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Open to families looking for support or anyone wishing to find out more about our services. For families with children when a parent/carer has a terminal illness.

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3rd Friday of each month

Launceston Health Hub

2nd Wednesday of each month

Edward Hain Centre, St Ives

3rd Tuesday of each month



gunners kids

gunnerskids.org



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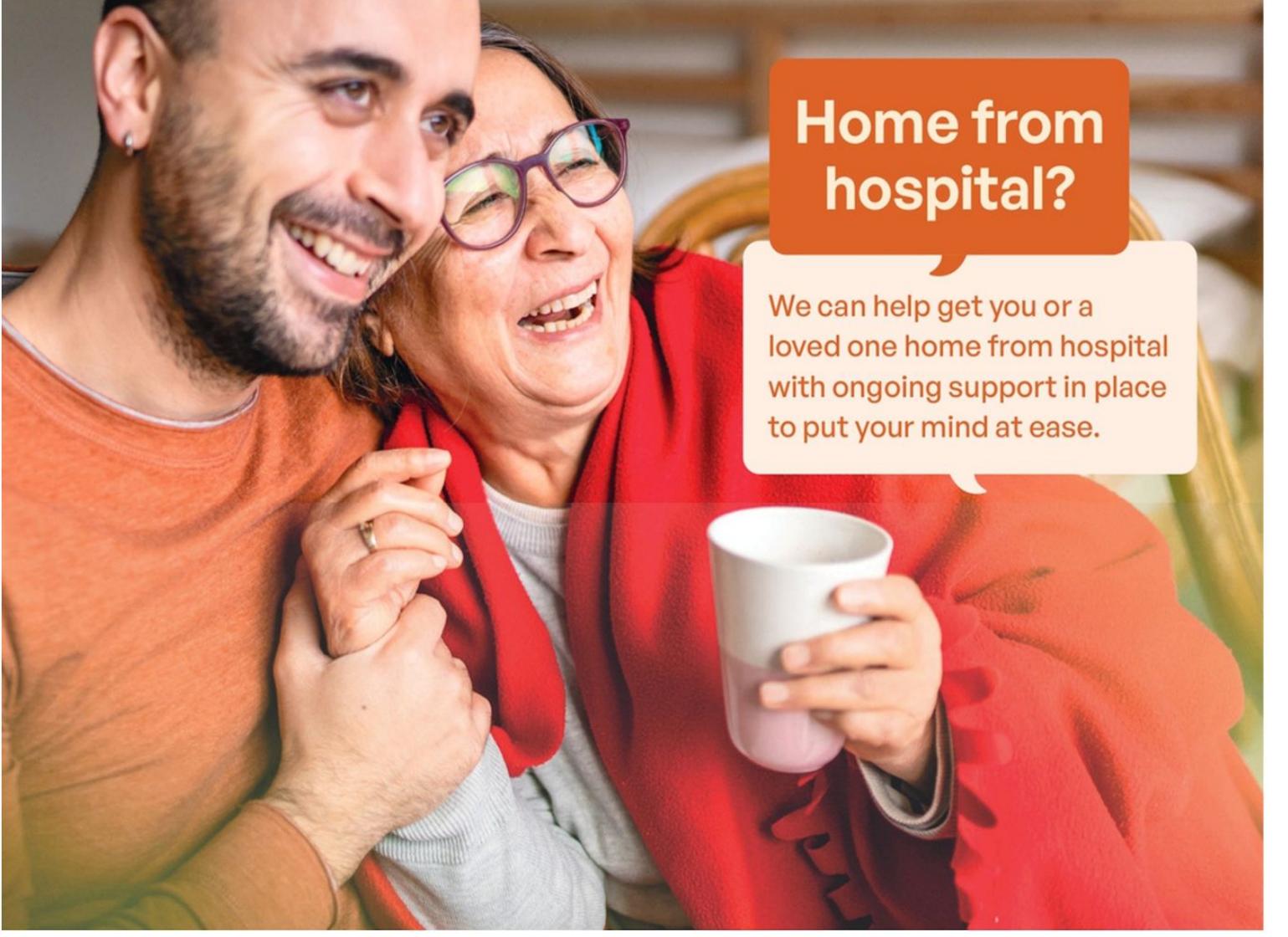
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It starts with a conversation.

Hello and welcome to all our readers !

Well, what a fantastic bunch you all are in PL24!

We put out a plea for more volunteers to help with the magazine and several came forward - a fantastic response. Volunteers are still needed for Litter Picks though, so please contact Sandra below if you would like to know more about what is involved.



We would also like to thank all our advertisers who cover our printing costs. The magazine exists because of the support of local businesses, including those who stock it for us in St Blazey, Par, Tywardreath and the surrounding areas. And it is amazing how much impact one ad or event poster can have. A local club which raises money for charity asked us to include a poster for a fund-raising event, and the first two phone calls for tickets came from people who had seen the poster in PL24 Magazine – one living in Lostwithiel and the other from Luxulyan way.

This bumper edition includes all the community news we can squeeze in, and we regularly hear from readers saying how much they enjoy reading the magazine and keeping up with what is happening locally. There is just so much going on from our marvellous choirs to faith group activities, and speakers and events celebrating Cornish heritage. Interested in wassailing, quilting and knitting, learning more about photography, lobsters, astronomy?

Or maybe you like water or shore-based activities, sport, theatre or the arts?

There is so much on offer and you can find out where and when in this magazine. Winter can be dull and dreary, but all our contributors are “doing their best” to make this a great place to live in. We are just delighted to be able to share their enthusiasm.

