

FREE!

CALSTOCK NEWS

~Since 1983~



2026/2: *Early Summer*



Down the River to Calstock, lino print by Mandy Freeguard

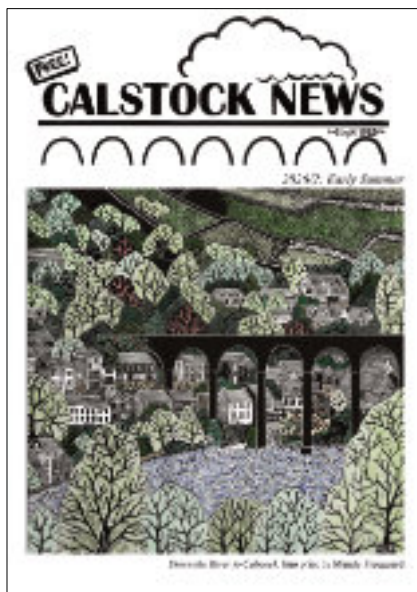
CONTENTS

KIDS' CORNER.....	3	HISTORY	32
CALSTOCK VOICES	4	RIVER TAMAR	34
VILLAGE HALL	5	THE WILL	39
YOUNGER CALSTOCK.....	6	HEALTH.....	40
COMMUNITY	8	CRIB&CROUST	42
ANNOUNCEMENTS.....	20	GARDENING.....	43
COUNCIL MATTERS.....	22	WHO'S WHO?.....	44
ADS	23	HELLO FROM THE OTHER SIDE.....	45
EVENTS	28	TRANSPORT / USEFUL CONTACTS.....	46
LETTERS	30	THE VIADUCT	48
THE ARTS.....	31		

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

PLEASE SEND SUBMISSIONS AND ADS TO CALSTOCKNEWSTEAM@GMAIL.COM

CALSTOCK NEWS IS PRINTED WITH THE KIND ASSISTANCE OF CALSTOCK COMMUNITY PRIMARY SCHOOL



COVER IMAGE:

Down the River to Calstock, lino print by Mandy Freeguard.
 Available at Zebediah's Art and Craft Collective (Launceston) and
 online at mandyfreeguardprints.etsy.com

CALSTOCK NEWS

Events, people, and ideas that define Calstock.

Since 1983.

Published five times a year.

Paper copies available at Calstock Village Hall, Calstock Arts,
 Calstock School, Salmagundi, Limekiln Gallery, Lishe,
 the Boot Inn, the Tamar Inn, Post Office, Social Club.

EDITORS' NOTE:

**CALSTOCK NEWS ASSUMES NO RESPONSIBILITY OR LIABILITY FOR ANY ERRORS OR OMISSIONS
 IN THE CONTENT OF THIS PERIODICAL THE INFORMATION CONTAINED IN CALSTOCK NEWS IS PROVIDED WITH
 NO GUARANTEES OF COMPLETENESS, ACCURACY OR USEFULNESS.**



Year 6s on school trip to London:

ELSA: Best were the Science Museum (Wonderlab) and the Houses of Parliament. On the train it was fun with my friends. The sights I liked were: Big Ben, Parliament, London Eye. It was exciting and amazing. A lot of science. The lunches were really good and yummy.

NESSA: Best was Paddington and Tower Bridge. The journey with my classmates was the best because we got to chat about what there is. The sights were amazing - the best sight was Buckingham Palace. The event itself was amazing and I had so much fun. I learned so many different things I didn't know. The best thing was spending time with my classmates.

FELIX: My favourite was going to the Lego Store and going to the Science Museum. The London Eye was also pretty cool.

FRASER: Best was the London Eye and the Paddington Show. I liked sitting next to Nessa because we drew and we played games. The sights were beautiful. It was good - my favourite thing was the museums. All the old stuff like the old museums.

WILLOW: My favourite was the event itself because we went to lots of places and the journey was super fun. My favourite part was Paddington the musical - it was really fun. We stayed up quite late but it was definitely really really worth it.

RUBY: The best were the Science Museum, Paddington performance and Hamleys. Big Ben, Houses of Parliament, London Eye and Shakespeare's Globe. Good and delicious food. About Shakespeare's Globe - we did some acting.

FREDERICK: I enjoyed the sights. The journey was fun. I enjoyed it very much. The sights were amazing - felt like an art museum. The event was well thought out, cheap and

enjoyable. I learnt about London history - very fascinating. Lunch was nice, tasty and levelled up to a home lunch (8/10).

GABRIEL: My best things are Hamleys, and Warboat and the Wonder Lab.

ROSA: My favourites were going on the London Eye, seeing Paddington, seeing all my friends and all the food we had. We also went to Hamleys (a toy store) which was really fun.

SUMIRE: My favourites were going on the London Eye because there was a great view and being able to see the Shard, and the boat ride along the River Thames and seeing Paddington the musical. It was really fun!

ERIN: I loved seeing Paddington the musical. London - in fact I loved every thing.

BRYHER: I really enjoyed Paddington the musical and the museum and my roommates were very fun. It was my first (kind of) time in London and it was epic!

GRAYSON: My most favourite thing was everything - I loved the grounds and all the places we went to and I liked the food.

POPPY: My favourite was the train ride with all my friends. I learnt all about Parliament. And sharing a room with the people.

SARAH: It was so much fun. My favourite was Paddington the Musical. Big Ben was so cool and the Houses of Parliament too. Overall I loved the trip to London.

ARIYA: It was fabulous and the best bits were the friends and the teachers. I personally loved the journey. The first thing we did was watch Paddington and got Pizza Express.

Teachers: Sarah Edwards

MARION COLEMAN

We came to Calstock in 1971 when Patrick was made deputy head of Callington School. Six of us and a cat — Patrick and I with our four children Anne and Jenny, Hilary and Will (two sets of twins) — spent that summer in a caravan on a campsite near Callington while we house-hunted. We were lucky enough to find part of a market garden, Gellings Park, in Calstock.



Marion and Patrick Coleman

The children got involved with the rowing club and I became secretary of the Calstock Regatta committee. I remember Patrick spent many hours on the river bank yelling encouragement. Patrick chaired the Community Council and became fascinated with Calstock history. They needed a safe place for the Parish archive but the village hall was an ex-army hut; the roof leaked and there were buckets everywhere. So to find a home for the archive, he became involved in getting funding for a new village hall as a sports venue — which is why the windows were all high up. The whole village got involved. We did it on a shoestring. We got all the kitchen and bathroom fittings for free from a factory in Plymouth that was closing. I distinctly remember seeing all the old loos and basins in a pile on the green and knowing we had to clean them all.

Which we did. The hall opened in 1989 and I played the piano for the opening production of *The Threepenny Opera*.



The Tamar Troylers. Rosie Fierek, Marion, Rob Fierek, Patrick Coleman

The family also loved Cornish music and songs and enjoyed the Shouts in the Queen's Head and the Tamar Inn. We started the Calstock singers, the first rehearsal of which was held in our sitting room. Also I played the accordion and the fiddle. Patrick and I played in a quartet called *The Tamar Troylers* and later with the *Rubber Band*.

We thought we would do better in old age in a town, so we moved to Truro. I am a member of *The Society of Friends (Quakers)* and it was good to be close to a 200 year old Meeting House.

Sadly Patrick died in 2023.

I then got it into my head that I'd like to move back to Calstock. I wasn't sure, so I came back and walked around checking out suitable property for sale and I met people I'd known twenty years ago. I drove back to Truro that evening and I thought: I'm going back to Calstock soon. I had my 90th birthday party here with music, dancing and singing late into the night, and I moved back not long after, in June 2024. Calstock is such an enterprising place — it really is an amazing community. I'm so glad to be back!

WHAT WOULD BRING YOU BACK TO CALSTOCK'S MUSIC NIGHTS?

Calstock Village Hall has always been a place where the community comes together — for gigs, theatre, workshops, celebrations, and the simple joy of sharing a night out with neighbours.

Over the years we've welcomed everything from folk and blues to world music, jazz, rock, and emerging local artists.

Is it pricing, timing, or the feel of the events?

Would earlier finishes help?

More standing gigs? More seated ones?

Do you prefer wellknown acts, or discovering something new?

And how about our advertising — are we reaching you in the right places?

We want to make sure the Hall continues to offer events that feel exciting, welcoming, and worth stepping out for. So we're turning to the people who know best: you.

But recently we've noticed something: audience numbers at our music nights have dipped.

We know people's lives are busy, tastes change, and the world feels different than it did a few years ago.

But we also know how much live music can mean to a community like ours — and we want to make sure the Hall continues to offer events that feel exciting, welcoming, and worth stepping out for.

So we're turning to the people who know best: you.

We'd love to hear what would make you more likely to come along to gigs at the Hall.

Is it the style of music? Are there genres we're not booking that you'd love to see?

Your thoughts will directly shape how we programme future events.

This is your Hall as much as ours, and we want it to reflect the tastes and energy of the whole community.

If you have ideas, suggestions, or even just a quick thought, please drop us a line at admin@calstockhall.com.

You can also let us know if you'd like to join our mailing list for updates on gigs, workshops, and community events.

Let's build the next chapter of Calstock's livemusic scene together.

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



SUMMER TERM AT CALSTOCK PRIMARY SCHOOL

We hope you all enjoyed a restful Easter break! It was a pleasure to come together at the end of last term to celebrate Easter, particularly during our annual Easter bonnet celebration.

The creativity and care shown in each design were wonderful to see, and it was a lovely way to mark the season as a whole school community!

We are delighted that our Ofsted report has now been published, and we are incredibly proud of what it reflects about our school.

Inspectors captured the spirit of Calstock School beautifully, noting that *“Calstock is a friendly, vibrant and happy place to be.”*

Pupils feel a deep sense of belonging to their school. This includes pupils who join part way through their education.

The school’s warm, welcoming and inclusive ethos means that these pupils settle quickly and thrive.”



We feel this truly represents our pupils, staff and families, and the strong sense of community that underpins all we do.

Learning beyond the classroom continues to enrich school life.

Class 1 recently enjoyed a trip to Plymouth linked to their Geography project, bringing their learning to life through first-hand experience.

Meanwhile, Class 3 have completed their work with the Tamara Landscape Partnership on the “North Side, South Side” project, exploring the natural and cultural heritage of the River Tamar. The project has been hugely beneficial, offering memorable opportunities and a deeper connection to our local environment.

Did you know that we welcome children into our nursery from the age of two?

>>>

EXECUTIVE HEADTEACHER UPDATE

Dear Calstock and Stoke Climsland families and community,

I am happy to announce that your Board of Governors, working closely with Cornwall Council, has completed the executive Headteacher recruitment process.

We had numerous interested qualified candidates apply. We reviewed their applications and interviewed the best qualified candidates over a day of activities designed to elicit their leadership style and character.

Through all of this, it became apparent that the best direction for our schools was already here as part of our team.

John Pengelly, currently Head of School at Calstock Primary School, has graciously accepted the role of Executive Headteacher.

He best showed through his application and interview that he has the qualities to lead our schools as we maintain our supportive culture and continue to improve our educational standards.

>>> *continued from p.6:*

Our experienced Early Years team nurture the whole child through purposeful play, outdoor exploration and a carefully planned curriculum.

We will be holding an Open Morning on Saturday 20th June for families who would like to visit our nursery and wider school—further details will follow on our school Facebook page.

