

FREE!



CALSTOCK NEWS

~Since 1983~



Autumn 2026



Calstock in the clouds, oil on metal by Paula Barnes

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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.

PLEASE SEND SUBMISSIONS (350 WORDS MAX) AND ADS (£40 FOR 5 ISSUES)
TO CALSTOCKNEWSTEAM@GMAIL.COM

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



COVER IMAGE:

Calstock in the clouds, oil on metal by Paula Barnes.

CALSTOCK NEWS

Events, people, and ideas that define Calstock. Since 1983.

Calstock News belongs to you. We would welcome your comments and any ideas on what you would like to see in it.

CALSTOCK NEWS AND AI. Calstock News is written by humans and read by humans. So please, send us your own words only. No AI.

Published five times a year. **PAPER COPIES** available at Calstock Village Hall, Calstock Arts, Calstock School, Limekiln Gallery, Lishe, The Boot Inn, The Tamar Inn, Social Club.

READ AND DOWNLOAD ONLINE: www.calstockhall.com/calstock-news

EDITORS' NOTE:

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READ CALSTOCK NEWS ONLINE

We were asked to explain how to get to Calstock News online. We launched the online version to make Calstock News available to many more people, given how fast the printed copies disappear.

You can read Calstock News right on your phone or computer - exactly the same copy as we print.

You can even download it and, say, print a page with the interview of your family member for your family archive.

So, let's figure out how to do it.

OPTION 1: open your internet browser and type "Calstock News" in the search bar.

Pros: no special knowledge required to do a simple search.

Cons: We may not always appear right at the top of the search results.

OPTION 2: type in Calstock News address directly in the address bar at the top of your browser.

Calstock News is kindly hosted on the Village Hall website, so what you'd need to type is "www.calstockhall.com/calstock-news".

Pros: you'll go directly to our page.

Cons: you'll have to type in a long address manually.

OPTION 3: use Calstock News QR code. You can see it on our posters around the village and on the back cover of each issue. A black and white pixelated square it is.



All you'll need is your phone camera. Open the phone camera and point it at the QR code as if you're going to photograph it.



You'll see a pop-up banner on your screen. Tap that banner: it contains the link to exactly the same page as you found in option 1 and typed in option 2.

When you tap the banner, it'll take you directly to the Calstock News online page.

Pros: the fastest and the most effortless option.

Cons: you need a smartphone :)

Once you get to the Calstock News online page, you'll see the latest issue at the top, with "Read online" and "Download" buttons.

The "Read online" button opens the whole magazine and you can even flip pages (virtually - but still satisfying!).

If you scroll down, you'll see our contacts and the archive of Calstock News issues going back to December 2023. So, if you missed a copy or are looking for an old article - here they are.

Enjoy the read and send us your questions, requests, ideas, photos, and articles. We here at Calstock News love how every issue is made with contributions from many many people in the village. And a bit of Calstock magic, of course.

Yuliya



Former students of Calstock Community Primary School have finished their first or second years of secondary school.

Here's what they're looking forward to (or not), when they go back in September.

ZACARY:

I'm excited for this year's musical since last year's one was an amazing experience and I can't wait to do another.

On the other hand, I'm not so excited for having to choose my GCSEs since it's a lot of pressure and is going to be a very difficult decision to make.

WILLOW:

I am definitely looking forward to the tasty lunches they have at College!

ANGELINA:

Secondary school is a bit like a holiday, you don't know what's going to happen but you hope it goes well, and at the end of the day, you always have great stories to tell.

It always feels like there's a lot to worry about, but when you settle into secondary school you realise it was mostly in your head.

KENSA:

I'm looking forward to seeing my friends and to more challenging work this year.

I'm not looking forward to having to pick my GCSE options because my decision making sucks and to getting up early again!

LILLA:

After already enjoying one year of secondary school I am looking forward to the new year and seeing all my friends.

However, I am not excited to be waking up early and having to wear uniform for school.

When I first started I was worried about finding my way round and making new friends but was thoroughly enjoying the fresh start and meeting new people.

Starting over is difficult at times but you should keep going and you will find your place.

In case you want to know a little Kernowek:



school - skol

exam - apposyans, arholas

lunch - livya

college - kolji

to worry - prederi

friends - kowetha (pl.)

to study - studhya

VLAD TVEREZY

... These streets, like the lines of fate on the palms, escape from the hills and intertwine to flow, passing the pier, into the ever-living pulse of the beautiful Tamar.

Her breath is the morning fog, from which, touched by the sun, houses and roofs meet; and the windows joyfully twinkle with cheerful morning gold. Running, hurrying, flying, barely touching the surface of the viaduct, the train - as it should be in good fairy tales - there and back again.

The tarmac and stone of the roads are filled with steps - measured adults and jumping children, butterflies of voices dancing between the walls, barking and clanking of leashes, rustling of tires and engine growling.

Cats. While they are silent and just look out of the windows and gates with their trademark indifferent curiosity.

...and it will be a day generously flooded - whether by sun, whether by rain - or both alternately. Cars are speeding by, people are walking and children are chirping loudly in the school yard.

For now, it turns into evening completely almost imperceptibly. It's just a little faster and more clearly marked by its transparent watercolour essence. And the leaves are more and more yellow, and the sleeves are long, and the distance becomes smoky.

Autumn.

...the sun that had set in during the day turned off the work phones and sank behind the viaduct. The clouds were filled with glowing gold. The six-hour train rang from Plymouth. The windows of the houses were warmed up. The good wood spirit of flooded fireplaces floats through the streets. Invisible

to us, he will gather himself together at night and return to the river so that the beautiful Tamar will smile in her sleep. But that's later. And now, fresh orange-yellow ale of the evening light - treat yourself

as much as you want! The hum of voices - leisurely adult, sonorous children. All this is punctuated by the loud, ringing yapping of dogs.

The cats exchange glances of disdainful understanding—they have already set out on their nightly promenade.

...this place is magical, so you can't get here just like that. However, precisely because this place is magical, you can get here without aiming or intending, without planning or measuring. The road and fate itself will lead you to.

Calstock.



Photo from Samson's FB page



AUTUMN AT CALSTOCK PRIMARY SCHOOL

As the school year begins, we are delighted to welcome our children and families back to School. There is always something special about September: new beginnings, fresh opportunities and the excitement of our school community coming together once again.

This year brings some changes to our staff structure. We are pleased to introduce three familiar faces in new roles. Miss Edwards continues to lead Class 3, having been part of our school for almost a year. Originally from Scotland, she loves travelling and exploring the outdoors and is passionate about creating a supportive, creative classroom where children feel confident, valued and able to learn from their mistakes.

Mrs Lovejoy becomes the Class 2 teacher, having previously worked at Calstock as a Higher Level Teaching Assistant. She knows our children and community very well and looks forward to nurturing curiosity, creativity, empathy and a love of learning. She will also

continue to support our environmental learning through time spent in Environmania.

As you know, Mrs Morgan has taken on the role of Head of School. After 12 years of teaching, including the past two years at Calstock in Class 1, she brings a wealth of experience and a strong connection to our school community. She is passionate about creating a happy, inclusive school where every child feels valued, confident and excited to learn.

Our staff have also been working tirelessly over the summer holidays to give the school a real refresh. Classrooms and shared spaces have been revamped, reorganised and given a makeover, creating bright, welcoming spaces ready for the year ahead. We have been busy behind the scenes and cannot wait to see the children's faces when they discover the changes!

We are also delighted to have extended our wraparound care, which now runs every day from 7:30am until 5:00pm, offering greater flexibility and support for families.