Wishing you all a wonderful Xmas from everyone at PL24 Community Association

The Magazine Team

John Elkington, Advertising

Rosemary Jephcote, Liz Meades, Val Stone
Proof-readers

Alison White, Magazine Contributions

See our online magazine, photos and poems on our website: pl24community.org

Contacting PL24 Community Association

The quickest way is via email:

pl24community@gmail.com or

call 07599 405518 or send a text message with your name and number and someone will call you back. A message service is also available. Please be prepared beforehand as we will be charged whether a message is left or not.

Litter Picks 2026

Litter picks in 2026 are on the following dates: Sunday, 22nd March at the Burrows Centre, meet at the car park, PL24 2DD

Sunday, 19th April at Par and Tywardreath, meet outside Cornubia on Eastcliffe Road,

Sunday, 17th May at Coop, St Blazey, meet at the car park, PL24 2JH

Confirmation emails will as usual be sent to all members nearer each date. Can anyone help with taking equipment from the storage facility to the litter pick venue and returning it afterwards? Please contact Sandra at pl24events@gmail.com for further information.

The Blessing Box, St Blazey - Paying Forward a Random Act of Kindness

3 Rosehill Road, St Blazey PL24 2LQ opposite Landreath Place on the main A390

There are times in our lives when we struggle to keep going. This is the story behind The Blessing Box in St Blazey and why I set it up. I am actually paying forward a random act of kindness from decades ago.

My late husband and I were struggling. It was the 1980s recession, inflation was through the roof and I was made redundant, with my husband on scale one with the local council. I couldn't get work, though well qualified. It was really tough. I remember walking down the road, seeing a big potato and thinking "Am I too proud to pick that up?" Initially I was embarrassed, but I did pick up that potato because we needed it.

However, then a random act of kindness happened. One day a friend visited and asked me to come out to her car. When she opened the boot, it was full of bags of groceries. Turning to me she said "I saw your cupboards were empty. This is for you." I've never forgotten that act of kindness, even today the fact that she noticed makes me cry. That act of kindness touched me deeply. Together we set up regular food boxes in our local church for those in debt. My husband and I relied on those weekly food boxes for 18 months.

Decades on, I'm in the privileged position of being able to give back a little of the kindness I received and to encourage others to do the same. Because we all receive kindness from time to time and we can all pay it forward. It's not a food bank or anything grand like saving food from landfill. Both of these are amazing! But the main purpose of The Blessing Box is to spread kindness in our world that can be really tough and bruising.

Just one tiny act of kindness can give people courage and as I've been on the end of that kindness, I want others to feel it too. I just want to remind people that there are those who care, and I believe that's the majority whatever the newspeople say.



This year has been amazing as locals have really got behind us. A BIG shout of thanks to Nathan Bate who built our new bigger box and to the lady (who wants to remain anonymous) who provided packed lunches during the summer holidays for those on free school meals. To the others who gave donations of money, food and other items...thank you.

So that's it. I hope many more will pop something into The Blessing Box, to make someone else's day a little happier, helping them smile again and feel less alone in their struggles. THANK YOU. Kathy Laity

CHRISTMAS CONCERT

Imerys Singers

Musical Director: Heather Vaughan
Accompanist: Hannah Hawken

Sunday 14 December 2025 - 7.45 p.m.

Trewoon Village Hall, Trewoon

with

RHOS KEUR

Musical Director - Jon Carlyon

Chairman: Jackie Bull

Proceeds to Cornwall Hospice Care

Programmes £5 to include mince pies and coffee available on the door or from choir members

Champagne Cornwall Chorus A Year of Harmony and Community

2025 has been a truly memorable year for Champagne Cornwall Chorus, filled with music, friendship and giving back to our local community.

Throughout the summer months, we were delighted to bring our harmonies to Fowey and Par. Singing in local venues and outdoor spaces, we shared the joy of barbershop music with locals and tourists alike, creating unforgettable moments in the heart of Cornwall while raising money for charity.

A highlight of our year is continuing to perform at local care homes. These visits are always special to us, as we see first-hand how music can brighten someone's day and spark cherished memories.

In November, we hosted a successful charity fundraiser in support of two incredible causes: Cornwall Blood Bikes and Cornwall Youth Choir. Thanks to the generosity of our supporters, we raised vital funds to help these organisations continue their amazing work.

We're thrilled to be joining forces with other local bands and choirs for concerts in November and December. These events promise to showcase the rich musical talent in our area and celebrate the spirit of collaboration. As Christmas approaches, we'll be spreading festive joy with performances around the area. From traditional carols to seasonal favourites, we can't wait to share the magic of music at this special time of year.

We're always on the lookout for new members. So come along and join us. For info on where we're performing next check out our website or Facebook page.

www.champagnecornwall.co.uk/



OPEN DAILY

DISCOVER | ENJOY | EXPLORE

Festive days out at Wheal Martyn this winter

- '50 years of Wheal Martyn' – exhibition that tells our museum's story from 1975, runs until 23 December.
- **Candle-lit Concert** – performed by local shanty group, The Stuns'ls on 4 December.
- **Festive Fun Day and Father Christmas** – meet Father Christmas, listen to stories and local choir, make festive crowns, cards and decorations on 13 December.
- **Lantern Trail** – lantern trail, willow crafting, campfire and marshmallows on 13 December.
- **Cornish Units Exhibition** – discover the story of the Cornish Unit home. Open from 14 January.
- **Creative workshops** – make ceramic gingerbread houses and festive decorations.
- Buy your **Cornwall Residents Pass** offering unlimited entry for 12 months at a discounted annual admission rate.

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The infamous Par Beach Huts!