As we step into the summer term, we are looking forward to brighter days, Sports Day, outdoor learning and the many memorable moments still to come!

Jade Morgan
Class 1 Teacher
Calstock CP School

The Calstock community is already well acquainted with Mr Pengelly where he is a well-respected fixture of the school.

Families at Stoke Climsland may be less familiar with his contributions, but will have the pleasure of getting to know him and interact with him more regularly starting in September, when he formally takes on the role.

Please join your Board of Governors in welcoming Mr Pengelly to his new role and in knowing that our schools will continue to be in good hands into the next school year and beyond.



Yours sincerely,
Adam Galey

Chair of Governors
Calstock Community Primary School and
Stoke Climsland School Federation



CAKE GIVES OUT COMMUNITY GRANTS

As you no doubt already know, Community Cafe makes a profit on its monthly Cafe event which enables it to give out grants of up to £250 to local community supporting groups serving residents of Calstock Parish. It's probably best to talk to one of our team before applying and get a copy of the criteria. We will be looking at applications again after Festival Day on Monday May 25th.

Need a grant for a community project you've got in mind? Then contact us through our Facebook page, Calstock Cake, or give us a call on 01822 832619 or come along to "cafe", have a chat, give us your email and we'll send you details. We've already given out about 16 grants averaging £200ish. We'd like to add to that number.

Calstock Cake

FESTIVAL DAY BANK HOLIDAY MONDAY 25TH MAY

As part from a couple of years when Calstock Festival was unavoidably cancelled, Calstock Festival Day has been running since 1990, the year the new Village Hall was built. This year Festival Day is on Bank Holiday Monday 25th May.

From midday till 8pm there'll be a bunch of bands, a bunch of dancing and a bunch of food and refreshments. Hopefully there'll be a bunch of sunshine but in the event of inclemency it'll be just as much fun in the Hall. The Bar will be open. There'll be local stalls. Local favourites like Calstock Stompers (line dancers), Shimmering Jewels (belly dancers), and Eleth (local Celtic folk trio) will be there along with a variety of bands that are sure to suit your taste including Outlanders, Kansas, Rat Jam and KTG. Workshops will run only in the morning and food only till 5ish. Keep an eye out on Social Media and on posters for information and updates.

If you fancy a local stall and have your own blanket or a table, non commercial stalls are free but if you have a great day make a donation of your choice or not, no-one's watching. Sorry no food or alcohol stalls.

Finally, do you fancy giving a hand on the day? We could do with helpers setting up and setting down, or short stints car parking, river patrol and catering. Contact Nellie on 01822 832619 or message Calstock Cake's Facebook page.

Calstock Festival



ONE DAY SHOW

Calstock Cake have had the first of many One Day Shows where artists exhibit their work at our monthly Community Cafe in the Village Hall.

Last month Paula Barnes, a local person and artist, put on a brilliant One Day Show, "Silver Linings". Dozens of Silver Linings adorned every spare bit of wall in the Hall. There was a constant trail of viewers, a fair few buyers and an abundance of enthusiasm for Paula's work. A definite success which bodes well for our future monthly shows.

Every month in 2026 except August is booked but there are plenty of spaces for 2027. Fancy a One Day Show? Go on, book in - there'll be plenty of time to produce loads of new paintings or sort out all those old paintings you'd love to show, or get some paints and get going on those paintings you've always had in your mind. Amateur or professional, all ages, never held a brush before: all are welcome. There are loose rules. Entries are invited



initially from those from or with a strong connection to Calstock Parish. Paintings can be for sale or not for sale but if for sale priced at less than £100. There's no entry fee and Calstock Cake takes 10% commission on sales. The show must be set up before 11am on the day and set down after 3 and out of the building before 4. There'll be one of the Cake team to help with setting up and setting down, with cord and double sided tape but

you have to provide your own connectors to the paintings.

Maybe you have only a couple or paintings you'd like to show. If so, there's no date fixed yet but we're planning some joint shows for as many as fancy joining in. A bit like the Festival shows of the past.

Message us on our Calstock Cake facebook page or give Barry a call on 01822 832619.

There's no One Day Show on Festival Day so the next One Day Show is at the regular Community Cafe on June 21st.

Calstock Cake

THE CALSTOCK CREATIVE

ACTORS, WRITERS, AND VIDEOGRAPHERS,

Come and join an arts collective and help create an original play / multimedia project to be performed live at the Calstock Village Hall. Weekly Workshops based on theatrical improvisation, creative writing, and acting for camera techniques.

Led by Writer/Director - Andy Papadopoulos D.G.A./ Directors UK.

No experience required.

Under 18s welcome with a responsible Adult.

Starts Tuesdays

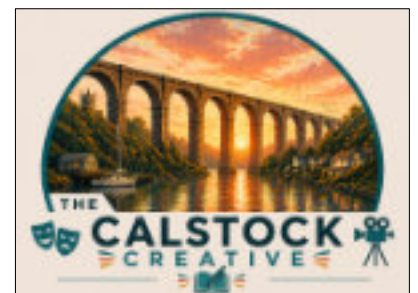
May 26th and

Final Performance

August 15th.

Suggested £5 contribution per workshop.

To sign up email andpap17@gmail.com



CALSTOCK BELL NEWS

Tower activity over the last couple of months has been limited to our weekly practices and ringing for occasional services. The best way to find out what goes on in a practice is to drop in and see for yourself - we ring most Sundays from 4.45 to 6.00.

Church bells in the British Isles are generally rung by a method known as full-circle ringing. Each bell swings repeatedly in a complete circle, beginning and ending with the mouth upwards, turning first in one direction and then the other.

As the bell rotates it is struck by a clapper

which swings independently inside the bell.

To allow the bell to move it is attached to a headstock which in turn is attached to a wooden wheel. A rope tied to the wheel passes over several pulleys down to a ringer fifty or more feet below. The ringer controls the rotation of the bell and the rhythm with which it strikes.

Ringers can change the order in which the bells sound by making subtle changes to the movements of their ropes.

In full-circle ringing the order is either kept in rounds or changed every few chimes or so to create a new pattern, the changes being called by one member of the band.

There is also a way of ringing called method ringing. The ringers change their position at every pull of the rope - they have learnt a pattern which they ring. This style of ringing is a bit like singing a round, but rather than starting one after another the ringers all start at the same time but from a different point in the round.

On the morning of Friday 8th May a group of ringers from Exeter Cathedral will attempt to ring a full peal of method on Calstock bells.

This will involve 5040 changes and, if successful, will take around two and half hours. If you are able to stand outside and listen for a while you will hear that every line they ring will be different from the one before.

Sue McClaughry
Tower Captain
07771 756125



CALSTOCK ARTS FILM CLUB

Fancy a date night? Tired of watching TV every evening? Want an evening out?

Fancy meeting new people in a warm, friendly environment?

Enjoy watching films but don't want to go far to a cinema?

Switch off your phone and become fully immersed in a film!

Then why not come to our Film Club at Calstock Arts on the first Thursday of each month?

Our film club is under the umbrella of CFylm, Cornwall's film club network. They support community venues to screen a variety of films for their local audiences close to home and at an affordable price.

CFylm is a programme of Creative Kernow, a charitable organisation championing creativity as a force for positive change in Cornwall and the Isles of Scilly.

Calstock Film Club is run by volunteers who choose the films, set up the venue (usually in the Kelly Room at Calstock Arts) and offer a warm welcome to everyone. We have a café/bar and sometimes special events.

Some of you may remember our screening of Barbie when the audience were encouraged to dress in pink!

How much will it cost you?

To become a member of our film club you pay an annual membership fee of £8, which includes your first film.

This membership fee goes to funding Cfylm and entitles you to attend any Cfylm venue in the county.

Subsequent attendances are just £5 per head which allows our club to pay for the film and support the running costs of Calstock Arts.

We would love to see you at our next event. Doors open at 6.45pm and screening starts at 7.30pm prompt.

There is no need to book in advance but if you want to reserve a seat for a popular screening then please email: mail@calstockarts.org.

We look forward to seeing you soon!
Annie Trethowan & Karen Alderton



CALSTOCK OPEN GARDENS

SUNDAY 24TH MAY 11AM TO 4PM

All proceeds to St Luke's Hospice, Plymouth.

Maps available from the St Luke's stand at Calstock quay on the day.

Free entry if under 16.

Also a Plant Sale and Refreshments.

Guide dogs only.



RECYCLING FOR CHARITY

LOCAL RECYCLING PROJECT



Our Recycling for Charity project started in 2019 and has now raised **£20,000 from items you normally throw away.**

Our main charity is KICKS COUNT, who aim to reduce UK stillbirths.

We want your:

- Empty bread bags, crumpets, bread rolls, baps, flatbread, wraps packets
- All biscuit, cracker and cake plastic wrappers
- Tubes & pots from personal care products, hand creams, sun tan lotion, ointments, gels, Carex refill packets, hand pump dispensers
- Mascaras, eye shadow & foundation compacts, lip sticks, lip balms
- Marigold branded gloves, disposable gloves and Ferrero Rocher boxes.

These are sent to TerraCycle to be processed and **the manufacturers of these products give money to charity based on the boxes we send.**

Also, ink cartridges, drinks cans, old mobile phones, cameras, gadgets, head phones, MP3's, Kindles and jewellery in any condition are recycled and raise money locally.

See details: www.south-hill.co.uk/charity-recycling.

Contact: CornwallRecycling@outlook.com

Drop-off these items at: the labelled bin outside the main gate of Calstock School, Tamar Valley Pantry in Harrowbarrow & Metherell village car park, Callington Library foyer, Callington Town Hall reception, outside St. Dominick shop, Kelly Bray stores... and more.

Need more information contact Ali: 07305 044049

Thank you for your amazing support.

£20,000 raised on rubbish!

* * *

RECYCLE MORE FROM HOME WITH CORNWALL COUNCIL

Starting on March 16th **Cornwall Council** now collect cartons (Tetra Paks) and plastic bags and wrapping from our homes as part of the regular fortnightly recycling collections.

The new items include:

Cartons used for foods such as:

Milk, Juice, Custard, Soup

Simply rinse, squash & put in your red recycling bag.



Plastics and wrapping including:

Plastic bags, cereal bags, salad bags, frozen food bags and carrier bags

Multi-pack wrapping, shrink wrap

Bubble wrap, Cling film, Plastic film lids

Fruit and vegetable nets

Chocolate, Sweet wrappers and Crisp packets

(The RECYCLING FOR CHARITY Project does not take any items on this list.)

Put your plastic bags and wrapping in a carrier bag, tie securely and put inside your red recycling bag or tuck between your other recycling bags so it doesn't blow away.

CALSTOCK IN BLOOM

CALSTOCK IN BLOOM AWARDED

NATIONAL LOTTERY COMMUNITY FUND GRANT



We are proud to say that all of the hard work put in

by numerous members of our community has resulted in us being awarded a Community Fund grant by the National Lottery.

The award is a substantial contribution to the ongoing costs of maintaining and running the team’s efforts.

Although the National Lottery Grant will provide a significant contribution, the Calstock in Bloom team is also grateful for grants and donations provided over many years by other local supporters such as Calstock Parish Council, Calstock Social Club, Calstock Bike Show, the Tamar Inn and many residents and visitors to the village.