As we settle into the new academic year, we look forward to crisp mornings, changing leaves, outdoor adventures and the excitement of the festive season. There is lots to look forward to, and we can't wait to see what the year ahead brings for our wonderful Calstock community!

Jade Morgan,
Head of School and
Class 1 Teacher
Calstock CP School



CALSTOCK VILLAGE HALL: A SEASON OF SOUND, SOUL AND STORIES

Calstock Village Hall is buzzing with energy this autumn, offering a wonderfully diverse mix of music, theatre, and community gatherings throughout September and October.

On Saturday **26TH SEPTEMBER**, **BOTTLED BLONDIE** take the stage with their high-energy tribute to Blondie, followed by an **80s DISCO** to keep the dance floor moving.

Community spirit shines through at the **CALSTOCK VILLAGE HALL AGM** on **TUESDAY 22ND SEPTEMBER**, inviting everyone to share ideas and help shape the Hall's future.

October keeps the rhythm alive: **DEVON REGGAE APPRECIATION SOUND SYSTEM (DRAS)** bring their trademark roots and dub beats on **SATURDAY 3RD OCTOBER**, followed by **MAD DOG MCREA** on **FRIDAY 23RD OCTOBER** — a fundraising gig for **CALSTOCK FIREWORKS**.

The month rounds off with **DJ WEATHERMAN'S HALLOWEEN VIBES** on **SATURDAY 31ST OCTOBER**, promising spooky tunes and plenty of fun.

From meditative soundscapes to soulful grooves, theatrical storytelling to rock anthems and reggae rhythms, we here at Calstock Village Hall continue to strive



to find something for everyone — creative, inclusive, and full of surprises.

Tickets available through our website.

Matt Taylor
Village Hall Administrator
CVH Management Committee
07828 704668
admin@calstockhall.com



CALSTOCK IN BLOOM

DROUGHT AND HOSEPIPES

As we all know from either looking at our own gardens or just observing the countryside around us, the 2026 drought and the associated hosepipe ban has had a big impact. At Bloom

we are also dealing with those challenges.

With the hosepipe ban we've had to reduce our three watering sessions per week down to one. It takes a lot of effort to do watering by hand, so we fill watering cans, buckets, numerous containers on a Monday morning and pray to the rain gods. It's very probable that we will lose some plants, but we must adapt to this changing climate. We're noting which plants survive this year to enable us to plan drought tolerant planting schemes going forward.

QUIZ NIGHT

Replacing plants obviously costs money, and although we are not desperate, we'd really appreciate everyone's support for our **Quiz Night at 19:30 on Friday 16th October** at Calstock Arts. See poster for further details, but tickets at £6 each are available through the Calstock Arts What's on page.

This is our only fundraising event this year so we hope to see as many as possible at the Quiz Night. Meanwhile I'm off to do my rain dance (again!)

Colin Bates



FRIENDS OF THE TAMAR VALLEY

TAMAR VALLEY CENTRE, 7.30PM START

For further info please contact janekiely3@gmail.com

FRIDAY 2ND OCT - Paul Reid will talk about Local Heroes of World War Two.

FRIDAY 6TH NOV - Helen Wilson will talk about the "Granite Markers of West Devon".



Friends of the Tamar Valley

Non-members always welcome for small charge.

CALSTOCK ADVENT WINDOWS 2026

Very soon the streets of Calstock will be alive and twinkling with the Advent Window Trail.

Follow each night as a new window opens, using your trail map to locate each display and hidden festive creature made by the school children with help from the Fierek Pottery.

If tackling the dark December streets isn't for you, follow online via Facebook @CalstockAdventWindows or via our website www.calstockadventwindows.co.uk

Trail maps will be on sale from late November at the Lime Kiln Gallery, the Boot, the Social Club, the Tamar Inn, Lishe and the Primary School.

Join us for a mince pie and mulled wine on December 1st at the Lime Kiln Gallery

at 5pm to kick start this year's advent trail.

Every year this event raises vital funds for our village primary school through the sale of trail maps,

personal donations and business sponsorship.

If you would like to contribute financially then please get in touch as soon as possible with Fleur & Tom at Providence House or email fleur@redfluff.com to ensure we can thank you or provide business sponsorship advertisement on the map and social media.

Thank you and see you on December 1st!



CALSTOCK LIGHTS

YEE HAW!!! Thank you Calstock and visitors for making this year's Stomp a great success. Thank you for keeping Calstock lights turned ON.

Following feedback from 2025 we did a whole evening of beginner line dances, 9 in total and you all looked fabulous. We loved the effort you all put into your outfits too. It was a great evening of fun, good food, plenty of drink and laughter.

We would also like to thank the Monday Calstock Stompers for running the dancing and also for donating £200 towards the lights.

SAVE THE DATE: Our next event will be 5.45pm Saturday 5th December 2026... The switching on of the Christmas lights by Santa followed by our free Christmas Grotto and crafts for children. Make a night of it and enjoy the festive atmosphere with baked potatoes, hot chocolate and a trip to the bar.

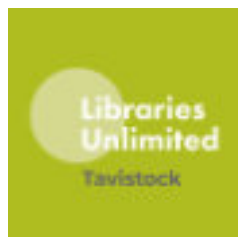


HELP WANTED: We are also aiming to put up the Christmas lights on 21st November, weather permitting.

Putting up the lights and maintaining them is a team effort. If you would like to be part of this great team please talk to us if you see us around the village, contact us via our Facebook page or email us at calstocklights@gmail.com.

KEEPING CALSTOCK TURNED ON

TAVISTOCK LIBRARY



Lots happening at Tavistock Library:

FROM 12TH SEPTEMBER
RESPECTFEST EVENTS WITH:

- **Young Artist's exhibition** in the library

• **12th September** - 1.30pm Afghan Cultural Afternoon - celebrate the rich cultural heritage - community, food, music and activities. Book a space or drop in

• **15th September** - Global Cultures Sensory Storyland - stories and sensory play family session for under 5s

• **16th September** 11-1pm Community Histories, Shared Stories zine workshop

• **19th September** - Exploring the Global South with Patrice Naiambana - 10.30am to 12pm all welcome

* * *

PART OF HERITAGE OPEN DAYS
11TH SEPTEMBER



• **Exhibition of stories from memorials and graves** by Tavistock Local History Society; Display of histories from people living in West Bridge Cottages

• **18th September** 2.30pm to 3.30pm - Meet Jonathan Posner, author of fast paced historical adventures featuring strong female characters. 'History will never be the same again!' Free with refreshments. Book: Tavistock Library 01822 612218

• **7th October** - 2pm Dartmoor Elements - cultural environmentalist, Tom Greeves, talks about the works of Mark Beeson, founder of the MED Theatre. Tickets free, book with the library.

* * *

WILD TRIBE HEROES

10th October 10.30am - Wild Tribe heroes (<https://wildtribeheroes.com>) author Ellie Jackson's wonderful tales for children of wildlife surviving in today's world with making activities as reminders. Books can be bought on the day.



Image from wildtribeheroes.com

* * *

21st October - People Emergency Briefing on the climate and nature crisis - free screening with a discussion over refreshments. Book on Eventbrite or ring the library.

30th October 2pm - author Charles Cordell will bring historical adventures on the high seas and across land to life.

18th November - Make greetings cards for Christmas and other occasions. Workshop 1.30pm to 4pm - £5 includes materials. Places limited book with the library.

* * *

Other events in the planning - do check in regularly with the Tavistock Library Facebook page www.facebook.com/TavistockLibrary or see posters at the library.