Yes, they could have been better located, we all know that, but they are where they are. They are actually quite fragile and will likely not survive being moved, and then there is the cost of doing so, and then, where to? The current dunes are not suitable. Some want them gone at any cost. I believe, they are there already, built and paid for by the Cornish Taxpayer, and should be utilised, not left to rot away and remain unused, 5 years now and counting! I have been asked many times now, what happened to the Plan to use the Par Beach Huts as an Arts and Crafts Beach Market? After becoming the Councillor for Fowey, Tywardreath and Par in May of this year, one of the first things I wanted to tackle was the unused Par Beach Huts. I couldn't understand why they had sat unused for five years and to literally rot away. It was a complete waste of Investment.

My initial research revealed that they had cost the Cornish Taxpayer £125,000 and Cornwall Council were originally asking £900 a year for a small hut and £1200 a year for a large one, and needless to say, there was no interest. The Council were unable to find a management company that was able to let them out, although they did try.

I started discussions with Cornwall Council, with a view to using the huts as a beach style market selling locally made arts and crafts and local produce, and offered to set this up myself, free of charge for Cornwall Council.

At first, discussions went well, and an agreement in principle was made around June. The general idea was that the beach huts would have free or nominal rent for local artisans and in return they would clean, maintain and repair the huts as necessary. It was hoped the string of beach huts would become a vibrant market place in the summer season and become a popular local destination. I had several expressions of interest from local arts and crafts people.

But then the problems began. First with licencing, where the sale of any goods from the huts became an issue. Then problems with the length of time the huts could be used, and finally planning, as a market would apparently require a change of use. In the end, Cornwall Council could only offer a pop-up licence and only for the last two weekends in September and the first two in October. Sadly, this was too little, too late. Unfortunately, the Artisans who were lined up to use the huts, not unreasonably, felt that there was little point in setting up for such a short period of time and so late in the season. Sadly, I had to pull the plug on the project. So, for those wondering why the huts didn't get used this year, it wasn't through lack of trying. A lot of time and effort was spent, but some bureaucratic knots need to be untied. I haven't given up and will try again for 2026.

Watch this space.

Ian Wilson

Councillor for Fowey, Tywardreath and Par



Friday 5th December, Fowey Town Hall

Join us for two very special pre-Christmas Festival fundraising events:

5-6pm: Afghanistan and The Towers: Emmy and BAFTA award-winning wildlife cameraman Ian McCarthy gives a personal account of two extraordinary journeys unfolding on the edge of history. This will be a fascinating and entertaining talk, not to be missed.

7-9pm: Quiz Night! Music, brain teasers, quizzes, and conversation with BBC Radio 3's, Petroc Trelawny, as quizmaster extraordinaire! Joining Petroc will be Richard Sisson, 'Widow' of *Kit and the Widow*, renowned musician and score writer of Alan Bennett's play, *The History Boys*. Petroc will be signing his latest books. Join with a friend, small group (max 6) or solo. Festival bar, Christmas Raffle TICKETS £12 per event – For more information and to buy tickets, head to: www.foweyfestival.com

The du Maurier Festival Society - Registered Charity 1143916

Dog walking in winter – a dog's view



Hi! Tallie here! I've taken over from mum and wanted to let all my dog friends in on some im-paw-tant information that is essential to know (and our hoomans too!)

Now that temperatures are starting to fall, we still need our daily mental and physical exercise, failing that, if it's too cold, some fun indoor activities! How about a game of tug-of-war, hide and seek or learn a new trick, or a treat or puzzle to test our brains?

Did your hoomans know that if the temperature falls between 0-4°C(32-40°F), walks should be limited to 15-20 minutes for small or vulnerable dogs? Medium to large dogs may be OK with 20-30 minutes, but make sure to keep an eye on them! If the temperature is above this, hooray, it's generally safe for a walk, but keep in mind wind chill and consider your dog's individual tolerance.

Dress for the weather Short-haired and small dogs might like to ask their owners for a new winter coat. (no need to wait for the C...word!) There are so many cute designs out there, something for every dog's style. Larger double-coated breeds may be able to handle the chill a lot better.

Protect our paws Snow, ice and salt can irritate our paws. After each walk ask your owner to wipe your paws with a warm cloth to remove salt and prevent cracking and dryness.

Hazards Snow and fallen leaf piles (although fun to jump and play in) can cover up holes, sharp objects and uneven ground. Make sure you keep your owner on a lead. We wouldn't want them to fall especially near roads or ice. Change your walks to lighter hours or ask your owner to purchase you a reflective leash and collar if you're in the dark. Antifreeze is one of the biggest hidden winter dangers. Even a small amount can be fatal to pets. Its sweet smell will attract them.

Stay hydrated Ask your hooman to bring a portable water bowl for walks and ensure your owner has access to fresh drinking water. Snow and Ice are not safe substitutes for drinking water!

Know when to stay in If temperatures drop dangerously low or you start showing signs of discomfort, lifting your paws, shivering, whimpering, it's time to let your owner know you want to head home. Have a safe winter everyone!

Emma de Riso, Polruan Pups

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St Blaise Town Council

I hope you all enjoyed your summer. Autumn has arrived, but we are still enjoying our colourful planters. We have received a grant from the Local Maintenance Partnership to carry out various projects.

- Replace the kissing gate on footpath from Cornhill Farm to St Blazey Church.
- Re-surface of the footpath adjacent to Biscovey School.
- Replace the riverbank slipped away at Carvear Moor.
- Replace the kissing gate on Carvear Moor footpath.
- Replace two kissing gates on the footpath from Carvear Moor to Tregrehan.

The resurfacing of the footpath adjacent to Biscovey School has been completed and we have received many comments from you saying, "what an improvement". The other projects will be carried out as soon as time and weather permit.

We have installed a wheelchair swing in Trail Blazer Park; however, the law stipulates that we only allow those in need to use it. It is heavy and children could be hurt if it was left to be swung freely. It has a combination lock, so if you have a need for it, contact the Clerk who will give you the code. We have also installed two cross trainers in the adult gym.