The team are also organising a key fundraiser later in the year when we will be having a Quiz Night at Calstock Arts on Friday 16th October, further details to follow.

COMMUNAL HERB BED

(COMING VERY SOON)

We have for some time now been growing herbs so



that members of our community can come and cut what they need for a meal.

We are in the process of planting them into two brand new planters, located either side of the gate into the Village Hall Friendship Garden.

We’ll have a wide selection for people to take a small cutting from, or even just enjoy the aromas they will give off during the coming summer evenings.

So far we will be planting: Lemon Balm, Chives, Thyme, Parsley and Oregano.

If this proves to be a success, we’ll look to see what other herbs we can add.

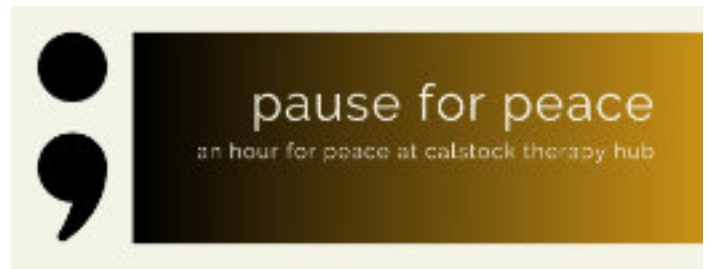


PAUSE FOR PEACE

Did you know a space has opened up in the heart of the village where you can pause for peace?

Whether you are looking for a moment of personal peace, or wishing more peace into the world, we all need a little more stillness, quiet, and calm in our lives.

The space began in April of this year. We run on donations. It is guided by Kate Kensa and Natalie Utton. Experience of group work or personal meditation practice is absolutely not important. The session is not formal, and there are no rules. You can sit on a comfy chair, and you can fidget if you need to. It's a simple, easy, regular opportunity to create something wonderful together.



If you are interested in coming, please contact katekensa@icloud.com for more details and for booking. We'd love this to grow and support our wonderful village in new ways. We currently meet at the Calstock Therapy Hub for one hour at 7pm every Wednesday, but if we get much bigger, we'll need to find a bigger venue!

In peace, Kate x

CALSTOCK SINGERS

A promotional poster for 'Calstock Singers'. The left side features a silhouette of a woman singing into a landscape of autumn trees and a river at sunset. Musical notes and leaves are shown floating from her mouth. The right side has a dark background with white and orange text. The text reads: 'Join the CALSTOCK SINGERS!', 'Our new term begins Monday 7th September', 'Enjoy a relaxed opportunity to sing with a friendly group. We're a mix of talents — some of us don't even read music — all led by the experienced and very patient Sarah Gard.', 'Subscriptions are low, and newcomers are always warmly welcomed. Drop in and give it a try.', and '7.30pm • Calstock Arts, The Old Chapel, Sand Lane, Calstock PL18 9QX'.

CALSTOCK STOMP FOR CALSTOCK LIGHTS

Yeeha! Calstock Stomp is back by popular demand. Bigger and better.

After last year's rip-roaring success, we are back to give you another night of cowboy country fun.

Calstock Lights are presenting this night as their main fund raiser for 2026. Last year the first ever Stomp proved to be a steep learning curve for us. However the feedback was amazing, with the majority of those who attended on the night asking for more line dancing - so we are going to make that happen this year.

With many comments on the high quality of food (which we are very proud of!) from last year's BBQ themed offering we are going to continue to provide plenty of Country & Western style cuisine. This year we aim to give the food a little twist and go a bit more unique. Be assured it will be of the same high quality.

This event is open to all age groups and accompanied children are more than welcome to enjoy a bit of fun Calstock style! Starting a little earlier this year, we hope will allow the youngsters to show us oldies how it's done! However, there is a limited number of tickets available so it's first come, first served.

Calstock Lights fully fund the running and maintenance of all the festive light displays and village green lights throughout the year, requiring ever increasing expenditure each year. Last year saw the introduction of a free grotto for the younger members of the village which appeared magically and was very successful on the night of the Christmas lights switch on. All

of this is only possible with the generosity of local businesses, residents and visitors to the village.

So, it appears you can put your best cowboy boots on, chow down, have fun and support keeping the lights on – what's not to love... did I not mention the cheapest bar in town?

Individual and family tickets available at <https://wegottickets.com/f/19026> or scan the QR code below.

See the poster for further details and we all hope to see you there.

The Calstock Stomp Crew

CALSTOCK LIGHTS FUNDRAISER

Line Dancing
Calstock Village Hall

With **THE CHEAPEST BAR IN TOWN!** *For ONE night only!*

Ticket includes
Fantastic Themed Food

Calstock STOMP
Sat July 4th

Doors 6pm with first dance 6.30
Food served 7.15

Adult £20 Under18 £12
Family (2 adult 3 kids) £60

Prizes for best costume

Raffle

<https://wegottickets.com/f/19026>

SAMBISTA WANTED!

Calstock Samba Band needs a deputy Sambista.

This is someone who can support and be deputy to our resident Sambista and occasionally lead the band on their own for gigs and Sunday practice.

If you love drumming, rhythm and making music, and would like to be a pivotal part of a Samba band, then this is for you.

You don't need to have done it before, as we can train you.

Please email Chrissy:
chrissywallis@googlemail.com



POTHoles IN OUR AREA OF CALSTOCK PARISH:

How they are prepared today compared with how my company used to do them in my time with them.

Today it's cheap and nasty. All they do today is jackhammer around the area, brush out and lay in cold tarmac from the bag. They then wacker plate it in depending on how big the area is or use a small roller. Give it six months and a bit of frost and rain and it will lift out again.



The company I worked for, we have done thousands of potholes and patched a lot of roads. We used to have a good system when we were preparing potholes etc.

How we used to prepare potholes and patches. We used to saw cut all edges neatly and brush out. We used to get a lot of areas ready in advance. Firstly, we sprayed a tacky coat of tar over the area. Our tarmac was from the quarry, piping hot. We used to lay it in the area. Depending on the size of the area, it used to be wacker plated or we used a thin bomag roller. Once all that was done we used to seal around all the joints with a hot bitumen which made joints waterproof. They lasted for years.

William Roland Martin, Calstock

TAMAR VALLEY PANTRY NEEDS YOU!

Your local community shop needs you! Tamar Valley Pantry, the new community-run shop in Harrowbarrow and Metherell, is going from strength to strength. But there is always room for more volunteers and new customers.

“We have 36 enthusiastic volunteers manning the shop but we also need a few more to cover absences and sicknesses,” said committee member Karen Bennett. “You can be as flexible as you like and do a regular morning or afternoon shift, or just be available for occasional cover. It’s a great way to meet people and get more involved in the local parish.”

The shop, located in the Harrowbarrow village hall car park, has been open since October last year and opens from 8.30am to 4.30pm every day except Sunday.

It now stocks a wide range of goods, including Trehill Farm meats, Tamar Fresh dairy and groceries, Orchard Lea meat and dairy foods, Redmoor spices, Youngs confectionary, Kings Farm honey, Helluva pasties and frozen ready meals, Country Lane eggs, and delicious fresh bread and cakes from Blakes.

Competitively priced greetings cards are available, as well as newspapers, and you can even grab a coffee while you do your shopping.

“We have tried to use local suppliers wherever possible and we are always trying to make improvements and to stock the things our customers want,” said Karen. “We are also



managing to keep our prices competitive. Please do pay us a visit to see what we have available.”

The shop recently had a facelift thanks to an £8,344 grant from the Good Growth Fund, part of £186 million allocated to Cornwall and the Isles of Scilly through the Shared Prosperity Fund, which aims to empower local communities.

The facelift includes new planting outside, an outside seating area for customers and attractive wood panelling on the shop’s exterior.

If you’re interested in volunteering please email handmcommunityshop@gmail.com

Lindsey Sharp

FRIENDS OF TAMAR VALLEY

FRIDAY 12TH JUNE - A day at Port Eliot with tea/coffee before a guided tour of the house, free afterwards to explore the gardens and estate, picnic or lunch at the Stableyard cafe. £23.00.

FRIDAY 17TH JULY - Tour of Camel Valley Vineyard followed by time to sample

the wines, with lunch at Camel Trail Tea Garden.



Friends of the Tamar Valley

Please contact Jane Kiely for any further information janekiely3@gmail.com or 01572 466287

THE LEARNING EXCHANGE AT SHEKINAH

– *Free Adult Learning*

Each person can learn and each person can teach something to someone else. Based on this principle, the Learning Exchange was founded in June 2022. Since then, the Learning Exchange has become an ever-growing network of tutors, students, facilitators, and supporters.

All courses are free of charge for anyone over the age of 18. Tutors give their time and knowledge voluntarily. Over the years we are glad to have had the input of Calstock tutors teaching wild weaving, sculpting, spoon carving and analysing poetry.

Following numerous examples of alternative education programs, the Learning Exchange takes an inclusive approach, and students participate out of free will. Our big goal is to remove all barriers that might stop people from learning.

Many of our students are neurodiverse, and tutors have altered their teaching style accordingly. Many of our students are experiencing anxiety or depression, and the

Paula Barnes from Calstock teaches this course.



friendly and welcoming setting has helped them grow more confident. Our classes have helped to overcome prejudices through kind and critical dialogue. A positive learning experience makes students inspired and empowered.

The Learning Exchange has become a dynamic network to overcome inequalities and generate social solidarity.

Whether it is crafts, history, languages, cooking, economics, writing, art, music, or philosophy, the focus is on passion for a subject. This experience leads to positive relationships and communities. Most of the time, tutors become students by joining other courses, and sometimes students become tutors. We offer a tutoring course every term to help people with this endeavour.

We are starting into our summer term, which runs from the 27th of April until the 23rd of July. We have exciting new courses in the program: Cyanotype Photography, The History of Suffragettes, a course on Conspiracy Theories, Cults and Charlatans, Bread Making, 3D Printing, Self-Defense, and many more.

The prospectus can be found online, <https://shekinah.co.uk/the-learning-exchange> and in print at the Shekinah Centre, Stonehouse Creek, Kings Road,

Plymouth, PL1 3SF. This is where our courses are held (apart from our Plant Identification course).

To enroll, to offer a course or for more info, simply contact learningexchange.plymouth@shekinah.co.uk

Dagmar Schwitzgebel
Learning Exchange Coordinator (Plymouth)

CALSTOCK VIADUCT: A NEW DOCUMENTARY

Calstock will later this year host the first screening of a newly-made documentary about the building of Calstock viaduct. The film is being produced by Neil Gallacher, a former BBC journalist who is collaborating with Calstock Parish Archive.

The archive holds an unparalleled collection of black and white photographs documenting the struggles faced when the viaduct was built. These are high-resolution images shot originally on large Edwardian glass plates by a local shopkeeper. Frederick Paul had a fancy goods store in Fore St and sold postcards of the area to day-trippers, many of whom came up from Plymouth on paddle steamers and were fascinated by the immense construction taking place here in the heart of the valley. Some of Frederick Paul's photographs record the astonishingly tight squeeze that the paddle steamers faced when getting upriver to come alongside here. His descendants have made his photographic legacy available for future generations through the archive.

The documentary film takes advantage of the ability to zoom in and move around these remarkable images to bring to life the story of that construction in a new way.