Jan Horrell

Senior Library Supervisor

CALSTOCK COMMUNITY THEATRE

Calstock Community Theatre will be reconvening weekly drama workshop sessions from **Tuesday 6th October 2026, 7.00 - 9.00pm Calstock Village Hall** to start work on an exciting new play written by Jayne Newton-Chance, original music by Matt Taylor.

The play will be performed on **1st, 2nd and 3rd April 2027**. The script is in development and will evolve as we work. Company members will take part in helping to shape some of the large crowd scenes that are integral to the piece as well as performing as actors and makers.

Everyone is welcome. Even if you have not participated in theatre before you will receive a very warm welcome to what will be our third community play in Calstock.

If you are interested in getting involved



or helping out please contact sheilagsnellgrove@gmail.com or simply turn up on 6th October to test the water.

We will need costume makers, set and lighting designers, special effects, photographers, props makers and a social media team so if you fancy doing something creative over the winter months we need you!!

All good wishes - Calstock Community Theatre

HARROWBARROW AND METHERELL COMMUNITY SHOP

Have you visited the Harrowbarrow and Metherell community shop yet?

If not, you might be surprised by the wide range of delicious foods and



groceries on offer at the Tamar Valley Pantry.

The shop, which is staffed and run entirely by volunteers, now has an alcohol licence, so you can now find a good selection

of reasonably-priced beers and wines, as well as non-alcohol versions.

You can find a good range of spices, plus delicious pasties and quality frozen ready meals. The Blake's cakes are truly yummy and there's also a great selection of farm quality meats and everyday groceries.

The shop always welcomes new volunteers too, if you fancy lending a hand, for as much time as you want.

The Tamar Valley Pantry is located in the village hall car park, opposite Harrowbarrow School.

You'll find a warm welcome there from 8.30 to 4.30, Monday to Saturday.

Lindsay Sharp

TOP TIPS FOR BUYING USING I.T.

As a Chartered Engineer I was familiar with commercial I.T. software. The growth of I.T. and the scams associated with it mean that we need to be more protective of our money. When we buy on the internet we need to understand I.T. Here are my tips for staying in control when buying stuff:



- Assume that no one else looks after your interests.
- We have legal protection when purchasing but you need to agree any terms and conditions.
- Before buying, note what you want from your purchase: size, colour, speed, function. Have a budget.
- Avoid scams and only use reputable companies.
- Avoid businesses without a trade history and those who advertise through media platforms.
- Try to buy from locally contactable companies or those which have a UK base.
- If you're interested in an advert, contact the main company directly or a regulated sales market, such as Amazon.
- 'User Reviews' might not necessarily give you the best advice. Read several comments to decide which has the best positives

and least negatives.

- Take advice from someone you trust with good knowledge of the product.
- If you are buying a high-cost item visit a retailer first to identify the model which best suits your needs.
- Understand any warranties, guarantees & after-care services. Does the item give the same protective back-up as offered by reputable dealerships?
- Ensure there are no additional licence fees. Beware of 'free trials' that tie you into subscription costs.
- Record your purchase including whom you bought from, details of your account with them, the date, how you ordered it, whom you paid, how you paid, who delivered it, the date it arrived and any actions for you to follow-up.
- Use payment systems which provide financial security e.g. credit card, Apple Pay or PayPal.
- Don't write down or share passwords or memorable information. You can store passwords in the password manager on your phone.
- Products usually have a manufacturer's guarantee. Only buy insurance after the guarantee ceases.

Patrick Coleman

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: 17 September, 15 October.



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

WHAT'S BITING YOU?

One of the (many) nice things about living in Calstock was coming back from foreign parts and knowing you weren't going to be bitten. Not any more though. Over the last two or three years, there have been *things* lurking and biting. You don't see them, you don't hear them or feel them, but later, you know you have been bitten. Some people, however, have a different experience – masses of tiny black flies that you can actually feel biting.

So what has changed? Ever since someone found a discarded antler and thought, 'hmm?' our ancestors have been draining swamps. You got extra useful land and fewer critters coming out to bite you.

But we in our wisdom know better. We now call swamps 'wetlands', and not only do we not drain them, we make new ones – swamps of bug-infested mud.

What could these bugs be? Well, in Britain, there are three types of biting insects with aquatic larvae: black flies, mosquitoes and midges. At the time of writing there still hasn't been an official identification, but there has been a denial: black flies, such as the notorious Blandford fly, require shallow, slow moving water with overhanging vegetation for their development, conditions which do not exist in the Calstock area. Besides, at 3mm long and quite fat, they are bigger than anything seen here.

We all know what mosquitoes look like, and they aren't a problem in Calstock. Their larvae need standing water – they can't breathe in mud.

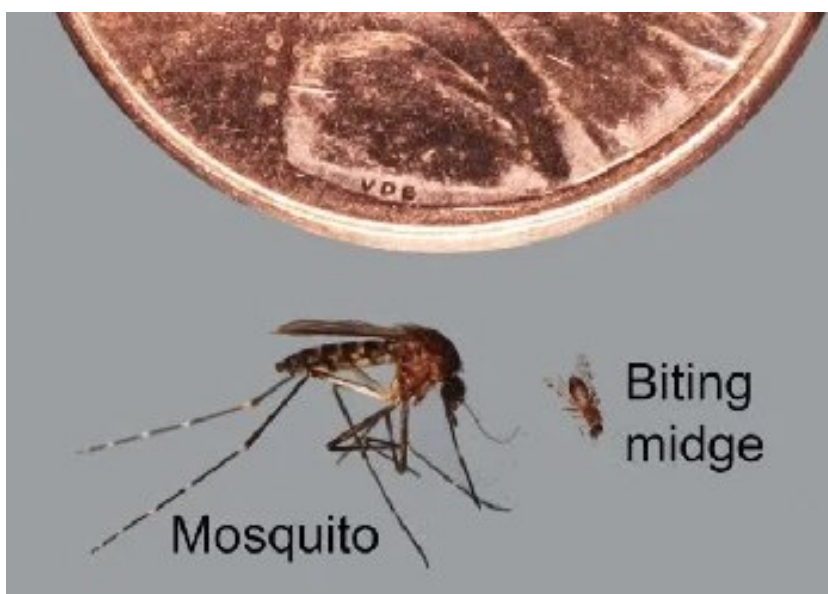
That leaves midges, *Culicoides*, to use the technical term. There are several species, of which we appear to have at least two in Calstock, coming out

at different times. One species is black and can appear as a biting swarm, another is buff coloured, small and slow flying. Unlike mosquitoes, they don't suck your blood through a tube, they saw with their sharp mouthparts while squirting out saliva that contains anaesthetic. It is this saliva – and the tissue damage – that are responsible for the allergic reactions. But the clincher is that *Culicoides* larvae are little worms that don't need air to breathe – indeed, some of them have haemoglobin in them to help them garner oxygen whilst wriggling around in mud.

Outside South America, midges don't spread human diseases, but they do spread the bluetongue virus that causes serious illness in sheep, cattle and camelids. It is a problem in Dartmoor: this year's Chagford Show cancelled the sheep and cattle events. The same anaesthetic saliva that causes the allergic reactions also spreads blue tongue disease.

Midges are nasty creatures, and a perfect environment has been created for them here in Calstock.

Rhodri Powell



CALSTOCK SECOND HOMES

I know I go on about this but places that don't go on about it end up losing out.

Cornwall has approximately 14,000 registered second homes, around 12,000 commercial holiday lets and over 2,600 long term empty houses. That is over 28,000 homes not used for living in. That's almost 10 percent of the total housing stock. Official statistics show Cornwall has one of the highest concentrations of non-primary residences in the UK, impacting local housing availability. Cornwall's housing waiting list is coincidentally around the same number as the homes that are not permanent homes, between 24,000 and 27,000 households.