We enjoyed the celebrations for VE/VJ day in King Edward Gardens on 17th August and I was pleased to see so many of you there. Next year our celebrations will be on 23rd August when again Johnny Inder will play music for us and the children will enjoy the Bouncy Castle. This will be St Blazey Picnic in the Park Fun Day. If you know of any Community Groups that would like to have a stand, please let the Clerk know.

I would like to thank the Deputy Mayor, Anthony Billings, for all his work on a new Emergency Plan which I hope to be able to share with you shortly. Councillor Billings and I attended the Cornwall Community Flood

Forum Annual Conference at Royal Cornwall Showground on 7th November.

We heard about some interesting research regarding sand dunes that could affect our neighbours in Par. Plans are in motion to include young people to develop methods to save them for the future.

We continue to hold a Councillors' Surgery on the first Saturday of each month at St Blazey Community Rooms between 10am and 11am, however, we are extending this and now hold another between 11am and Noon at Alexander Hall. Come and discuss local issues that may be affecting you. No appointment necessary.

I laid a wreath at St Blazey Church on Sunday 9th November and was pleased to see some of you there.

This year's Carol Concert will be held at 4.00pm on Sunday 14th December where we will be giving the 2025 Good Citizen Award to Tuesday Gateway Club in recognition of the good work they do for those with extra needs.

Finally, I just want to wish you a happy Christmas and a great 2026.

Tony Nethercott, Mayor

 *Under the Sun'*

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Tywardreath and Par Parish Council

Antisocial behaviour (ASB) People are aware we have had a real problem in our parish. We are grateful for the extra patrols to try and help the situation. If you see any ASB activity, please log it with police via 101 or website. If they don't know it's happening, they can't deal with it: www.devon-cornwall.police.uk/tua/tell-us-about/soh/seen-or-heard/

Par St Blazey flood group It's winter storm time and we are at risk of flooding from both heavy rain and high tides. We are looking for more wardens to help before or during flood. Training will be arranged, so please contact the council if you want to know more. TPPC Parish Clerk Tel: [01208 872450](tel:01208872450)

Vine Place and Polmear Orchard

devolution The searches have been done now but we still don't have a date on when this is likely to be completed. We will consult on next steps at that point, particularly what should be done with old toilet block and derelict land. Please don't try and go onto the land, as it's dangerous due to green fly tipping.

The future We will be looking to set up a consultation in the New Year on what we do with the assets we are about to get, and other opportunities if the community wants them.

Emergency plan We have a new draft emergency plan for our parish that will be discussed by councillors at the December meeting.

Tywardreath Hill We have been promised the work will be completed before the end of December. There may be some cosmetic work done in the New Year.

Speedwatch If you are concerned about speed of traffic, register an interest on Devon and Cornwall police website and they will join you up with the local team:

<https://www.devon-cornwall.police.uk/>

Caroline Wildish, Chair

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Bringing the Outdoors in - Seasonal gardening tips from Gardens Cottage

With short days, long nights and poor weather, I often feel a natural reluctance to get out in the garden. There is still plenty to do of course, but tasks rarely feel urgent and so I often put them off for one of those rare sunny winter days which means that I miss some of the most important benefits of gardening. The answer? An indoor garden.

Having a few (or in my case a lot) of plants indoors gives us a real boost. Here are a few facts you may not have heard before:

- Indoor plants act as natural air purifiers (absorbing carbon dioxide and releasing oxygen). It's exactly the same effect that we get from being outdoors in a natural environment.
- Caring for plants makes us calmer and can reduce stress or anxiety. This is especially true in the dark winter months.
- Growing fresh herbs, microgreens or salads on a windowsill provides us with a supply of tasty and nutritious additions to our meals (so much better than the shop bought equivalents and just what we need in winter).

If you are getting interested, then here are some ideas of what you can grow where. For north facing windowsills, or areas that get less natural light, our local garden centres will have a range of houseplant options. Pop in and ask for help and you should be given plenty of ideas. Always follow the advice on the label - and remember, generally plants need much less water in winter. In my experience more houseplants die from over-watering than anything else.

Next, I strongly recommend growing things to eat in in winter. I grow these in my greenhouse, but I promise they work just as well (often better because of consistent temperatures) on a sunny windowsill.

- Herbs such as basil, chives, parsley (the list is endless). You can even buy herbs in pots from the supermarket – split them up and repot them.



Put plenty of fresh compost around each root and they'll keep you going for ages (much cheaper than buying fresh pots every couple of weeks).

- Microgreens and pea shoots etc. These fast growing, nutrient packed greens mature from seed to harvest in just a few weeks. Pick up a packet of seed in the garden centre, sprinkle in shallow trays on your windowsill, keep them watered and wait for the magic. All are super-nutritious and good for salads, stir-fries or garnishing like a pro!

Now is the perfect time to get started, stack our windowsills with plants and enjoy fresh greens and beautiful plants all winter long. What better way is there to nourish both our bodies and minds? As always, and whatever the weather (outdoors or indoors) enjoy your garden.

Sue

A very big THANK YOU to everyone who visited us in 2025

With your support Gardens Cottage raised over £4,000 for the amazing charities funded by the National Garden Scheme. For your interest, the national figure raised this year looks set to be well over £4 million and here's a flavour of where the money goes.



Par Carnival

A big thank you for all that supported this year's Par Carnival Week.

A date for your calendar:

Sunday 8th March 2026

2pm Carnival Queen and Royalty Choosing

4pm Carnival Annual AGM

Both at St Blazey Railway Club.

Wishing everyone a Merry Christmas and A Happy New Year from the Par Carnival Team

Dreaming

“To sleep, perchance to dream” are words spoken by Hamlet in the play of the same name by William Shakespeare. I am sure that we are all aware of how important it is to get a good night’s sleep. But did you know that dreaming plays a bigger part in our sleep than has previously been thought?