Calstock's is the biggest concrete viaduct of its type in the country and some innovative

approaches were adopted in the build. The result was a long, slow process in which the builders and engineers struggled for years to solve problems they hit along the way.



Fred Paul's Shop from the Paul Collection in Calstock Parish Archive

Neil is working closely with a local chartered civil and structural engineer, Vic Harman, author of 'Calstock Viaduct - 100 years and more'.

The film is a not-for-profit venture. It will be released starting with a limited run of local charity screenings to raise funds for the Albaston-based archive.

The first of these screenings will be at Calstock Arts on Thursday 22 October. This ticketed event will include a question and answer session led by Vic, with an opportunity to see some more of Frederick Paul's photographic archive material.

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: 28th May, 25th June, 23rd July.



For more details, call 0300 1234 111 or email libraries@cornwall.gov.uk

TWO STRONG WOMEN

“YOU NEED A HOOK.”

Turning around, it was Dorothy admonishing my use of inadequate shears in favour of a bill hook for cutting back the brambles. Sage advice and my hook for this article.

Sadly, two former residents of Calstock, Dorothy Goss (b.1928) and Nancy Hollow (b.1930) died recently. Both had spent their last years in retirement homes. This is not intended to be a detailed obituary but just recognition of how wonderful they both were for Calstock.

Neither suffered fools and both spoke their mind, consequently they were always fun to bump into.



I like to think the two women first encountered each other during the war years as Dorothy grew up in Bere Alston and Nancy was evacuated there from Plymouth.

They came to Calstock via different routes:

Dorothy, when she married Jack Goss, staying for the next 63 years in their home at 1 Tamar Terrace until she moved into care at Venn House.

Nancy came with her husband Anthony, an architect, to live in Helegate house, then to Lantern House, designed by Anthony, in the boatyard.

Most people would have encountered Dorothy when she was on one of her daily walks

to the quay and along Lower Kelly, always up for a chat with both strangers and acquaintances. Having lived in the valley all her life she was a fount of local knowledge.

Nancy, along with Anthony, was quietly and modestly very influential in the village having been kind and fair landlords, owning both residential and commercial properties, including the boatyard. After Nancy moved into care in Moorgate Residential Home she sold the boatyard but her legacy lives on.

Here's a photo of the two friends at the Lower Kelly street party before the lane reopened after a six-month road closure due to the Christmas Day landslide of 2013.

Dorothy and Nancy have been much missed since age related circumstances curtailed their time in the village. RIP dear ladies, we will not forget you.

JAN BEER'S GRAND 95!

Mr Jan Beer, ex-marine, known by many, reached the grand age of 95 years on the 9th of April, 2026 which he celebrated with a fabulous meal in the Tamar Inn with family and was treated like a king.

His favourite gift was a tooter for his walking stick, so if you're tooted at you now know who the culprit is!



ADORABLE!

Phil Hurley and Juliet Hilary got married in February, with ceremony in the Village Hall, followed by a Cornish Shout led by South East Cornwall Singers in the Social Club (and the legal bit a couple of days later).

We were happy to have family and friends with us, our great local celebrant Gilly and our adorable attendents leading us in scattering hearts and flowers, Fayrooz, Nuah and Yogi the dog.

Honeymoon to follow shortly as we head off for Flora Day in Helston.



JOYCE TOWNSEND

Joyce Townsend was born on 23rd April 1938 in St Just to Vernon Trembath, who was in the Navy, and Eileen née Polgrean. She had a sister, Babs. She was very proud of being Cornish. She left school at 15 and got a job at a store in Penzance. She joined the WRENS



at 18 which she loved but after 2 years was invalided out with TB. When she recovered she joined the NAAFI and was posted to RAF St Mawgan running the shop where she met her future husband who was in the RAF Police. They married in 1961 at St Just Church. When he came out of the RAF they moved to Portsmouth where he joined the Prison Service in 1963 and was posted to Dartmoor. They had 2 sons and a daughter. They moved to Hampshire in 1976. They moved back to Cornwall to live when he retired to Dowran Barn near St Just in 1996 and to Puddleduck Cottage in Calstock in 1998. Her husband died in 2011. She loved her grandchildren. She died in April 2026.

CALSTOCK PARISH COUNCIL



CALSTOCK PARISH COUNCIL

The Tamar Valley Centre,
Cemetery Road, Drakewalls,
PL18 9FE

calstockparishcouncil.gov.uk

By the time you read this, a new council year will be underway.

This year, we continued to support environmental initiatives. Two buildings that we own are viable for solar panels and these will be installed soon.

We are looking at how we can manage in a better way a field next to our allotments. We are considering extending the number of plots and installing a solar array. We will be taking delivery of a cut and collect mower, a hay bob and a drum mower all of which can be used to manage land sensitively to encourage nature recovery.

These pieces of machinery will be available to be hired out within the Parish. This is another collaboration with Tamar Valley National Landscape, formerly known as the AONB.

As you know, we were very lucky to receive

a FiPL grant with the help of the TVNL which has enabled us to plant trees and a community orchard on Town Farm Field in Calstock and enable public access into it. Thank you to all who have been involved in the field's development.

We are keen to support the work of Drip Drip, a community group who formed out of concern for the condition of the Tamar. The group aims to take action to try and improve the water quality for the sake of the people who love it and for the wildlife that depends on it. Drip Drip held a People's Assembly in February and we look forward to supporting their work.

To contact the council about anything please email: clerk@calstockparishcouncil.gov.uk

or write to us at the Tamar Valley Centre, Cemetery Road, Drakewalls, PL18 9FE.

You can also phone 01822 748847.

To contact Pete Gadd about the Outside Services please email estates@calstockparishcouncil.com

Your ward members are: Alex Polglase, Phil Spurr and Jon Tilbury

Photo from the Facebook page of Town Farm Field Calstock



Visiting Angels
QUALITY AT HOME CARE

Do you need an angel in your life?

- Compassionate, in-home support when you need it most
- Stay comfortably at home – we'll come to you
- Post-surgical and hospital aftercare tailored to your needs
- Let your loved ones rest knowing you're cared for
- More than just care – we support families during critical times

Because recovery is better when you're home – and not alone.

Message us today at Visiting Angels South Devon to learn more.

www.visiting-angels.co.uk/southdevon
 01752 422105 southdevon@visiting-angels.co.uk

Yoga at Calstock Arts

Jill Buxton
Qualified - Dru Yoga - Yin Yoga & Yoga Nidra Teacher

**JOIN
WELCOMING FLOWING
YOGA CLASSES
SUITABLE FOR ALL**

For class dates, details and bookings:
www.jillyshouseofyoga.com
jillyshouseofyoga@gmail.com
 07968 340585

Lily Russell BSc I.T.E.C.

Complementary
Therapist

Tel 07812458058
 FB thehavencalstock
www.thehavencalstock.co.uk

Janet Taylor RSHom
Registered Homeopath

www.janettaylorhomeopathy.co.uk
info@janettaylorhomeopathy.co.uk
 01822 834308

- Sports and Massage Therapy
- Manual Lymphatic Drainage for treatment of Lymphoedema

HELPING YOU FEEL FIT FOR SPORT AND FIT FOR LIFE

07989 957242, Florence Rd., Kelly Bray, Callington, Cornwall, PL17 8EG
fitforlife_cornwall@yahoo.co.uk
www.fitforlifetherapy.co.uk

TAMAR VALLEY PODIATRY
Trusted expert foot care

FOOT PROBLEM?

are you or someone you know needing expert foot care?

Jennifer Hooper
BSc (Hons) Podiatry
MRCPod
HCPC Registered

07437515180
contact@tamarvalleypodiatry.co.uk
 Unit 2 Callington Arcade (opposite B&M)

Natalie Utton
NHS Registered Reflexologist, AOR

07855 890737
natalieutton@hotmail.co.uk
NU Feet Reflexology



Calstock Therapy Hub
 info@calstocktherapyhub.com
 07855890737

A Hub of holistic therapists working together to support your health and wellbeing needs.

More information - at our website
www.calstocktherapyhub.com



Harewood Counselling
 A non-judgemental and confidential space to talk
Sonia Lee MBACP, PhD
07810 560 317
www.harewoodcounselling.co.uk
 Clinical and Complex Trauma Professional
 Advanced Diploma Integrative Counselling

YOUR LOCAL U3A
 WALKING - DANCE - TABLE TENNIS - BOOK CLUB -
 BOARD GAMES - ART - FRENCH - GENEALOGY
 - QUIZ & PUZZLES - ITALIAN - PHOTOGRAPHY -
 CRAFT - PLAY READING - **MORE TO COME**

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

Why not come along to one of our
COFFEE MORNINGS
 10.30 to 12 Gunnislake Village Hall
 4th Monday of the month
 Transport available if needed - ring 07423176732



John Threadgold
Body psychotherapist

Helping people heal from trauma & more
 In person at the Calstock Therapy Hub & online

07941747094
www.newfocustherapy.co.uk



07792657404
 Workshop 1 -
 Tamar Ridge - Coxpark -
 Gunnislake - PL18 9BD

Tyres Supplied And Fitted
 Servicing - Tracking - Batteries -
 Brakes - Exhausts - Mot Repairs -
 Diagnostics - Welding - Clutches
We also buy unwanted vehicles



YOUR ad in here

CalstockNewsTeam@gmail.com



Darren's Cars
 Callington

Airport Transfers
 Cars & Minibus (up to 8 seats)
 All airports • Seaports • Stations

01579 556 141 • 07861 303101 

Darren's Cars
 CALLINGTON • CORNWALL
01579 556 141
07861 303 101

Cars and Minibus up to 8 seats available for all your transport needs. Fixed price travel. Door to door transfers to ALL airports, seaports and stations.

www.darrenscars.com
darrentaitcars@gmail.com 

A.S.K. SOLUTIONS
 All computer-related repairs
 Reasonable rates. No fix, no fee.