Can we resist the trend? Do we want Calstock to become just another part of Theme Park Cornwall catering for the needs of second home owners, holiday lets and the greedy at the cost of a local housing, schools, shops and culture, as well as the price of local houses? The trend is already revealing itself in so many ways. It must be time for legislation to restrict the trajectory, as it seems simply social disapproval, or occasionally looking at the Facebook page, Calstock Second Homes, does not make any impact against the lobby of those who willingly and silently accept or encourage Calstock's drift.

Barry Kirkman

RECYCLING FOR CHARITY PROJECT UPDATE

RECYCLE & RAISE MONEY FOR CHARITIES

Although the Bread Bags programme has now stopped, we are still accepting plastic wrappers from hot cross buns, bread sticks, choc au pain, fruit bagels, saffron buns and all cake wrappers, with Mini Cheddars, cheese twists, all crackers and biscuit packets.

Please put these in the labelled bin outside Calstock School.

Also we accept empty or near empty cosmetics, sun tan lotion, gel, oil, cream bottles/tubes and all personal care and ointments tubes and pots.

Make Up includes lip sticks/balm/gloss, eye



INK CARTRIDGES accepted to raise money for East Cornwall Search & Rescue Team.

SOFT PLASTICS & TETRAPACKS/juice cartons can now be bagged securely and put out with your council recycling in the red bag, or alongside your bags. Making sure they don't blow away.

Any condition to be recycled, mobile phones, gadgets, sat navs, MP3s, tablet computers, Kindles, watches and any jewellery plus used postage stamps, raise money for local Hill Ponies charity.



shadow & foundation compacts and mascaras.

For Kicks Count charity helping to reduce UK Still-births.



Ali, cornwallrecycling@outlook.com
www.south-hill.co.uk/charity-recycling

CALSTOCK PARISH COUNCIL UPDATE

The scorching Summer continues – unprecedented for the school holidays.

- There is much concern about the nuisance insects in Calstock. The Environment Committee is exploring options to increase the natural predator numbers. The UK Health Security Agency has also asked us to assist with a national monitoring programme, and we will continue to press for a full survey to identify the species and possible causes.

- We have had many reports from many residents about the number of caravans and camper vehicles parked in and around Calstock. This is part of a wider parking issue which we will consider, in consultation with local residents. It is worth noting that caravans must remain attached to their towing vehicles at all times otherwise they are in breach of our current Off-Street Parking Order.

- We are still waiting for news on when the footpath between Newton and Metherell will be opened but we were heartened to hear that Cornwall Council has ringfenced the money to carry out the remedial repairs required. As soon as we have a start date we will let you know.

- The Cemetery Chapel in Albaston (home

to the Parish Archives) will soon receive some much-needed care and attention: new windows and doors in an effort to keep the volunteers and visitors warm in the Winter (winter, what's that?).

- In July we welcomed Tom Putt to our Outside Services Team. Tom will be replacing Kev Ninnis who is retiring in September after 10 years of hard graft. We would like to thank Kev for all his hard work, commitment and the pride he has taken in maintaining our parish spaces. We will miss him (and Bruno) very much.

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.gov.uk or phone 07887 090445

Your ward members are:

Alex Polglase, Jon Tilbury and Phil Spurr

www.calstockparishcouncil.gov.uk



Photo from Casltock Viaduct FB page



NEWS FROM THE ARCHIVE

We were at the Tamar Valley Fete on July 4th and at the LCCP Show on July 25th followed by the Gunnislake Fun Day on 1st August. A lot of interest was shown in the photographs with more names being supplied. We were also able to borrow several things for copying.

Calstock Regatta 1974



In August we were at Calstock Hall in conjunction with Callington Old Cornwall Society. They were recording people's maritime memories. We had a maritime display.

Looking ahead, we will be at Calstock Arts on 22nd October for the showing of Neil Gallacher's film on Calstock Viaduct. Vic Harman will be there to answer questions.

The archive is based in the Cemetery Chapel and our opening hours are:

Tue 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.

The archive is entirely run by volunteers but more are needed and no experience is necessary. We are a friendly bunch so why not pay us a visit and see what we do.

lynda.harman@btinternet.com

Tel 01579 351413

CALSTOCK PARISH LOCAL HISTORY GROUP

Are you interested in local history? Would you like to learn more about local mining, market gardening and what life was like for our predecessors?

The Calstock Parish Local History Group meets once a month with talks in autumn/winter and outings in spring/summer. Membership is £10 a year and includes three newsletters packed with articles about local history, and discounted entry to the talks and outings.

Coming up:

SATURDAY 26TH SEPTEMBER: Our AGM followed by speaker Mark Pellow. He will mark the 500th anniversary of William Tyndale's translation of the bible in 1526 with a talk: "How the bible came to us in English".

SATURDAY 31ST OCTOBER: Richard III - Julie Ellis,

one of our members, is Chairman of the Devon and Cornwall Richard III Society. She will talk on the life and times of Richard III.

SATURDAY 28TH NOVEMBER: Tavistock's Workhouses - Nicola Gurr will speak about the three workhouses in Tavistock and the harsh conditions from the first one established in 1747 to the last one established in 1837 following the 1834 Poor Law Act.

Meet at the Tamar Valley Methodist Church in Albaston (PL18 9EP), Doors 7pm, start 7.30pm. Members £1.50, visitors £3. Everyone is welcome.

If you would like to join Calstock Parish Local History Group or would like more information about what we do, please contact me by email on tishvalva@mac.com or by phone on 01822 832414.

**DO YOU NEED YOUR
WINDOWS
CLEANED?**



**Local Window
Cleaning Services**

HIGH QUALITY, RELIABLE
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**CALSTOCK ARTS**

**SEPTEMBER**

18th **COLE STACEY VISCERAL**, lyrical folk songwriter. £15 advance/£17 door. 8pm.



15th **THE LOST BOYS OF CARBIS BAY FILM**. 7.30pm.



20th **IMPOSSIBLE GOSPEL MISSION CHOIR** Uplifting urban contemporary gospel choir. 3pm.

25th **NILS KAVANAGH TRIO** - £15 advance/£18. 7.30pm.

26th Gallery Bar Special **ANNOWN** Free entry – bucket for band. 8pm.

**OCTOBER**

3rd **CRAFT FAIR** 11am – 3pm Free entry – Refreshments available.

4th **WEDDING FAIR** 11 am – 3pm Free entry – 15% discount for bookings taken on the day.



9th **DALE STORR** – The Sounds of New Orleans - £15 advance/ £18 door. 8pm.

11th **LANTIVET DUO** – violin and piano. £15 advance/£18 door. 3.30pm.

16th **CALSTOCK IN BLOOM QUIZ** – 7.30pm £6 per person



17th **TARREN** – cittern, concertina, fiddle and accordion. £15 advance/ £17 door. 8pm.

## CALSTOCK ARTS

22nd **THE STRUGGLE FOR CALSTOCK VIADUCT** – screening of documentary by Neil Gallacher - £8 advance/ £10 door. 7.30pm.



24th **OLI MISSISSIPPI MACDONALD & BAND** - £15 advance/ £18 door. 8pm.

29th **THEATRIX ARTS THE DREAMING OF CAPTAIN CAT** (Children's puppet theatre) £6 each, family ticket £20 for 4. 11.30am & 3pm.

20th **ANTONIO FORCIONE** £15 advance/£18 door. 8pm.

31st Gallery Bar Special **KESCANA** Cornish Capella folk group – Free event. Bucket for the band. 8pm.