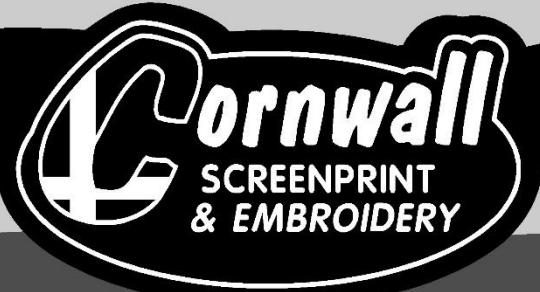
Can you remember that last dream that you had? And did it make sense to you? I don’t remember my last dream, and when I do remember it doesn’t often make sense to me. Dreams are byproduct of the changes that go on in our brains every night, as the visual and imaginative parts of our brains become more active. People who are born blind can still dream by making up for the lack of visual content by experiencing more sound, taste, smell and touch than sighted people.

Scientists are not sure of the real reason why we dream. Some of the theories include keeping our minds nimble, giving us outlandish scenarios, so we can better understand our day-to-day lives and acting as our own overnight therapist or rehearsing for future events. Rahul Jandial believes that all these reasons may be relevant to why we dream. He thinks that our brains have evolved to dream as we have evolved. When we are dreaming the brain shuts down the body in a sort of chemical paralysis thereby freeing itself to be able to fully experience the dream without us getting injured while the dream is being acted out.

So, it seems that dreaming is not an optional extra to the serious business of sleep. Apparently, we do need to dream, because if we are deprived of sleep, the first thing we do when we catch up with our missing sleep is to catch up with dreaming.

Perhaps, now we know what the benefits of dreaming are, we will realise that it is just as important (even if we don’t remember our dreams) as getting a good night’s sleep.

Lesley Pallett



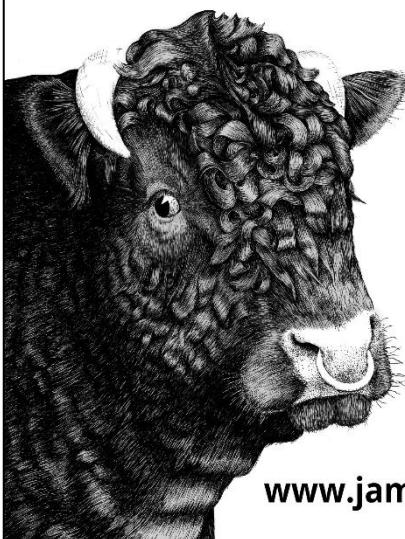
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Friends of Par Beach

Friends of Par Beach were delighted that Angie Gall, Senior Marine Officer at Natural England, spoke at our AGM in September, informing us about various forms of Marine protection and how they work. We are actively exploring how we can enhance existing protections for our bay to ensure that our maerl and seagrass beds are also protected in their own right. Some of our up-coming 'Winter Talks' series will help to illustrate why this is becoming increasingly urgent. We have some great speakers lined up and would love to see you for one or all of them. Dates and subjects/speakers below.



Collecting seagrass seeds



faces always welcome! If you'd like to join, your £5 membership helps support these wonderful activities (£8 for couples or families).

www.parbeach.com/membership.php

In the meantime, thank you to everyone who takes a bag to the beach to pick up litter. Over winter, the amount of marine litter washed up increases due to stormy seas, so every little helps!

Thanks to everyone who chose Friends of Par Beach as their Co-op Local Community Choice last year. Thanks to your support we raised £2,112.70, which will go towards our information boards and other educational materials. Good luck to this year's chosen Community Groups!

Wishing you all very best wishes during this Yuletide season,

Jenny Tagney, Chair, FoPB

Winter Talks 2025-26

Talks in Gott Hall, 7pm.

Free for members, £4 non-members

4th December Seagrass tells the tale of our polluted rivers - A bay-wide assessment.
Justin Hean, MSc project results

22nd January Cornwall Wildlife Trust Tor to Shore Project Update.

Dr Gwen Maggs, Project lead

5th February Water Quality monitoring along the Par River catchment and beyond.

Roger Smith, Citizen Scientist

10th March - Volunteering at the National Lobster Hatchery *plus* volunteering with a local seagrass and kelp snorkel survey group
Sally Cuthbertson, Janet McKay, Zac Harris

These talks are in addition to our monthly work parties on the 4th Sunday of each month (except December) and second Tuesday. Our Facebook group and website provide regular updates on upcoming events and opportunities for volunteering with us! New

Friends Of Luxulyan Valley Events

Wednesday 19 November 2025 at 7.30pm
19th Century Rivals. A presentation on the Rashleighs vs Treffry and Kendall.
Luxulyan Village Hall, PL30 5QA.

Saturday 29th November 10am- 4pm
Open Day with stalls from heritage/conservation groups and crafters.
There will also be Morris Men, Screech Owls and Interactive mining sessions.
Luxulyan Village Hall, PL30 5QA

Wednesday 17 December 2025 at 7.30pm
Slideshow of Valley Photos and various displays of our archives.
There will also be a local quiz.
Luxulyan Village Hall, PL30 5QA

Thank you, Tracy

www.luxulyanvalley.co.uk/
tracyclimber@hotmail.com

Royal British Legion, Remembrance Sunday Tywardreath.

The light rain did not deter about 210 people from standing and waiting for the Parade to march down to the Memorial. Headed by the Parade Marshal Cadet WO Liam Metcalfe, followed by members of the RBL, Parish Council, Police and St Andrews Lodge. These were followed by Army, Air Cadets, Scouts, Guides, St Blazey Brownies. 120 in all.