Tel. 01822 834017 or 07854 877758
 Email: ask-solutions@hotmail.co.uk

**WORDPRESS
 WEBSITE
 SUPPORT AND
 MANAGED
 HOSTING**

rackrocket.com

CALSTOCK ARTS
 events and venue hire

www.calstockarts.org 01822 833183

LEAD BY
 HELEN PORTER

THE BIG JAZZ CHOIR
 WEDNESDAY EVENINGS, 7.30PM - 9PM
 VERSATILE AND UPBEAT CHOIR (NOT JUST JAZZ!)
 BASED IN CALSTOCK

07807 752 401
HELENPORTERMUSIC@GMAIL.COM

FOLLOW US

**IN HOUSE
 FILM
 DEVELOPING**
 COLOUR &
 BLACK AND WHITE

**35MM & 120MM
 FILM**

**ID, UK PASSPORT
 & FOREIGN VISA
 PHOTOS**

**PERSONALISED
 PRINTS & GIFTS
 ONLINE**

FRAMES • CANVASES • CALENDARS

41 Brook St, Tavistock, Devon, PL19 0HE
 email: info@dartphoto.co.uk
 tel: (01822) 615853

dartphoto

www.dartmoorphotographic.co.uk

SALMAGUNDI GALLERY
 Open Fridays - Sundays 12-5/4pm

Check FB for updates in bad weather
 contact Sarah on 07505140136
www.sarahmccormackceramics.co.uk

MARIAM GUPTA

porcelain
 decorations
 and gifts

mgstudiopottery@gmail.com
www.mgstudiopottery.gallery

Thinking about undertaking a new construction project?
Contact:
claire@tamararchitecture.com

New builds and conversion and re-use projects undertaken

TAMAR
architecture

CLAIRE BISSELL RIBA
Registered as an architect under the Architects Act 1997

RIBA arb

Pete The Sweep

Serving South East Cornwall & West Devon

Tel: 07916 486427
petethesweep@myyahoo.com

HETAS

Matthew Utton
Plumbing and Heating

Fully Qualified, Professional service
Oftec Registered

FULL BATHROOM REFURBISHMENTS

Contact for help and advice
07974 415306
matthewutton@hotmail.com
www.matthewutton.com

Andy Young
PROPERTY MAINTENANCE

07837017876
hiply@ymail.com



**DO YOU NEED YOUR
WINDOWS
CLEANED?**

G.WILLIAMS
WINDOW CLEANING

**Local Window
Cleaning Services**

HIGH QUALITY, RELIABLE
AND TRUSTWORTHY

Exterior Windows - Interior Windows
Conservatory Roofs - Gutter Cleaning
Solar Panel Cleaning

CONTACT GEORGE CALL OR TEXT
07555 587 571

RB 07864823413
DECORATING Riodecorating
@outlook.com

**Fully Qualified
INTERIOR & EXTERIOR**

**Pete Carne Property Maintenance
& Building Services**

Carpentry
Kitchen fitting
Roofing
Repairs & upkeep



petecarne@gmail.com
07703035946

Lishe
- COFFEE SHOP -
TUE-SUN
09.30-16.00

HOMEMADE CAKES
BACON ROLLS,
SANDWICHES

DOGS VERY WELCOME

01822832323
6 COMMERCIAL RD., CALSTOCK

THE BOOT INN
Fore Street, Calstock
01822 458681

Hard to Find
Even Harder to Leave...

Good Food & Drink
Sunday Lunch

THE
**CARPENTERS
ARMS**

CRAFT BEER, LOCAL FLAVOUR & LIVE MUSIC.
ECOLOGICAL, ETHICAL & SEASONAL FOCUS.

01579 683492 / hello@thecarps.co.uk

The TAMAR INN
Check our FB page for current opening times:
f TheTamarInn

01822 832487, accounts@tamarinn.com

CALSTOCK NEWS

Your ad in here

CalstockNewsTeam@gmail.com

CALSTOCK NEWS

Your ad in here

CalstockNewsTeam@gmail.com

www.EasyFundraising.org.uk:

Scan
QR code
to start
supporting
Calstock School

Turn your online shopping into everyday
magic for Calstock School with
easyfundraising

You shop, brands
donate to us

It won't cost you
any extra!

CALSTOCK VILLAGE HALL

MALAVITA

Sat 13 Jun 2026 7:30 PM - 11:30 PM



Malavita! are a 8-piece reggae latin funk powerhouse from Devon. Bursting with fun and fresh, genre-defying grooves - Malavita!'s mission is dancefloor fission!

THE SCRIBES PLUS SUPPORT

Fri 10 Jul 2026 7:30 PM - 11:30 PM



The Scribes are a multi-award winning hip hop act from Bristol whose unique talents have combined to make a trademark sound quite unlike any other, featuring a seamless blend of live instrumentation and sampling set against a backdrop of head nodding boom bap breaks.

THE TAMAR INN



COTEHELE

MAY HALF TERM AT COTEHELE

23 May - 7 Jun, 10:00-17:00

Discover activities inspired by Cornish Heritage and Language around the garden.

INTRODUCTION TO ALCOHOL INKS WORKSHOP

10 Jun, 10:30-13:30

Join local artist Shari Arnott. Beginner-friendly session. Booking essential, all materials provided.

CYANOTYPE PRINTMAKING WORKSHOP

8 Jul 10:30-13:30

Explore an early photographic process known for its rich blue tones and unpredictability, with Cornwall-based artist Nicky Harwood.

CALSTOCK ARTS

FRIDAY 15TH MAY – NICK HARPER – with new album '58 Fordwych Rd' – Tickets £17 in advance or £19 on the door – 7.30pm start – Bar open 6.45pm

SUNDAY 17TH MAY – CALSTOCK SINGERS SONGS FROM STAGE AND SCREEN – Free: bucket for donations – 3pm start – doors open 2.20pm

FRIDAY 29TH MAY – FAILFAILFAILFAILWIN! – Children's events – 10 years at 2.30pm Tickets £6 child/£8 adult for £25 for family of 4. Doors open 2pm



SATURDAY 30TH MAY – ROBIN NOLEN – Gypsy Jazz. Tickets £18 in advance £21 on the door – 8pm start – Bar open 7pm

FRID 5TH JUNE – CONNOLLY HAYES – BLUES, ROCK, SOUL – Tickets £15 in advance £18 on the door – 8pm start – Bar open 7pm



SATURDAY 6TH JUNE – HOLLY CLARKE – OLD BALLADS AND STORIES – Tickets £15 in advance £17 on the door – 8pm start – Bar open 7pm



FRIDAY 12TH JUNE – ISLA CROLL – A BEAUTIFUL SOULFUL VOICE - Tickets £15 in advance £17 on the door – 8pm start – Bar open 7pm

SATURDAY 13TH JUNE – EASTERN STRINGS – The fourth and last of our festival of Four World Music Concerts – Tickets £17 in advance £20 on door – 8pm start – Bar open 7pm

FRIDAY 19TH JUNE – ROBIN INCE – A NIGHT OF STORIES AND POETRY – Tickets £15 in advance £17 on door – 8pm start – Bar open 7pm



SATURDAY 20TH JUNE – CARA DILLON needs no introductions – Tickets £27 in advance £29 on door – 8pm start – Bar open 7pm

FRIDAY 26TH JUNE – ALAN DALL AND THE SEA OF STORIES – Dramatic tales from Celtic lands told in words and music – Tickets £8 in advance £11 on door – 8pm start – Bar open 7pm

For full details – calstockarts.org/event

ROYALTY RETURNS TO CALSTOCK

Bill, ten year tyrant of the waters between Cotehele and Morwelham, is back from Saltash, having spent the summer there. As an unclaimed mute swan, he belongs to the King.

Bill and I have a simple relationship – he doesn't like me and I don't like him. He tried to drown my favourite duck, and bit me on the bum.

An equal opportunities tyrant, he picks on stray swans, canoeists, Canada geese, and sees them all off.

So what about Saltash? Well, every year, Bill's partner Nell lays a clutch of eggs and sits on them, while Bill amuses himself chasing off real and imaginary threats.

Most male swans take a short spell on the eggs so their mate can go off and feed – but not Bill. Though, to be fair, the good people at Sowenna Quay feed Nell so she doesn't need to go foraging.

Normally, five or more cygnets hatch. The family parade up and down the river, the youngsters peeping constantly until fully grown. But once their beaks turn yellow and their plumage turns white, Bill turns on them.

Last year, all nine cygnets from the brood survived. This was a problem – Bill had had trouble enough getting rid of three.



He and Nell hatched a cunning plan: in June, long before any of the cygnets had learned to fly, the whole family decamped to Saltash. In October, Bill and Nell did a midnight flit and appeared back in Calstock. No doubt feeling rather smug.

The smug didn't last. Eight cygnets flew in, still peeping like ducklings. At first, Bill and Nell tried to ignore them. Then it got vicious. Unusually, Nell also took part. A cygnet would be paddling innocently, and a parent came up behind it and grabbed its neck feathers. Cue much flapping and ducking in and out of the water. This went on until every last cygnet had disappeared.

Now Bill and Nell, unencumbered by offspring, are hissing and begging for food in their usual royally entitled manner. And so it begins all over again.

Rhodri Powell

‘DUE SACRIFICE’

TEXT: JEFF MOULE

MUSIC & LYRICS: MATT TAYLOR

CALSTOCK COMMUNITY THEATRE

16-18 APRIL 2026

DIRECTION: SHEILA SNELGROVE

If you can imagine how difficult it would be to perform a symphony with an orchestra of mixed ability musicians – from skilled experienced players through to those picking up an instrument for the first time – then you may well appreciate the demands faced by this group.

Add an audience of family, friends, and neighbours to increase the challenge, and just for good measure, sit the composer in the second row! The good news is that

as far as he is concerned, they pulled it off!

This production had all the merits of Community Theatre. It was committed, creative, inclusive, and ambitious, involving far more people than those on show and it had an energy and was a spectacle that engaged and captivated the audience.

Make no mistake, this was a challenging piece of theatre and with Matt Taylor’s devised music and Sheila Snellgrove’s inventive and versatile direction, the challenge of page to stage was amply accomplished.

I wish the Company every success in its future productions.

Jeff Moule 25.04.26



PROJECT SHAMROCK

A short history of a living part of the River Tamar's legacy still in the process of conservation...

Shamrock is the last Tamar sailing barge built and is remarkable for technological innovations that made her the most advanced barge of her kind. Her flat bottom did not need a quay when beached which simplified loading and unloading. Her shallow hull was fitted with two 5 feet high steel plate drop keels. She was launched in July 1899 by Frederick Hawke of Stonehouse for Tom Williams, a lighterman from Torpoint. The 56.95 foot (17.37m) ketch was named after Lipton's America's Cup challenger. Her Hawke design as an 'inside barge' saw her initially carry cargoes on the Tamar or from Torpoint to Plymouth. Shamrock is typical of her type with a small hull, flat transom stern, round bows no overhang and a shallow draft for trade far up-stream in rivers.

In 1907, Hawke bought half ownership. She was later bought by Charles Oakley Steed of the River Stone Company and converted for

use in the stone trade in 1919. When a keel was laid her centre-boards were taken off. The sail plan was extended with the additions of a bowsprit and jib. She was fitted with a Blake 30 horse power four-stroke paraffin engine. Her mizzen mast was removed in 1938.

Charles Steed died and under the ownership of the West of England Road Metal Co. Shamrock was sold to Eric Richardson as a prospecting dredger for tin ore. She was sold four years later to Richard Curnow of Helston for salvage work. In 1970, she was beached and used to store scrap iron on Hooe Lake until John Fildew bought her. He sold her to the National Trust in 1974 for £1. At Cotehele a slipway, cradle and storage shed were constructed and Shamrock moved into a secure site. She was re-floated in 1979. New sails were hoisted in 1980. In 1981 the National Maritime Museum formed joint ownership with the National Trust for Shamrock. In 2017, the Shamrock being fully under National Trust care, started up Phase One of Shamrock's conservation project.

H.E Ross



CALSTOCK PARISH ARCHIVE

Our showing of the tithe map in March at the Tamar Valley Methodist Church proved very popular again. We were glad we took the opportunity to display it.

By the time this goes out, we will have had our exhibition at the May Fair in Harrowbarrow, but there will be a chance to look at some of our pictures at the Tamar Valley Fete on the playing field at St Ann's Chapel on July 4th and at the Latchley show on July 25th.

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



The archive is based in the cemetery chapel and our opening hours are: Tues and Fri 10.00–2.00 and Wed 12.00–4.00. If you are not able to make these times, please contact us and we could make special arrangements.

lynda.harman@btinternet.com

Tel 01579 351413

CALSTOCK PARISH LOCAL HISTORY GROUP

Come along to the Calstock Parish Local History Group. We've wrapped up our winter talks programme and it's time to get outdoors. 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. You don't have to be a member to come along. Get in touch if you'd like to come or to find out more.