### NOVEMBER

6th **MISSIONARIES, MERCENARIES AND MISFITS – TRAVELS IN A COLD HEAVEN** Glenn Morris F R G S.



£5 advance/£7 door. 7.30pm.

8th **BUDAPEST CAFÉ ORCHESTRA** – £19 advance/ £22 door. 7.30pm.

13th **THE SELKIE WHO STAYED AND OTHER STORIES** – evening of storytelling. 8pm.

15th **ELIZABETH JANE BALDRY** harpist. £13 advance/ £16 door. 3.30pm.

20th **GRANNY'S ATTIC** £17 advance/ £19 door. 8pm.

21st **WILL BARNES TRIO** – £15 advance/ £18 door. 8pm.

28th **PASTS PRESENT FUTURE** – 20 years of World Heritage Site Status.

Full details on our website.

## CALSTOCK SOCIAL CLUB

25 September- **SMUG JARS**, a duo 8.30 - 8.30pm

27 September- **STEVE PANTER** - 4-6pm

10 October - **THE REMNANTS** 8.30

31 October - **THE RAG DOLLS** 8.30

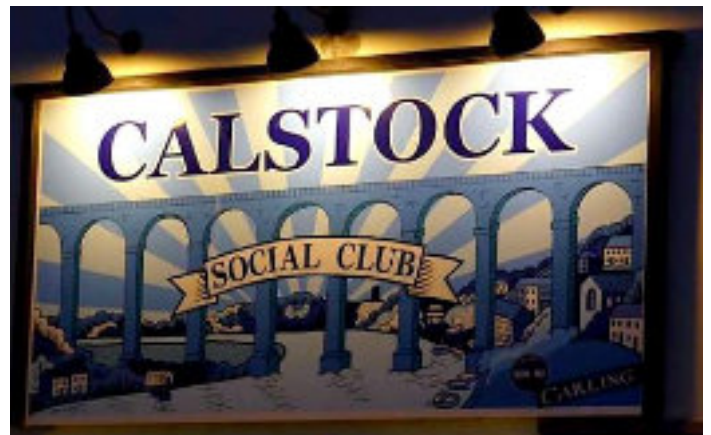
14 November - **THE BUBBLE UK** - (Fireworks night) 8.30

21 November- **ROOZMILL**- 8.30

5 December - **DOGFISH MAMMAL** - 8.30

19 December- **52ND STREET** - 8.30

31st December (NY Eve) - **DISCO** 8.30

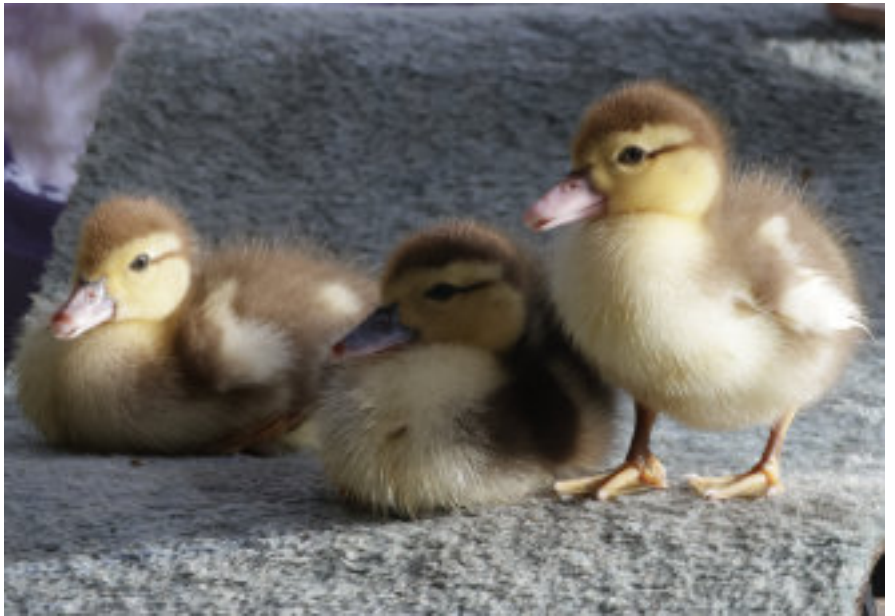


## THE CALSTOCK MUSCOVIES

A photo of the slipway in the 80's shows that the Muscovies have been in Calstock for at least 50 years. I first became familiar with them when I lived on the quay in 2010. When there was a cold dry wind, they would get a film over their eyes temporarily blinding them. I would bathe them with warm salt water to clear their eyes and feed them to get them through those harsh Winter months.

There were about 17 ducks in 2021, but now there are just three adults. Some ducks died of old age, and sadly there were fatal dog attacks and car accidents, but also seemingly healthy ducks would just disappear. The white duck, Sylvia, had a brood in 2022 and out of that brood only Tim (nice but dim) survived to adulthood. Most broods failed to survive.

In March 2025 Sylvia and Tim had a brood which within days rapidly diminished to four. We kept the little family at our aviary for 5 weeks. Kiwi, Custard and Crumpet



survived, but their brother and Sylvia and Tim disappeared in the following months.

In Spring 2026 a white duck with a bad limp appeared so we called him Hop-a-long. There was hope he might add some genetic diversity to this very in-bred family. Hop-a-long's limp healed, but after a month, he and Crumpet disappeared (maybe they eloped) leaving just the male Elvis and Custard and Kiwi.

In late July Kiwi appeared with a brood of 9 ducklings. Within three days, they were down to three, so we caught them and took them back to the Aviary. As they grew, we gave them more space, and freedom to roam. Kiwi flies down to the river sometimes just for a swim, or to meet up with her sister for a very noisy reunion.

We are now close to releasing Kiwi, the male Toffee, and his sisters Wispa and Buttercup, though they will not be able to fly for another month. Meanwhile Kiwi must protect them, keep them safe, teach them to forage, to fear, to stay alive. Good luck kids.

Pete Thompson



## WHAT WILL THE TAMAR LOOK LIKE IN 2040?

When South West Water talks about reducing storm overflows by 2040 and beyond, those dates can sound reassuringly precise. But what will 2040 actually look like?

In 2043 I will be 90, if I'm lucky, and will have lived longer than either of my parents. Many of us campaigning for the Tamar today may no longer be here. But today's children will be adults, and others who will inherit this river have not yet been born.

And the climate they inherit will not be today's climate.

Scientists warn of increasingly extreme rainfall, flooding and drought. We are entering conditions for which much of our infrastructure was simply not designed.

Our wastewater system is already showing that pressure. South West Water's own 2025 regulatory return records 164 storm-overflow spills at Harewood Road in Calstock, totalling 1,029 hours. Significantly, the company identifies "hydraulic capacity" — or lack of it — as the reason for the high spill frequency.

And there will be other pressures. Our communities need homes, particularly

genuinely affordable homes for local people. But growing communities also mean growing demands on sewerage and wastewater treatment. Infrastructure must keep pace.