The service was conducted by the Legion's Chaplin, Warren Nicholls who also led the prayers in the church. The church choir also attended. Rev Shona Hoad gave the Blessing at the memorial.

During the wreath laying Bugle band played Nimrod, and hymns at the service, including In Flanders Fields, as their reflective contribution. Lessons were read and included local reminiscing. The service was conducted by the vicar who also preached the sermon. The organist was Roger Paine.

The Legion's Chairman, Ivan Barrett, thanked everyone who attended the parade, those who prepared the church, and Catrina Smith, and Richard Pemberton, who organised the road closure, the signs, and cleared away after the day.

After the blessing the Parade Marshal dismissed the parade, as it was raining heavily. It was an exceptional parade and service.

Tywardreath Royal British Legion meets on the first Wednesday of the month in the New Inn at 7.30 pm. The next meeting will be Wednesday 3rd December when it will be the A G M. All members are invited to attend.

Warren Nicholls MBE. President, RBL.



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10a, Harbour Road, PAR PL24 2BB

Heavy Transport Bowling Club

It may be the close season but there's still plenty happening. The green is being looked after so it is in tip top condition ready for next season. The ditch walls are being repaired and slabs on the edge of the green re-laid. The garden areas around the green are also being tidied up to improve their appearance for next season.

It's not all hard work though as we have a Christmas lunch for members. Several will be keeping their hand in by playing indoors, both long and short mat, or outdoors at Mevagissey on their outdoor carpet rink.

We can also reflect on mixed season on the green. A small Men's team meant we were the strongest team in the league, at the bottom holding everyone else up. However, credit must go to the new players who stepped up and went straight into the team, a real baptism of fire - but what better way to learn quickly?

It was not all bad news on the Men's side with our first male National Finals qualifier in 40 years. Congrats to James Wombwell who has reached the County 2 Wood final and thus gained a qualifying spot at the Bowls England National Championships in Leamington Spa. A good start to the match and he went ahead against a qualifier from Bedfordshire, before a change of tactic from the Beds player allowed him to come back and take the win. It was a fantastic experience and one James hopes he and the club don't have to wait another 40 years to experience.

The ladies have continued their successes of recent season with the top team reaching the county semi-final stages of the Whyte Rickard competition. The Whyte Rickard top team of 4 consisted of Caz Moore, Joyce Harding, Rene Sweet and Gloria Champion; and Caz has also won the group Champion of Champions.

We may be closed for playing but we are also open and welcoming to new members, so if

you are interested in taking up bowls next year then please to contact us. Please check out our Facebook page or contact our Secretary below.

James Wombwell

For more information contact:

facebook.com/heavytransportbowlingclub/ or via email heavytransportbowls@gmail.com, or call James on 07979 322331

Remembrance at 169 (St.Blazey) Air Cadets

So, we once again came to muster for our annual Poppy Appeal Collection at Par Market and the Remembrance weekend in Tywardreath in November.

Cadets and staff were on hand for the last 2 weekends selling Poppies and merchandise for the Poppy Appeal 2025. Our sincerest thanks to Par Market and the generosity of the patrons. Over our period of collecting we raised over £1600 for the appeal.

We then all came together as a Squadron in Tywardreath for the Remembrance Sunday parade. The weather was the worst it has been in the last 10 years but that didn't deter the Cadets, Staff and Civilian Committee marching proudly through the village to commemorate the fallen. Well done to all who attended, but especially CWO Treadgold (Wreath Layer), FS Lake (standard bearer) and Cdt Lobb (reader).

If you are interested in joining us, we are recruiting young people from 12.5 yrs old (School Year 8) to 16 yrs old and meet at the Cadet Centre, Station Rd, St Blazey on Wednesday evenings from 7.00pm to 9.30pm.

Please contact oc.169@rafac.mod.gov.uk or search our Instagram @169Sqn or Facebook.com/169squadron

Working hand-in-hand with Cornwall College University Centre at the Eden Project

Local employer Imerys and Cornwall College University Centre at the Eden Project are delighted to announce a programme of working together, to strengthen the links between modern mining and how that includes land restoration, and the amazing ecological work done at Eden.

Imerys undertakes land restoration on spent kaolin mines in mid-Cornwall on an incredible scale. This year, 100,000 trees were planted at 'Dubbers' - an area of restored land near Nanpean and Whitemoor. Due to extensive restoration projects, Imerys can provide local ecology students with access to land which demonstrates nature recovery in real time. Peter Sawford, environmental manager at Imerys explains:

"We are in such a great position to work in this way with Cornwall College and its students - the relationship will really benefit everyone involved. We can provide access to land as it is being restored, which is fascinating to study. The faculty and students can provide us with invaluable data and expert insight into how the projects are progressing. We're all delighted to get this partnership off the ground!"

Zeinab Smillie from the University Centre adds:

"Working with Imerys provides MSc students with the opportunity to develop the skills and knowledge needed to become future leaders and change-makers at a critical time. The programme combines in-depth training in environmental management and ecological restoration, with extensive hands-on experience in both fieldwork and laboratory settings, in close collaboration with Eden Project colleagues."

The two organisations working together create a raft of opportunities including:

- Bi-annual student site visits to survey, map and report on restored land
- Imerys' guest talks at Eden and input into dissertation topics

- Volunteering / work experience for Cornwall College – University Centre, Eden Project students at Imerys, and the chance for Imerys employees to volunteer at the Eden Project
- Student access to drone survey the mining land

Updates on this exciting partnership will be shared into 2026 and beyond.