Coming up:

- **SUN 7 JUNE, 2PM: A WALK AROUND TAVISTOCK WITH SUE SPACKMAN.** Meet at 2pm outside the Tavistock Town Hall. Sue set up the Tavistock Heritage Trust and is Chair of the Devon Heritage Buildings Trust -- A walk round the centre of Tavistock will take us from early medieval times to the 20th century, telling us the story of the town.

- **SUN 28 JUNE, 2PM: A WALK AROUND ST GERMANS WITH JANE KIELY.** Meet in St Germans at the top of Old Quay Lane, where there is street

parking [PL12 5LH or what 3 words: factory. existence.chilling]. Jane will guide us through the village, where estate cottages are mixed with more modern in-fill dwellings. Down to the quays and viaduct, past the station and down to the alms houses built in 1568, then into the grounds of Port Eliot (refreshments available at The Stables Cafe), ending with a visit to the ancient church. Less than 3 miles.

- **THURS 23RD JULY, 7PM: DISCOVERING THE CHAPELS IN GUNNISLAKE WITH STEPHEN DOCKSEY.** Meet in Gunnislake Car Park. Join member Stephen Docksey for a walk exploring Gunnislake's historic chapels. We will be looking at several Non-conformist chapels from the outside, as well as St Anne's, the village's Anglican Church. The walk follows paths around the village. As Stephen says, "Nowhere is on the level in Gunnislake, but there will be no steep hills to climb".

Non-members are always welcome. Members £1.50, visitors £3. Booking helps us know to expect you. Please contact Jill Lane on 01822 833856 or lane235@btinternet.com.

DRIFTING INTO THE WILD – TAMAR STYLE

While travelling in Costa Rica, we stayed in a small village on the Caribbean coast that could only be accessed via waterways that cut through the jungle where enormous cayman basked. As we had no jungle experience, hiring a canoe was the perfect way to explore, removing the real risk of being bitten or stung by creatures such as pit vipers and tarantulas in the undergrowth. We saw spider and howler monkeys swinging through the trees above us, and a Jesus lizard as it skipped across the water before us.

Three decades later, and I still love to explore by canoe our own wilderness that lies twixt Calstock and Gunnislake. The banks remain largely wild and inaccessible to humans and their dogs; long may it remain so. It is probably one of the wildest areas in the Southwest, yet it is easily accessible

by river craft, mainly in the few hours a day when the tide is high, leaving the rest of the day for the wildlife to live undisturbed.

Animals that usually bolt at the sound of a human stomping through the woodland tend to stare bemused as I drift by like a piece of flotsam. I am stoked if I manage to ease past a deer browsing on the bank without disturbing it. I have had a kingfisher land briefly on the bow of the canoe, thinking I am a large log drifting by. I have watched an otter eating a lamprey just metres from the canoe and I've been splashed by a beaver after drifting too close. Choosing the right tide to drift with the current is essential. The canoe gets me close to nature and being still and quiet is the challenge that reaps its rewards. Give it a try.

Pete Thompson



WHAT DOES THE RIVER NEED TO THRIVE?

At the end of February, Drip Drip Friends of the River Tamar, held our second People's Assembly in Calstock.

Around 70 people came - a very encouraging turnout and a clear sign that concern for the River Tamar is both real and growing.

A shared direction emerged. First, we agreed on the importance of strengthening our community - reaching across Calstock Parish and beyond, connecting people who care about the river and want to see it thrive.

Also as a first principle we want water back in public ownership.

Second, there was strong interest in exploring how to express our dissatisfaction collectively with the way sewage is managed.

One idea we are working on is the withholding of the wastewater portion of our water bills as a form of protest. We have developed a measured and non-confrontational method which we are keen to share. You'll find more details in this issue.

Third - and perhaps most significantly - we agreed to begin working towards securing Rights for the River Tamar. But what does that mean?

The idea of "Rights of Nature" is gaining traction around the world. It recognises that rivers and ecosystems should have legal rights - to flow, to be free from pollution, and to sustain life. Rather than being treated solely as resources, rivers are recognised as living systems with intrinsic value.

Locally, we are beginning to build a case for what Rights for the Tamar could look like.



This includes developing a manifesto, gathering evidence, and working with others who share this vision. Key to the work will be a team of River Guardians who will be a voice for the river. We are encouraged by the support of Calstock Parish Council, who have voted to explore these ideas alongside us. This is still early-stage work, but it is rooted in a simple question: what does the river need to truly thrive?

If you would like to be part of this conversation, we would love to hear from you. The river connects us all, and its future depends on what we choose to do next.

dripdriptamar.org

“SANITARY AFFAIRS AT CALSTOCK”

Government Inspector Rules Against Sewage In The River

A public inquiry held by Arthur Taylor, a government inspector, into sewage disposal in the Calstock area was told that waste from 400 houses in Gunnislake was carried into the Tamar. No, we’re not talking South West Water but Tavistock Sanitary Authority which in 1874 was responsible for water supply and sewerage. Not much has changed then. Thomas Knight, a Gunnislake builder on the Parish Sanitary Committee, said they had wanted to extend the sewers to Dimson and drain them into the river! Taylor was very clear: that would be against

the law. When Joel Down, another Committee member, said ruefully that they did this in Plymouth, Taylor replied, ‘That’s no reason why you should do wrong.’ If only his 21st century equivalents, the Environment Agency, were so clear!

When Down asked what was to be done if they couldn’t put sewage into the Tamar, Taylor was categorical. ‘You can’t continue to pollute the Tamar. You have to purify it in some way.’

There’d been numerous outbreaks of typhoid in Calstock. In 1870 there were 8 cases, 2 of which were fatal. In 1872 ‘typhoid fever is seldom or never absent, several deaths having occurred in last 12 months.’ In 1873 ‘a great number suffered from the disease, some very severely, with 7 deaths.’

Just as it is now, the pollution of rivers by sewage was not just a Calstock problem. A few months after the enquiry in Calstock the Society of Arts held a conference in London to ‘discuss prompt and efficient measures to prevent the pollution of our rivers.’ One of the experts said that sewers should be ‘devoted exclusively to filtered house and rain water ... and that faecal matter should be removed by separate pipes.’ Isn’t the very problem we have now, 150 years later, that storm overflows pump a combination of sewage and rain water into the river when there is heavy rainfall? Or actually, as Kate Kensa’s article shows, on a routine basis?

Alastair Tinto



South West Water’s Combined Storm Overflow on Harewood Road

FED UP WITH SOUTH WEST WATER NOT CLEANING UP OUR WASTE WATER?!

Our water bills are made up of two parts: payment for the water that arrives and enters your property, and payment for water once it leaves. We pay for the water to be provided, and then we pay for it to be treated and returned back into the natural system.

The second part of this service is not being adequately carried out, with storm overflow discharges happening outside of the accepted parameters of when untreated sewage can be discharged out into our river.

As we have no opportunity to take our business elsewhere, it's easy to feel powerless about how to take a stand. Yet nationwide, many people from all walks of life are taking the decision

to stop paying the sewerage part of their bill while they register and hold open a complaint against South West Water. Major charities such as Surfers Against Sewage can advise on how to do this to make a stand and even Cornwall Councillors are calling out for change.

If you'd like to know more about how this works, hear stories from people already doing it, and access resources and moral support for getting involved, message katekensa@icloud.com to contact us, or come along to Calstock Cake between 12 and 3pm on 25th May where you can talk to people who are doing this right here in the heart of Calstock.

Kate Kensa



CALSTOCK FERRY 2.0



The ferry trial is over. Finished. It's been very gratifying how many people (nearly all the people) have said what a good thing it is to have this service in the village. So I guess we should probably try to keep it going somehow.

In a public meeting last month (and thanks to everyone who came and offered their ideas) it was generally agreed that the village should form a CIC (Community Interest Company) to run it because that way the Tamara Landscape Partnership (who funded the trial) will give us the boat and ancillary equipment - with an asset lock so we can't sell it all and have a massive party: clearly they've been to Calstock!

We have sorted 5 new qualified boat drivers so that I don't have to do it all the time. So welcome to Kate, Chris, Steve and Zack

who are all familiar faces around the village, and Bernie who lives on the English bank for reasons we can't divine...

The ferry is now able to operate more of the time. So instead of scheduling three hours either side of high tide, we are now able to do four to five. So, most of the time really. There are just a couple of hours of enforced downtime at low tide. Travel will still be limited between 9am and 5pm 'cos no one wants to do unsocial hours, but we can do early morning and evening trips if arranged in advance and sufficiently generously compensated! *smile

We are still working on a locals' discount plan and ways to help people understand the schedule. For now the best thing to say is it's like a taxi. If it's there, you can go now: if not phone to find out when we can get to you!

More at calstockferry.com

Will Mattos

FITNESS RANT

by Will Mattos

The internet contains vast reams of unsubstantiated opinion. The only time there appears to be a clear consensus is when people have been super lazy and copied each other. In particular the fields of fitness and nutrition are plagued with ideas that are different purely to attract an audience on socials, YouTube and the like.

You will not get a flat stomach from chair yoga or doing shoulder tap planks and calling it “callisthenics.” Not even if you do it all day long. The only way you can make significant gains through exercise is to work hard and even more important, consistently, so you'd better find something you really enjoy!

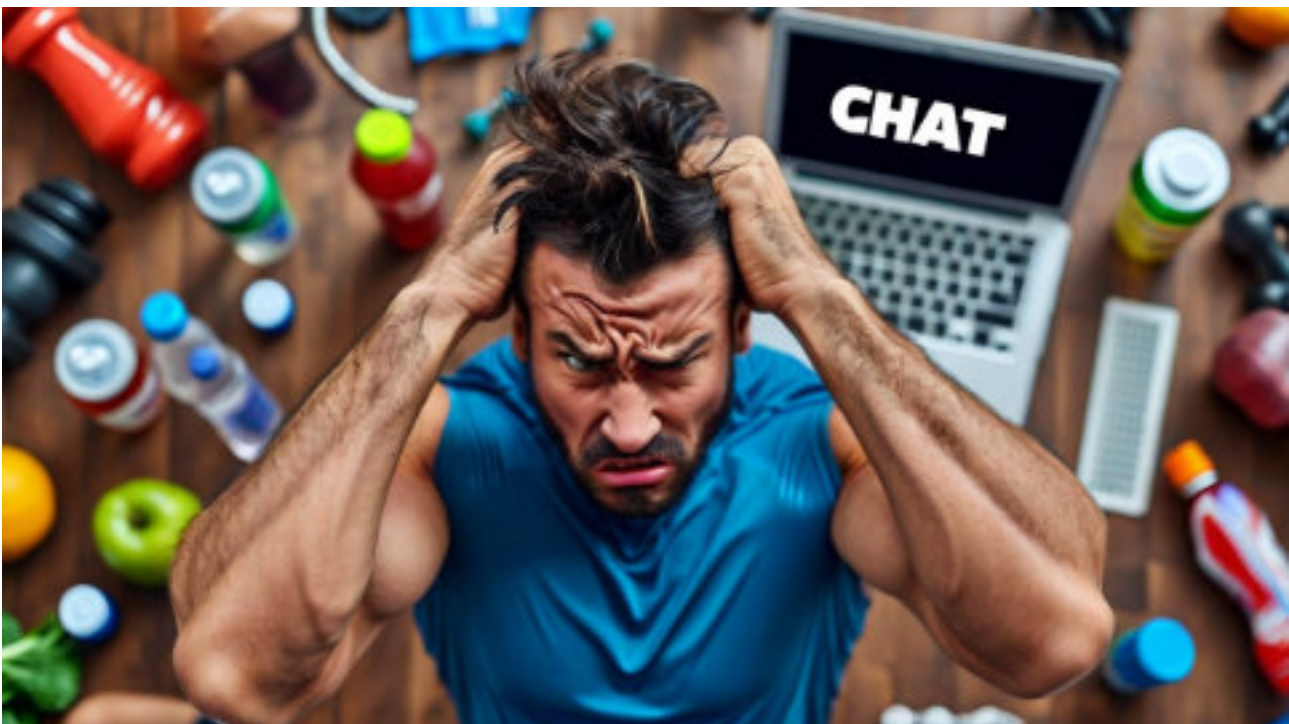
Every diet, especially the “here is everything you need in one shake” ones, but also including things like Atkins, keto, paleo, carnivore, or intermittent fasting, is just a way of putting you in a caloric deficit.

