.

Bells on bob-tail ring,  
Making spirits bright,  
What fun it is to ride and sing,  
A sleighing song tonight.



**DOERS NOT DIVAS**

I used to be quite scornful of good doers in the garden. Who needs plants that are unremarkable, don't stand out in a crowd and just quietly get on with it? Actually, time has taught me that we all do.

Those flamboyantly fabulous flowers that shout rather than whisper can elevate your piece of paradise to new heights – but they'll always need something to shine against. Even Bette Midler needs a supporting cast.

Good doers are those garden stalwarts that need very little attention and are not in the least bit diva-like, cheerfully putting up with all kinds of neglect as they reliably turn up, year after year. They're the backbone of every garden and it's time they were celebrated.

Here are my quiet superstars that deserve their place in the spotlight:

- Hardy geraniums – not the summer bedding types which are really pelargoniums. These are the crawlers and sprawlers that no garden should ever be without, helping to knit borders together, covering the ground and preventing weeds. They're a huge family, but choose wisely and you'll have flowers from May until November. As I type this, with the first winter snow landing this morning, I still have half a dozen in flower in my garden. Colours can be soft pinks, blues, mauves and white heading towards louder magentas and purples. Current favourites are Elworthy Eyecatcher, Azure Rush and Pink Penny.

- Salvias – can be borderline hardy, but here I've found most will sail through the winter. They've risen in popularity, so again there are many to choose from in almost every colour imaginable. Plant them in full sun in soil that doesn't get water-logged and they'll flower

from May until November, with minimal care - a light trim in late April and an occasional deadhead.



- Sow and forget annuals – including Californian poppies, nigella and clarkia. These need no seed trays, special compost, pricking out or mollycoddling. Simply choose your patch of ground, weed it, water it and then finely scatter your seeds. They'll do the rest. They'll gently self-seed and they're even slug and snail proof.



A very merry Christmas to everyone and may your garden bring you joy and happiness in 2026.

Lynne Pearce

## HELLO FROM THE OTHER SIDE

**A**fter the long hot summer we wondered what sort of autumn we would have, but it has been kind weather wise, the grass has kept growing allowing us to keep the cows grazing for as long as possible.



The last cow calved on the 15th October and the bulls have been chosen for next year's calves. A Jersey called Sedum, a Brown Swiss called Savona and a Norwegian Red named Vilperi. These are for the dairy and our Angus bull, Patrick, for the beef. Various vaccinations have been administered and the winter routine is here.

We had a TB test in September. The frequency is determined by the history of test results from your farm and your last result. Unfortunately, we had eight animals react who were removed

from the farm, so we are now testing every sixty days until we have two clear tests when we will be able to go back to twice yearly. As a consequence we do have more stock to feed and tend to, as the movement of animals is quite restricted. Fortunately feed stocks are looking ok.

The conditions were obviously just right in the spring for fruits on trees and in the hedgerows, with apples pears and acorns being plentiful. Walking under an old oak to go and pick pears to make our yearly supply of pear and ginger jam it was like a carpet of acorns—no doubt something enjoyed them. Our spaniel was in the hedge and got stung by a hornet;

after removing the said hornet we then noticed the hornets' nest in the trunk of the oak tree. We didn't hang around picking pears on that day but it did get me thinking about how much life that oak tree supports: from birds to insects, fungi and so many things the eye cannot see. This tree is probably the best part of two hundred years old.

I wonder what our beautiful valley will look like in another two hundred years, hopefully there will be large oak trees a plenty.

Ali Rundle

## 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



<b>8 Dec</b> 09:00 – 11:05	<b>9 Dec</b> 09:00 – 11:50	<b>10 Dec</b> 09:00 – 12:35	<b>11 Dec</b> 09:00–13:22	<b>12 Dec</b> 09:00–14:13
<b>13 Dec</b> TBA	<b>14 Dec</b> TBA	<b>15 Dec</b> 11:19–16:00	<b>16 Dec</b> 12:15–16:00	<b>17 Dec</b> 13:07–16:00
<b>18 Dec</b> 13:53–16:00	<b>19 Dec</b> 14:37–16:00	<b>20 Dec</b> 15:15–16:00	<b>21 Dec</b> N/A	<b>22 Dec</b> TBA
<b>23 Dec</b> TBA	<b>24 Dec</b> TBA	<b>25 Dec</b> 09:00 – 11:49	<b>26 Dec</b> 09:00–12:00	<b>27 Dec</b> 09:00–13:13
<b>28 Dec</b> 09:00–14:05	<b>29 Dec</b> 09:00–15:07	<b>30 Dec</b> 10:26–16:00	<b>31 Dec</b> 11:48–16:00	

## PRICING:

### CALSTOCK QUAY <> FERRY FARM

Adult £4 single/day return  
child £3 single/day return  
children 4 and under free

### CALSTOCK QUAY <> RUMLEIGH FARM

Adult £6 each way  
Child £4 each way  
Children 4 and under free

### CALSTOCK QUAY <> COTEHELE QUAY

Adult £6 each way  
Child £4 each way  
Children 4 and under free

### MORWHELLHAM QUAY & BEYOND

Please phone/email the ferryman for details.  
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	15:42*	16:42	17:52 <sup>NS</sup>	18:42
to Tavistock:	07:58*	08:08**	09:23	11:23	13:23	15:23**	15:47*	17:01 <sup>NS</sup>	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	16:40	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
Calstock - Plymouth:	10:03	12:21	14:22	16:22	18:46

## YOUR COUNCILLORS

### CORNWALL COUNCIL

**Angus Black**, Reform UK  
[cllr.angus.black@cornwall.gov.uk](mailto:cllr.angus.black@cornwall.gov.uk)

### CALSTOCK PARISH COUNCIL



Calstock has 19 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](mailto:alex.polglase@calstockparishcouncil.gov.uk)

**Phil Spurr** - 07779 595008  
[philip.spurr@calstockparishcouncil.gov.uk](mailto:philip.spurr@calstockparishcouncil.gov.uk)

**Jon Tilbury** - 07837 603541  
[jon.tilbury@calstockparishcouncil.gov.uk](mailto: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](mailto:clerk@calstockparishcouncil.gov.uk)  
[www.calstockparishcouncil.gov.uk](http://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](mailto: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](http://www.citizensadvice.org.uk) or call: 0808 223 1133

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

### REPORT POTHOLE 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](mailto:info@southwestwater.co.uk)

[www.southwestwater.co.uk](http://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](http://www.ccwater.org/contact-us)

## The VIADUCT

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*December 1904. The Devon side of the early stages of the viaduct.  
Photographer Frederick John Paul, Fore Street, Calstock.  
By kind permission of his granddaughter, Mary Schneider.*



### **CALSTOCK NEWS**

*Our community newspaper  
December 2025- January 2026*

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**PLEASE SEND SUBMISSIONS AND ADS TO [CALSTOCKNEWSTEAM@GMAIL.COM](mailto:CALSTOCKNEWSTEAM@GMAIL.COM)**

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

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