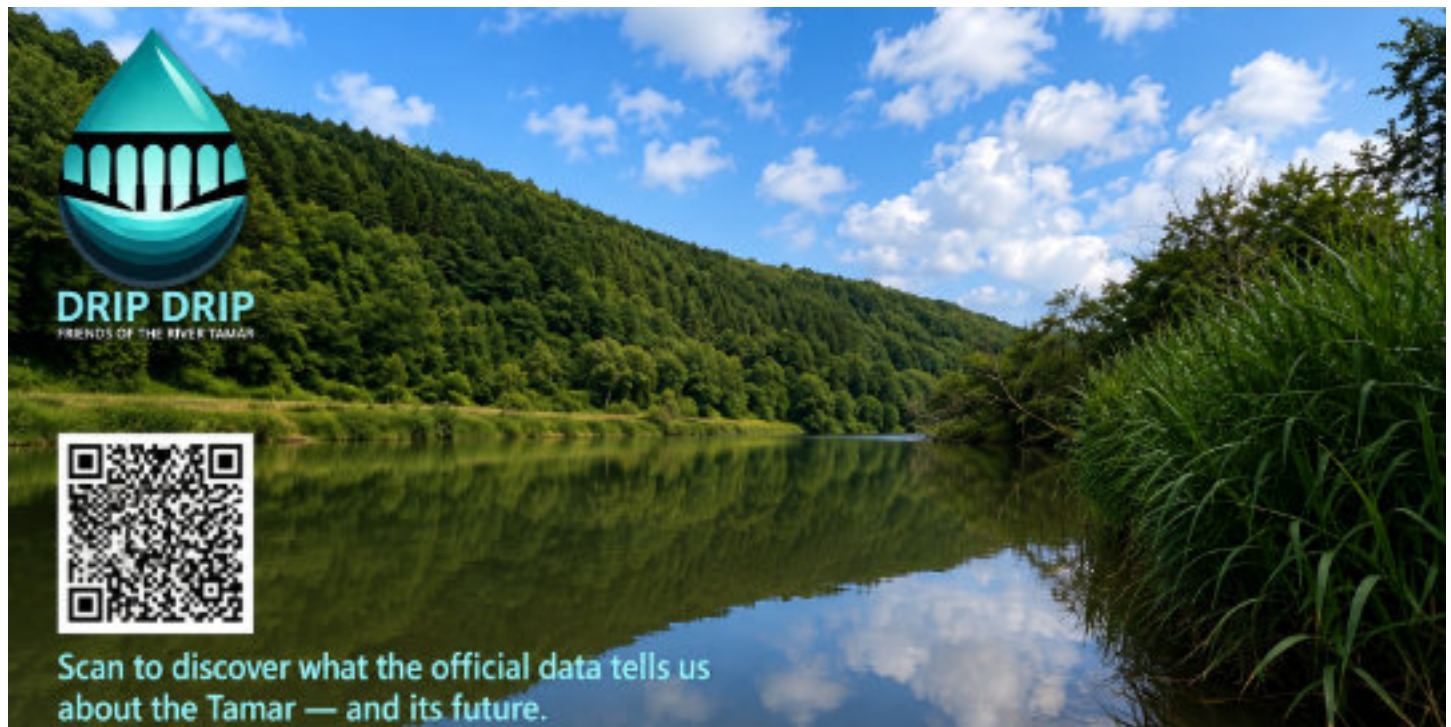
South West Water has plans for climate resilience and major investment is promised. That matters. But if parts of the system are struggling now, will improvements arriving over decades keep pace with both a changing climate and changing communities?

Perhaps we need to think beyond the lifespan of companies, investment programmes — and ourselves.

**A Charter for the Tamar, recognising Rights of the River**, is about doing just that: giving the river a voice that endures when ours fade. A voice concerned not simply with the next investment cycle, but with the Tamar that today's children — and generations yet unborn — will inherit.

**Scan the QR code. See what the official data tells us about the Tamar today — and ask what kind of river we are prepared to leave behind.**

Ken Finn,  
Drip Drip



  
**DRIP DRIP**  
FRIENDS OF THE RIVER TAMAR



Scan to discover what the official data tells us about the Tamar — and its future.

## JAGO'S BEST PANCAKE RECIPE

So I usually have this on Sunday morning.

### INGREDIENTS:

- 100g of plain flour
- 300ml of milk
- 2 large eggs

### METHOD:

- You want to mix all of the ingredients together.
- Then add about a teaspoon of oil to a pan.
- Use a ladle to pour in some mixture

into the pan.

- Flip when it's golden brown on the bottom.
- Remove from the pan when done and repeat until no mix remains

For toppings I usually have lemon and sugar or cheese and tomato but you can have anything really.

Jago Kramer-Carne, aged 12



## REKINDLING THE JOY

In recent years there's been increased interest in the positive effects of gardening on people's mental health and wellbeing, with evidence showing it can make a real difference.

Gardening has pulled me through many of life's difficulties, including bereavement. When my mum died six years ago, my grief was overwhelming. We'd moved to the village only four months before and, as a distraction, my astute husband suggested we start redesigning our garden.

It was the perfect project to begin to process a sorrow I could find no words to express. Quiet concentration calmed racing thoughts, and it was physically taxing too, which meant sleep came more easily. Memories were carried forwards with the successful transplanting of treasured plants from my mum's garden, including what we always call 'mum's clematis', which gets bigger and better each year.

But in contrast, I know some people can find their gardens a source of anxiety, rather than solace. Tasks feel insurmountable, weeds outnumber plants, while snails and slugs munch their way through anything that looks promising. It can feel soul-destroying... but here are some ways to rekindle the joy and make your garden a place of healing, rather than a chore.

Concentrate on the positive – a mantra for life as well as gardening. Trust me, there will be plants in your garden that are thriving.



But too often, all we see are the things that don't work.

Don't beat yourself up if something fails. Another recipe for life! Learn from it. Try again. Fail again. Fail better. It's a process, not an exam.

Grow something from seed that you can eat. If you've never done it before, it will rock your world. Every year I'm astounded that a tiny seed will grow a six feet tall tomato plant, a lettuce or a carrot. Pick something easy – radishes are good and you can still sow them now.

Forget control and notions of perfection. You'll never achieve it – and nor should it be your goal.

Read Lulah Ellender's *Grounding – Finding Home in a Garden*. She says it so much better than I ever could.

Lynne Pearce

## BRYONY STOKES

**A**fter sailing back from Portugal in our 55ft wooden trawler with a 2 year old onboard we were ready to stretch our legs.

A year of living at anchor had been the adventure of a lifetime but pulling up somewhere with a pirate ship play park next to a pub was a dream come true:)

We thought we'd stop temporarily to see friends who were running the local boatyard and then return to sailing the high seas.

9 years later and we are very much Cal-stuck.

A year in, we had found a small patch to grow veggies and convert a barn into a home to shelter in winters.

The play park soon became school, and we took over running the boatyard that we had been so happy to tie up to.

Calstock Boatyard thrives. It has many boats tucked up here in winter and in summer the moorings busy with local and visitors boats.

With a background in film making, which had taken me all over the world, living in Calstock inspired me to focus on the environment around me.

Working on a series of films called Cornwall's Climate Stories, I filmed all over Cornwall - capturing stories of the inspiring ways people were responding to a changing climate.

The local community supported me with sold out screenings and people telling their stories. They encouraged local action group Drip Drip to monitor the river.

The films can be seen for free at [cornwallclimate.org](http://cornwallclimate.org).

>> *Continued on page 29*

*South Star and viaduct. Photo by Martin Clark*



>> Continued from page 28

Throughout my rollercoaster of life, I've always practised yoga to try and keep balanced. This wasn't always easy in boat-shaped rocking spaces but I usually found a way.

Last year I did my yoga teacher training and now teach flowing classes in the boatshed.

We use our breath to connect with our bodies and give our minds a break from the to do lists of life.

I am loving the community of people who come to practice, and make laughter float through the boat shed.

Lessons are currently Monday/Tuesday 7pm, Wednesday 9am and Friday 9am.

To join in please email [info@riverfloyoga.co.uk](mailto:info@riverfloyoga.co.uk) or go to [www.riverflowyoga.co.uk](http://www.riverflowyoga.co.uk).