Which one works for you? Not one of them is a clear leader.

Even your caloric needs are a moveable feast. Eat less and you'll start to move around less, fidget less, do less repair work to your body... So that you need less food. Go out and run for an hour each day and you might spend the next twenty-three moving less than usual to make up for it. Quite frustrating...

Please do not use Chat GPT, or any other AI platform for that matter. OK, use them for drawing funny pictures and getting a recipe for lasagne. They are good at that. But don't ask them for health and fitness advice. They are not intelligent; they just appear to be because they are fast. They are not better at Googling and disambiguating than you are. They can't tell which of the results are right or wrong. And they don't care.

I care.



FROM THE HAVEN

And breathe...
Some wellbeing inspiration for the months ahead. Early summer is such a joyful time here in the Tamar Valley. As the days lengthen and the sun warms the earth, those of us who grow veggies are busy outside - sowing seeds and planting out seedlings.

This year I am again trying to sow, till and harvest in harmony with the moon, without chemicals, and with plenty of love. I feel that food grown this way is more nourishing for the body and soul.

It's a time to nourish our skin too.

My May special is a treat for the feet - 30 minutes of foot spa, lower leg and foot massage with coconut oil, and a tidy up of nails. Just £35 in May.

June's offer is a body massage with organic coconut oil, followed by a gorgeous facial massage with rose oils. It's 70 minutes of sheer bliss, and will set you up for summer.



Here's my top early summer recipe to nourish you on the inside too.

CUCUMBER, PEA AND LETTUCE SOUP (SERVES 4) and it's easy peasy:

- 1 tsp rapeseed oil
- small bunch of spring onions roughly chopped
- 1 cucumber roughly chopped
- 1 large round lettuce, roughly chopped
- 225g peas
- 4 tsp vegetable bouillon
- 4 tbsp yogurt (optional)

METHOD

Boil 1.4 litres water in a kettle. Heat the oil in a large non-stick frying pan and cook the spring onions for 5 mins, stirring frequently, or until softened. Add the cucumber, lettuce and peas, then pour in the boiled water. Stir in the bouillon, cover and simmer for 10 mins or until the vegetables are soft but still bright green. Blitz the mixture with a hand blender until smooth. Serve hot or cold, topped with yogurt (if you like), maybe with rye bread alongside.

Please contact me to hear more about my treatment specials for May and June at www.thehavencalstock.co.uk

CALSTOCK THERAPY HUB HAS SOME EXCITING NEWS!

We have reached the finals for the Muddy Stiletto's Awards 2026 as 'Best Wellbeing Specialist' in Cornwall! This is a huge achievement. We are very excited and also grateful for all the support we've received so far.

The voting for the Finals runs from 21st April - 26th May. We are one of 10 Wellbeing Specialists.

Receiving this award would be an honour and a real recognition of the dedication that each therapist brings to our hub.

BUT WE NEED YOUR HELP TO GET THERE! Please take a moment to vote for us through the Muddy



Stiletto's Awards website at www.cornwall.muddystiletto.co.uk/awards/vote

CATEGORY: 'Best Wellbeing Specialist'

SELECT: Calstock Therapy Hub

Make sure to verify your vote through the confirmation email you will receive!

The winner will be announced on the 16th June, so watch this space!

Thank you from all of us
at Calstock Therapy Hub x

YOGA FOR LIFE

Physically, yoga can improve flexibility, balance, and posture. But its benefits reach far beyond the body. Through mindful movement and breath, yoga helps calm the mind, reducing stress and anxiety. It teaches you to notice your inner dialogue, shift from self-criticism to compassion, and increase self-awareness and self-esteem. With practice, you start to respond to life rather than react, carrying that sense of steadiness off the mat and into daily life.

At its heart, yoga means union, connection between body and mind, self and surroundings, movement and stillness. It's a sacred pause where you can reconnect with your true self, finding peace in simply being, over time fostering an inner completeness that is not dependent on external circumstances.

When you step onto your mat, it becomes your personal space. There's no race, no comparison, and no expectations. Yoga invites you to explore what feels right, to find rhythm and freedom in movement and stillness alike.

Where the magic begins, the steadiness you find in Warrior Pose, the balance in Tree, and

the patience in each breath can all follow you into your day. Yoga supports you in living with more compassion, clarity, and wisdom, deepening awareness of how you speak, listen and move through the world.

My teachings are rooted in flowing Dru yoga, gentle, powerful, inspiring and beyond the physical, creating a feeling of unity and wholeness. Blending mindful movement with body and breath, creating space and awareness with the thoughts and mind and without judgement, modifying postures to suit your body's individual needs. The atmosphere is uplifting yet calm, in the supportive and friendly community of Calstock Arts. Yin yoga, Yoga Nidra and pranayama may also be woven into regular sessions or offered as pop-up events and within my home studio.

Yoga is more than exercise—it's a lifelong journey toward self-discovery and inner peace. Step onto your mat, take a deep breath, and begin. This is time for you.

Join me:
www.jillyshouseofyoga.com



TAMMY'S ORANGE POLENTA CAKE

(gluten free)

Calstock Cake's cakes are so delicious that we've decided to stick a recipe for one of our favourites in Calstock News.

This one is Tammy's Orange Polenta Cake. Go on, give it a bake. You'll love it.

INGREDIENTS

- 225 gm almond flour or can substitute with fine ground almonds.
- 100 gm polenta
- 1tsp gluten free baking powder
- 1tsp ground cardamon (optional)
- 200 gm sugar
- 225 gm unsalted butter softened
- 3 large eggs
- 1tsp vanilla extract
- Zest from 2 medium oranges
- Zest from 1 orange for garnish
- Chopped pistachios for garnish
- Creme fraiche (optional to serve with)
- Orange syrup
- Juice from 2 medium oranges
- 2 tpls honey

METHOD

Line bottom of 20cm springform pan with baking powder.

Preheat oven to 350 Fahrenheit, 175 Celsius.

Combine first 4 ingredients in bowl.

Beat butter and sugar on medium till fluffy.

Add 1 egg at a time, beating well after each egg.

Add half dry ingredients to wet ingredients and beat till just mixed.

Repeat with other half of dry ingredients.

Fold in vanilla and orange zest.

Pour batter into prepared pan.

Bake 40 minutes and test with toothpick.

Let cool in pan 10 minutes and transfer to serving plate.

Bring orange juice and honey to boil, then lower to medium and briskly simmer till reduced by half and slightly thick. About 8 to 10 minutes. Let it cool.

Prick holes in cake all over the top and pour half to all of the syrup on cake and allow to absorb.

Sprinkle orange zest and pistachios on top.

Serve with creme fraiche and extra syrup if any left over.

Calstock Cake



THROW AND FORGET

I'm a tub-thumping evangelist for growing as much as possible from seed. It's much cheaper, you can experiment without a huge outlay, and it's infinitely more satisfying than buying a garden centre pot and plonking it in a hole.

But I'm also a realist. Sowing a tray or two of seeds, only to have to prick them out into pots a few weeks later, and then grow them on before they finally land in your garden, is a tall order when time's short. Most seeds are well behaved and want to live but at the opposite end of the scale sit the divas, who unless every demand is met, will simply keel over and die, wrecking your confidence in the process.

What you need are quick wins and now's the perfect time. Here's my by no means exhaustive list of seeds that can literally be thrown - or pushed, if they're a bit bigger - into any bare patch of ground in a sunny spot, watered and they'll do the rest, giving you weeks, if not months, of flowers, especially if you remove the spent blooms. Sow thinly for best results.

NASTURTIUM – forget garish oranges and scarlets. Today's seeds come in a range of colours, including subtle pastels. Check the height – some trail or sprawl: others make a neat mound, ideal for path edges. All are edible. My favourites include: Ladybird Rose, a gorgeous antique pink; Salmon Baby, exactly as it sounds; and Bloody Mary, with eye-catching flowers, streaked ivory, primrose and garnet, each one different.



NIGELLA – as they don't like root disturbance, these really benefit from the 'throw and forget' technique. Persian Jewels for a mix of pink, white and blue: Miss Jekyll Blue for purists.

CALIFORNIAN POPPIES OR ESCHSCHOLZIA –forget the orange of old, unless that's your bag. Look for the Thai silk series - subtle shades of peach, appleblossom pink, cream and apricot.

Other candidates include papaver – Amazing Grey or Pandora: cornflowers – but watch out for snails and slugs: calendula. Half a dozen packets and no more than an hour's work and your garden will be transformed.

Lynne Pearce

PETE CARNE

WHERE DID YOU GROW UP?

I grew up on a smallholding on Kit Hill.

WHAT BROUGHT YOU TO CALSTOCK AND WHEN?

My mum's family are from Calstock so I used to spend a lot of time in the village at my grandparents' house. I first lived in Calstock in 1994 and moved back to the village in 2022.

WHAT IS IT ABOUT CALSTOCK YOU ENJOY MOST?

I like that there are a lot of different events and gigs for a village. I also like that there is so much accessible countryside all around.

WHERE ARE YOU MOST LIKELY TO BE SEEN IN CALSTOCK?

Probably on the way to sweep a chimney.

WHAT IS YOUR FAVOURITE LOCAL WALK?

I like walking up through the valley to and from The Carpenters Arms.

WHAT WOULD BE YOUR PERFECT DAY?

A long sunny bank holiday.

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

There are many great views but my favourite is on top of the hill on the Bere Peninsula either looking down the river towards Halton quay and Pentillie Castle beyond or up the river towards Cotehele Quay.

WHAT IS YOUR FAVOURITE CALSTOCK CREATURE?

I like hearing and seeing the swifts when they are around.



WHAT SEASON DO YOU ENJOY MOST IN CALSTOCK?

Probably spring time.

DO YOU TALK TO THE DUCKS?

Not unless the magic mushrooms are out.

HAVE YOU EVER SWUM IN THE TAMAR?

Yes, I have in the past but not these days.

WHICH SIDE OF THE TRAIN DO YOU SIT ON WHEN YOU GO OVER THE VIADUCT? Either is fine with me.