Dan Cocker, Press Officer, Imerys

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Par Old Cornwall Society

Altering the time of our meetings to 2.30pm in the afternoon on a Saturday has increased our membership by over 20, with some former members returning and many new ones joining us. At a short AGM in October, reports were given of our activities during the past year and committee members were elected. We then had an interesting talk and slideshow on various links between Cornwall and Wales. We now look forward to our traditional Christmas tea on 13th December with entertainment from the Lady Time Traveller. In 2026 we shall have talks on Charlestown and Drinnick Engineering, the Glynn's of Cardinham, Listening to the Enemy and Two Remarkable Marys of Cornwall. All are welcome to come along to our meetings on the last Saturday of the month; we ask for a small donation of just £2 from visitors.

Following the death of a former chairman of our Society in April, several scrapbooks of newspaper cuttings have come into our possession. We have had these scanned and bound into one book for preservation and easier reading. They contain a wealth of interesting information, for example, a meeting was held on July 24th 1956 to form the Tywardreath Old Cornwall Society which continued very successfully until sometime in the 1990s when, despite a large membership, no one came forward to take on the roles of chairman, secretary and treasurer.

Some other interesting snippets from the scrapbooks reveal that on New Year's Day 1864, St Blazey residents were delighted to be able to discard their oil lamps to make way for gas ones. The coming of gas to the town was celebrated at a dinner held at Market Hall. In 1867, Richard Toms of Tywardreath was found dead in a field in which he had been working. At the Coroner's inquest, the jury returned the verdict of " Died by the visitation of God." Not a verdict ever heard in Coroners' courts today! Also, that year, 2 vessels ran aground on Par Beach during a storm and although no serious damage was

done to either ship, they had to be lightened in order to be refloated, causing much wreckage on the beach. I imagine the locals were down to the shore pretty quickly to see what they could pick up! One hundred years later, on June 26th 1967, another storm occurred, resulting in a whirlwind removing part of the roof of New House Farm Tywardreath as well as uprooting 2 trees. Despite damage to a building at the back of the farmhouse, a jar of jam was found to be still standing on the shelf inside!

A few weeks ago, a visitor to Par Beach sent me a photograph of a "cave" he had spotted at Little Hell and wanted to know more about it. Having consulted with some of our members, it was identified as an adit from the little known Menabilly Wheal Rashleigh mine. This was granted a sett in 1857 – a sett is ground granted to a group of miners or adventurers who plan to open a mine there – and was advertised as being a good investment, however, no work apart from the adit ever took place.

Par Old Cornwall Society wish all readers of PL24 magazine a very Happy and Peaceful Christmas.

Diana Osborne 01726814017

Par Knitwits

Come and join us at one of our sessions in Par. We're a friendly bunch of fun loving ladies who don't take ourselves too seriously.

We meet Monday in the café in Par Garden Centre, Par Moor Road from 10am to 12 noon. We also meet on Tuesday in the community room in Cornubia, Moorland Rd, Par from 10am to 12 noon.

There's no obligation to come to every session- just pop in whenever you feel like. Any needlecrafts and all levels of skill are most welcome. Well behaved dogs with well-behaved owners welcome! Donations of yarn / patterns / needles / hooks etc also very welcome. Any queries, ring Marie on 07702 015927 or email meercottage@hotmail.com.

ASK, the New Marine Conservation Group based in PL24

Action Seagrass and Kelp

ASK is a new community marine conservation organisation formed by local scuba divers, free divers and snorkellers. It grew from an initiative by the Cornwall Wildlife Trust to train local people to survey and map seagrass and kelp in St Austell Bay.

Boats had already surveyed the main body of the bay in 2022 but were restricted by how far inshore they could come, so a method was developed to enable snorkellers to complete the area between low tide and the boat surveys. Using underwater cameras and a GPS system, the records are collated by a volunteer, and the results are plotted on maps that add to the local national databases. These are then available to monitor these habitats and inform comments and decisions on potential threats to them.

Seagrasses are underwater flowering green plants of which we have a single species in the bay. Kelp is a general name to describe those huge brown (or golden) fronds of wide-bladed seaweed of which there are at least 4 species locally.

They are significant in providing a huge range of living and breeding spaces for multiple soft bodied and hard-shelled sea creatures, safe fish breeding areas, and for abstracting and trapping carbon dioxide. Just the seagrass itself has been estimated to store more carbon than an equivalent area of rain forest, so these iconic plants are very important to a healthy marine and terrestrial environment.

The 2022 extent of the seagrass meadow was mapped at 360 hectares, significantly larger than had been found in previous surveys. Volunteer inshore mapping is ongoing along the coast between Polkerris and Black Head and is proving that we have easily the largest known seagrass meadow in England, Cornwall and Scilly, and one of the largest in the UK.

We know we have an abundance of kelp all around the Cornish coast, but it has never been mapped and recorded before! It is important that this work is completed as kelp beds across the world are starting to show signs of decline. This is a worrying trend that conservationists need to understand. (The area of maerl beds is being investigated at the same time but this has to be done via boats with divers)

We were first trained under the national Seasearch programme by the Cornwall Wildlife Trust (CWT). This involves snorkellers and divers in identifying and recording the underwater environment and what is living in it, both plants and animals. Then we were trained to use the cameras and GPS specifically for seagrass and kelp.

Participants in the St Austell Bay seagrass surveys decided that forming a separate constituted group would be useful as it means that it is possible to carry out projects and actions in addition to the CWT activities in which we take part. ASK is looking at surveys elsewhere in Cornwall, community education, and guided snorkelling amongst others. In the longer term, we want to raise awareness of what lives under the waves in this amazing local bay of ours. We will be working with many other local marine conservation groups and projects, including Tor to Shore, and we have recently been accepted as a member of the Cornwall Wildlife Trusts' Your Shore network.