## HOME MADE IVY WASHING UP LIQUID

**PROS:** Effective. Cheap. You made it yourself. Uses a very common plant.

**CONS:** Needs to stand overnight. Where are the bubbles?

Common Ivy, *Hedera helix*, familiar dark green leaves with paler veins. Love it or hate it, it can be a fabulous habitat for butterflies, bumblebees, nesting birds... and you can make washing up liquid out of it?

1. Snip off about 60 leaves, rinse.\*
2. Cut up with a pair of scissors.
3. Put in a saucepan and add boiling water to cover. Bring to a boil and simmer for 20 mins.
4. Cover and leave it to stand overnight
5. The next day, strain and bottle.

*\*Occasionally in sunshine ivy sap can give a dermatitis rash. Wear gloves.*

Give a good glug into your washing up bowl and away you go. Rinse.

I find it's very effective, more so than other eco ones I've used. There are no bubbles – but it turns out that these are added as a marketing gimmick to fool us: we think bubbles mean cleaning power. They don't. Saponins in the ivy leaves are the soap.

I like the green smell; you can add a couple of drops of lavender essential oil if you prefer.

My hands are very sensitive to washing up liquid, I can't use the leading brands without getting contact dermatitis. Ivy washing up liquid is mild on my hands.

This recipe gives about a week's worth. I keep it next to the sink. If you've space, you could make more and store it in the fridge.

Juliet Hilary

## THE HAVEN

### WEAR IT PINK

Some of us think of it every day, but October is breast cancer awareness month, a reminder of how important it is to check yourself regularly. Friday 23rd is Wear it Pink Day - a chance to show your support and perhaps get involved with one of the many fundraising events that will be taking place.

I'm inviting you to join me for a look around my new accommodation. Please drop in for coffee, cake and a chill out, join in with my raffle, and take a look around my lovely treatment room and studio space - The Haven in Harewood, Trecarney, Harewood Road, Calstock. PL18 9SQ. What 3 Words /// remain trio releasing.

I will be gently raising funds for Breast Cancer Now, and if you would like to help by baking,

making or donating a raffle prize, I would love to hear from you as soon as possible.

On 23rd October the kettle will be on from 10am and the doors open for you to drop in until 6 pm. I'm looking forward to seeing you, so get rummaging in your wardrobe, in preparation to release the pink!!

### MINDFUL MAKING WORKSHOPS

Mindful Making Workshops are continuing on Saturdays in the new space. My September one is fully booked, and in October I will be looking at the Japanese art of hapa zome - printing with plant pigments onto fabric and paper. It's great fun bashing a flower or leaf to

make an image, and a brilliant stress buster too.

November will be a chance to do some lino printing, come and make some beautiful Christmas cards. Autumn is here and lower light levels can, for some of us, bring a down turn of mood. Get outside as much as possible, and enjoy the autumn sun. September, October and November treatment specials have £5 and £10 off regular prices - please contact me at [www.thehavencalstock.co.uk](http://www.thehavencalstock.co.uk)

Love as ever, Lily.



## CALSTOCK THERAPY HUB

*What is Calstock Therapy hub? Who are we? What do we do?*

**H**ave you walked past Calstock Therapy Hub and looked inside through our window on your daily dog walk?

Have you glanced over at the lights on in the room when you're heading down to the pub for a meal?

Have you seen our signs but not had a chance to read them properly?

We thought we would clarify ourselves to you.

Calstock Therapy Hub was set up with a single goal in mind – to help our clients achieve optimal health and wellbeing.

To do this, we believe in addressing the person holistically as a whole, with an integrated approach that draws on a wide range of disciplines, remedies and healing techniques to boost body, mind and soul.

We have a team of professionally qualified and experienced therapists who provide a high standard of care.

We can all be contacted through our website [www.calstocktherapyhub.com](http://www.calstocktherapyhub.com).

Have a look for more information.

We also run regular workshops, talks and events. These are advertised through our socials.

### OUR TEAM ARE -

**NATALIE UTTON** – Reflexologist, Scar Tissue practitioner, Trainee Bowen Practitioner and Business owner.

**GRAHAM CRISP** – Shiatsu Practitioner

**JOHN THREADGOLD** – Counselling and Psychotherapy

**ROSE PEARSON** – Craniosacral Therapist

**JANET TAYLOR** – Homeopathy

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**MARY BREEZE** - Crystal Healing Therapies

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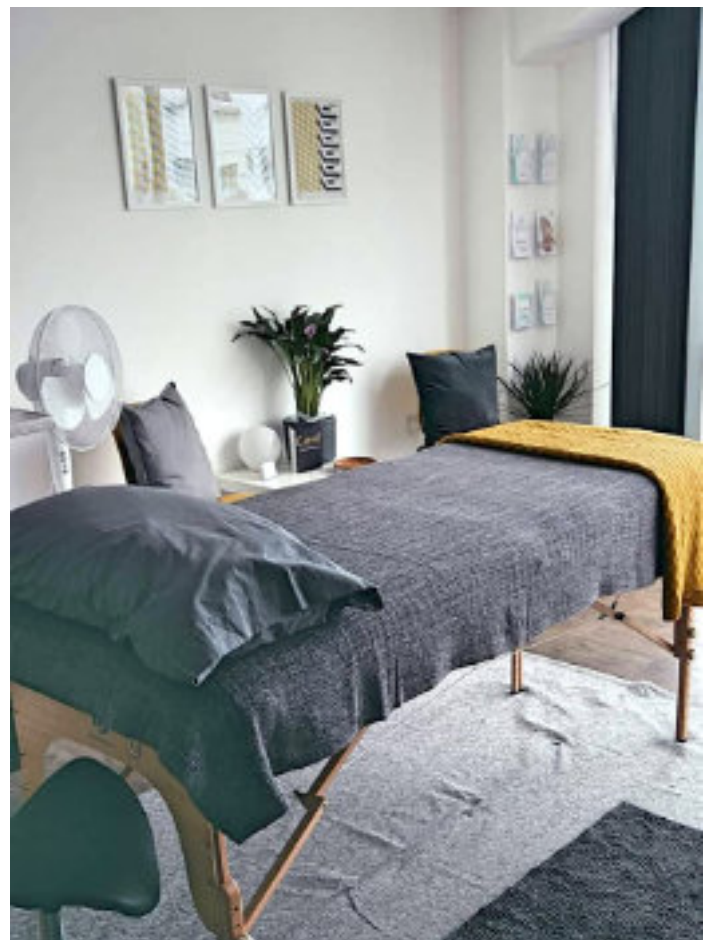
**HANNAH FRANKLIN** – Counsellor, CBT and EMDR Therapist

**PAUL WILLIAMS** – Quantum Healing Hypnosis

**RHYS MATSON** – Physiotherapist

So next time you wander past Calstock Therapy Hub, have a look in our window, read what we are up to and keep an eye on our socials to see what's going on at the hub at the moment!

Natalie Utton



**BEVERLEY PARKE****WHERE DID YOU GROW UP?**

Here, there and bloomin' everywhere! Born in Derby, then moved to Taunton, Oxford, Egypt, Cyprus, Nottingham, Alva, Stirling, Lisburn, Belfast, Haarlem, London.... and now, still growing up, here in Calstock.

**WHAT BROUGHT YOU TO CALSTOCK?**

Fear of burning out after twenty five years of full-time, non-stop teaching in south-east London.