In case you want to know a little Kernowek:



village - gwig, treveglos

countyside - powdir

valley - nans, vali

chimney - chymbbla

river - ryver, dowr

swift - goblyn

NEWS FROM THE OTHER SIDE

It's a Sunday. The sun is shining. The first cut of silage was done last week which is quite early compared to previous years and a good amount of the forage maize has been drilled. It's always a good feeling when so much depends on getting these things mostly right for next winter's feed. Now we just need the right weather!

The cows and youngstock are out having their dose of doctor green and doctor sun - the sun feels good for everyone.

The grass has got off to a slow start but with some warmth should grow faster. The cows do like a variety and quite often favour one field over another, eating some plants from the hedges and leaving others.

They seem to like young sycamore and hawthorn when the growth is new. Grass sugars have been high which affects milk constituents. It moves through their digestive system quicker which results in a marginally lower butter fat content.

Soil health, pH levels and grassland weeds also have an effect to the palatability of the pasture. Different varieties of grass, clovers and herbs are grown for soil health. The fields are tested for pH levels and lime is spread accordingly.

Weeds are dealt with in various ways: thistles dug, the field topped off before they go to seed and occasional topical spraying of large stinging nettle patches.

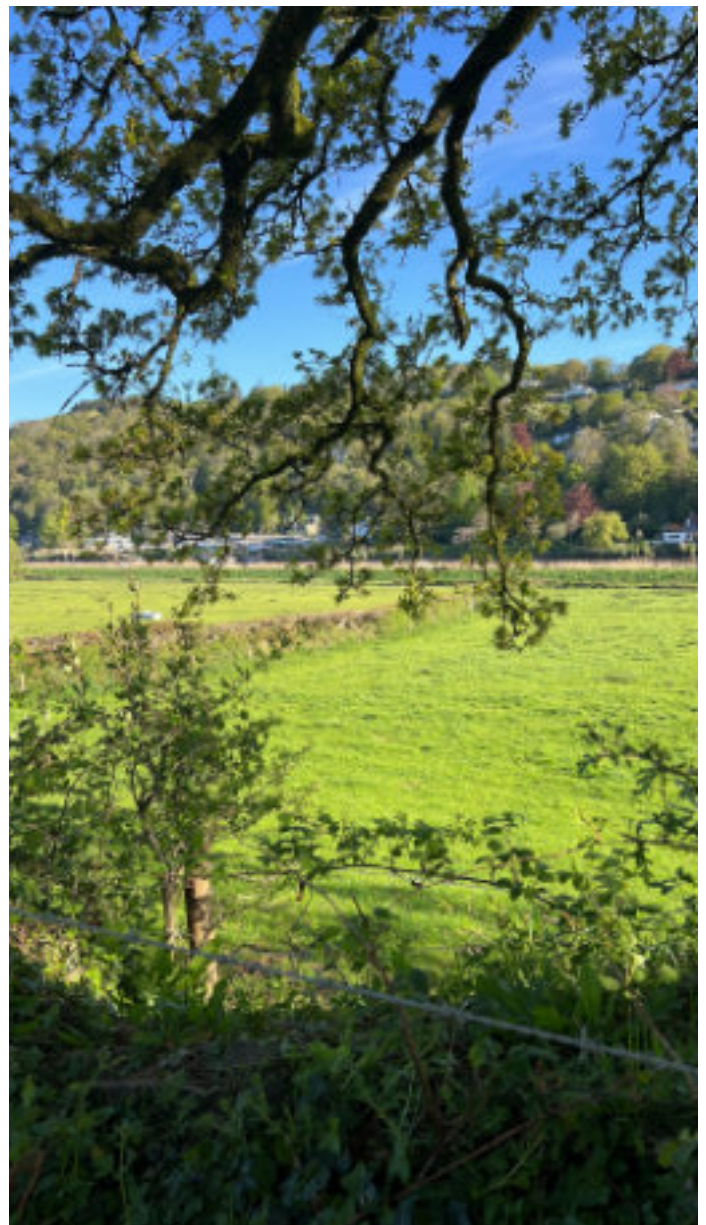
Awareness of certain conditions at turnout is crucial. Bloat can occur when too much lush clover is eaten. Not as common now is magnesium deficiency known as grass staggers (they stagger around) which

can be fatal but when treated quickly they make a total recovery.

Grassland management along with grazing management with the use of fences to regulate intake has become a large part of farming compared to the days when the cows would just go out and graze the same fields without rotation.

Thank goodness mowing the lawn isn't as complicated.

Ali Rundle



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 ^{NS}	18:42
to Tavistock:	07:58*	-	09:23	11:23	13:23	15:23**	15:47*	17:01 ^{NS}	17:56

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

TRAINS TIMETABLE

Schedules are subject to change. Please double-check.

MONDAY – FRIDAY

Plymouth - Calstock:	04:57	06:31	08:28	10:28	12:28	14:27	16:40	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:	10:22	12:21	14:22	16:22	18:46

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

Available in daylight 3-4 hours either side of high tide, weather permitting. Outside these times is also possible; contact the ferryman to arrange it in advance.

PLEASE CHECK THE WEBSITE FOR CURRENT SCHEDULE:
www.calstockferry.com/#times
info@calstockferry.com,
07783 432280

YOUR COUNCILLORS

CALSTOCK PARISH COUNCIL/CALSTOCK WARD:

ALEX POLGLASE - 07545 872667

alex.polglase@calstockparishcouncil.gov.uk

PHIL SPURR - 07779 595008

philip.spurr@calstockparishcouncil.gov.uk

JON TILBURY - 07837 603541

jon.tilbury@calstockparishcouncil.gov.uk

THE PARISH CLERK is Clare Bullimore

The Tamar Valley Centre, Cemetery Rd,
Drakewalls, Gunnislake PL18 9FE

01822 748847

clerk@calstockparishcouncil.gov.uk

www.calstockparishcouncil.gov.uk

CORNWALL COUNCIL

Angus Black, Reform UK

cldr.angus.black@cornwall.gov.uk

POLICE

Emergency 999 Non-emergency 101 Crimestoppers 0800 555111

MEDICAL SERVICE

TAMAR VALLEY HEALTH:

Callington Health Centre

Haye Road, Callington, PL17 7AW

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

Closed Saturday & Sunday

Phone: 01579 382666

TAMAR VALLEY HEALTH:

Gunnislake Health Centre

The Orchard, Gunnislake, PL18 9JZ

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

Closed Saturday & Sunday

Phone: 01822 832641

DOMESTIC ABUSE

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

The Freephone Domestic Abuse Helpline:

0808 2000 247 day or night.

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

SOMEONE TO TALK TO. THE SAMARITANS

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

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

Call 116 123.

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

TROUBLE GETTING BY?

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

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

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

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

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

REPORT POTHoles IN THE ROADS

Immediate Danger:
0300 1234123

Located in Cornwall:
0300 1234222

Located in Devon:
0345 155 1004

SOUTH WEST WATER

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

By email: info@southwestwater.co.uk

www.southwestwater.co.uk

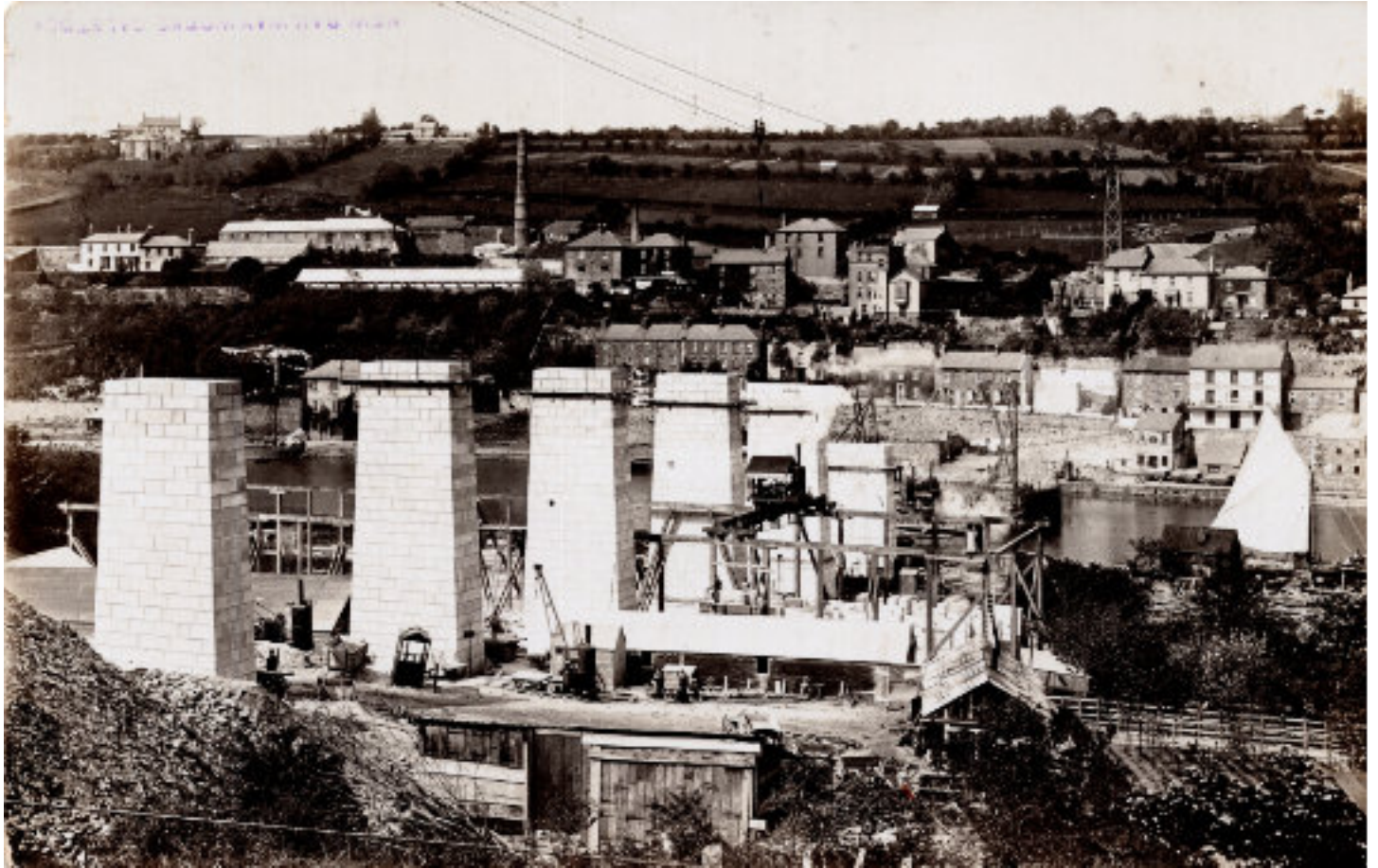
By phone: 0344 346 2020

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

For free, independent advice:

Consumer council for Water (CCW)

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



*March 1905. Early stages of the viaduct.
Photographer Frederick John Paul, Fore Street, Calstock.
By kind permission of his granddaughter, Mary Schneider.*

CALSTOCK NEWS
Early Summer 2026

**SCAN THE CODE
TO READ ONLINE
OR DOWNLOAD**



**PLEASE SHARE
THE PAPER COPY
AFTER READING**