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

Where to start! Its location, the rich variety of its residents, the walks, the woods, the river, the wildlife, the wetlands, the splendid re-vamped Village Hall and range of activities and entertainment it offers, Calstock Arts at the old chapel and the diverse events it stages, the exhibitions at Lee and Bernie's Gallery, the music and jollity of the Social Club, the lovely Lishe cafe.... and the fact that the village has not one, but two, functioning pubs!

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

Don't we have enough already!

**WHAT IS YOUR FAVOURITE LOCAL WALK?**

Up into the woods from Higher Kelly and back down to and along, Lower Kelly - seeing the viaduct, the village, the views.

**WHAT IS THE HIGHLIGHT OF CALSTOCK'S EVENTS' CALENDAR?**

The monthly Cake Cafe run by Nellie and Barry, with the accompanying Repairs Workshop (ideally with the sound of the Samba Band practising coming from the small hall next door).

**WHAT WOULD BE YOUR PERFECT DAY?**

A morning walk with my dog, a home cooked lunch with a glass of red, a good read (lapsing into a nap) then a 'noodle' on my guitar and/or ukulele, and finally a spot of television before an early night - all of which pretty much describes my every day!

**WHAT SEASON DO YOU ENJOY MOST?**

Has to be Spring, for all its life affirming growth and beauty.

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

From the viewing place in Cotehele woods, where the whole valley is laid out before you in all its glory.

**WHAT IS YOUR FAVOURITE CALSTOCK CREATURE?**

My dog Jess, of course!

### RETURN OF THE RAIN

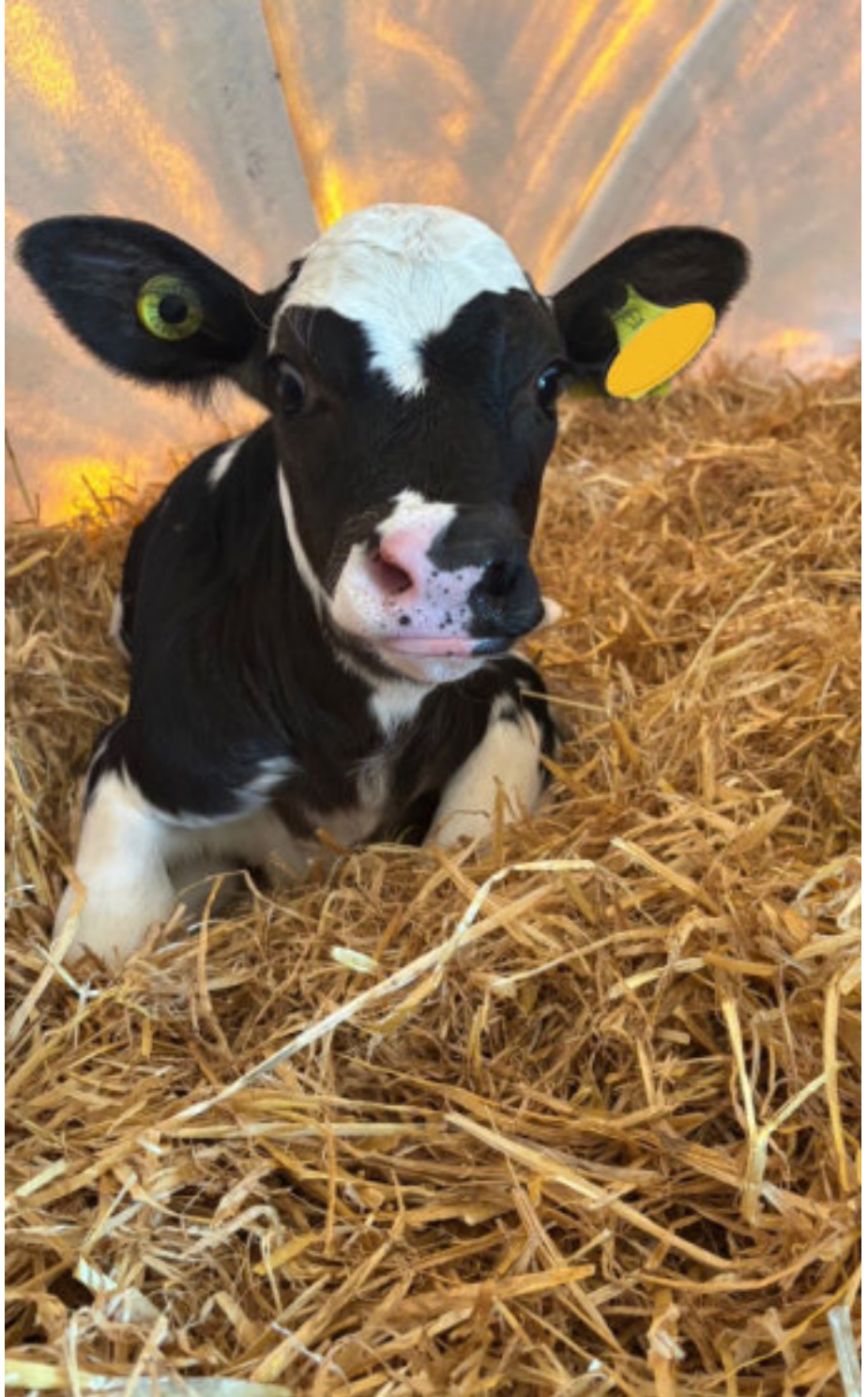
**I**t's the bank holiday weekend and of course it's raining - very welcome by gardeners and farmers alike, probably not by those on holiday.

It's been a very busy August with calving going relatively smoothly. With the hot weather they have been calving early, although it's been good to have them calve in dry fields.

We seem to have had extra work in this period having to vaccinate every animal twice, three weeks apart with the blue tongue vaccine. Fortunately we have not experienced any symptoms in our cattle but we have spoken to others who have.

Then the forage maize was harvested a month early as the crop was ready but the yield was a third lower and with no grass for grazing it's making the autumn and winter ahead look longer and more challenging when it comes to having enough forage stocks.

It really feels autumnal and with the stress of the dry weather the valley's trees are dropping their leaves early. An abundance of swallows has started to gather for their long journey, hopefully full of midges! And let's hope that there are some glorious autumn days ahead to lengthen the summer and shorten the winter.



Ali Rundle, Ferry Farm

### 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 | 22:36 |

#### SATURDAY

|                      |       |       |       |       |       |       |       |       |       |
|----------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Plymouth - Calstock: | 06:27 | 08:22 | 10:24 | 12:25 | 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 | 21:03 |

### 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](http://www.calstockferry.com/#times)

[info@calstockferry.com](mailto:info@calstockferry.com),

07783 432280

### YOUR COUNCILLORS

#### CALSTOCK PARISH COUNCIL/CALSTOCK WARD:

**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)

**OUTSIDE SERVICES, PETE GADD** - 07887 090445

[estates@calstockparishcouncil.gov.uk](mailto:estates@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)

#### CORNWALL COUNCIL

Angus Black, Reform UK

[cllr.angus.black@cornwall.gov.uk](mailto:cllr.angus.black@cornwall.gov.uk)

### POLICE

Emergency 999      Non-emergency 101      Crimestoppers 0800 555111

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### 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

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### 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"

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### 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)

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### 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.

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### REPORT POTHoles IN THE ROADS

Report online:

[www.cornwall.gov.uk](http://www.cornwall.gov.uk)

Located in Cornwall:

0300 1234222

Located in Devon:

0345 155 1004

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### 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)

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*October 1907. Early stages of the viaduct.  
Photographer Frederick John Paul, Fore Street, Calstock.  
By kind permission of his granddaughter, Mary Schneider.*

**CALSTOCK NEWS**  
*Autumn 2026*

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