For instance, during the winter there will be talks through Friends of Par Beach, planning community snorkelling for 2026 jointly with the 3 Bays Wildlife Group, and supporting the Cornwall Wildlife Trust with seagrass replanting. We will also be looking to work with the other Cornish seagrass groups to support where needed, and to exchange information.

continued→

So, seagrass and kelp with a side of maerl will not make you a pleasant dinner but they are a very important element in the recipe for a healthy marine environment.

All our volunteers are passionate about the work we are doing- we would love to have more people join us whether for water based or shore based, and behind the scenes activities. If you would like to come along and have some fun with us (we have some fun socials as well!) please get in touch with Janet McCay (07830 042641) or Sally Cuthbertson on

actionseagrassandkelp@gmail.com

Farm Life and Community Spirit: An Update from the Fowey Farm

We have been busy this season, nurturing our land and our community! Our projects are thriving, and we wanted to share some of the exciting developments happening just down the road from Par and St Blazey.

The Chickens and the Polytunnel Harvest
Our feathered friends are working hard, and we're delighted to welcome some gorgeous new **Silkie Bantam chickens** to the flock, to join our busy ducks! We are running a small, self-sustaining system: all the fresh, delicious eggs we sell go directly toward funding the feed for our birds, ensuring they are happy and healthy.

Meanwhile, the **polytunnel** had a phenomenal year! It produced mountains of fresh cucumbers, tons of juicy tomatoes, and vibrant peppers. The polytunnel was also bright with colour from amazing sunflowers and cornflowers, reminding us of the beautiful bounty the farm provides.

Space for Reflection and Growth

This autumn and winter are focused on development:

• **Labyrinth and Kitchen:** We are happily working to rebuild the peaceful **labyrinth** space, and we recently secured funding to install a fantastic **outdoor kitchen**. These will be wonderful new spaces for us to gather.

• **Kyle's Copse:** Finally, we are creating a very special, lasting tribute. We are planting a small copse of nine trees in memory of **Kyle Endean**, a wonderful young man who was a good friend to many of the staff and students at Fowey River Academy. This living memorial will be a place of quiet reflection for decades to come, ensuring Kyle's spirit remains a part of the farm's landscape.

Thank you to everyone in the local community for your continued support!

Richard Brown



Friends of St Andrew's Wetlands Reserve (FoSAWR)

Autumn is well and truly upon us now, winter is approaching and the reserve is going through the seasonal change.

There are new things to see - many different fungi and our regular winter wildfowl are beginning to arrive. John has seen two female Teal along with the regular Little Grebe recently. Have a look at the wonderful wildlife photographs that are posted on our Facebook group, taken by some brilliant regular local photographers. The Facebook account is available to all, whether or not you have an account.

In October, some of the willows were coppiced on one of the Ranger's Volunteer Days. Eleven people were there for about 4 hours and managed to achieve all we set out to do. The cut branches were used to build a dead hedge behind the notice board at the top of the car park. Coppicing is a traditional woodland management technique that involves cutting the trees to their base, promoting new growth. This is done in a rotation cycle every 5 years to 20 years, depending on the tree species, the site and what the cuttings will be used for. In our case, the reason to do this is to bring light to the path and bankside. A dead hedge can provide a barrier but is also an important habitat for birds, insects and small mammals. If you have any concerns or see anything that needs attention, e.g. a fallen tree or branch across a path, damage to property etc., please email Cormac Countryside Services. at countrysideservice@cormacltd.co.uk with 'St Andrew's Nature Reserve' in the subject line. This way the information gets straight to the correct person quickly.

Lastly some excellent news! We are delighted to announce that we have been awarded funding of a total of £1885.25 from the latest Co-op's Local Community Fund. Massive thanks to all of you who chose us as your Co-op cause to support! The money will be used to install new seats in the reserve.



Some will go towards upgrading the main path through the woodland to allow access for wheelchairs, rollators and pushchairs, though this is a much longer-term project requiring lots more fundraising.

Would you like to support the Friends of St Andrew's Wetlands Reserve? You can join our Facebook Group for free and, even better, you can become a paid-up Friend. It costs only £5 per year to receive news by email, notifications of events and members newsletters as and when appropriate. You can also have your say regarding planning improvements. Please, contact us on info.fosawr@gmail.com (preferably) and we can send you an application form to join, call John on 07990 862783.

Best wishes to all
John, Becky, Marianne and Clive
Friends of St Andrews Wetlands Reserve
Committee

Par Methodist Church will be holding its carol service on Sunday 21st December at 11am. Par St Mary's Methodist Church is also open as a warm space on Tuesday mornings for coffee/ tea and biscuits and a chat from 10.30am to 12 noon for anyone who would like to come. No charge but donations welcome. The church's Facebook page is Par Methodist Church and our email address is: parmethodist@btinternet.com

Par Churches Together

We will be carol singing outside the St Blazey Co-op from 11am on Christmas Eve, collecting for St Petroc's.

The Week of prayer for Christian Unity service will be held at 3pm on Sunday 18th January at St Blaise Church, with the Chair of the SW Peninsula Methodist District, Dan Haylett preaching.

Best wishes
Jenny Taylor



Fowey River Camera Club

If there is one thing I have learnt on my photography journey, it's to see everything as a photo opportunity, seeing a scene and working out what would be the best composition and looking at how the light is affecting it. Of course, there are a lot of times when you've taken an image only to find that it didn't come out as expected and no amount of editing will improve it; disappointing, but the experience will give you more incentive to retake the photos in perhaps a different way or time of day.



Being part of a camera club has helped me achieve this. It is not just the social aspect but learning through the guidance of more experienced photographers, and having independent judges who come and look at our efforts is an incentive to find and take the perfect image and accept that there will be days that may not happen.

I want to make more of an effort to print out key photos to display and appreciate. In these social media times, we spend hours scrolling through our phones, too much screen time. Now the winter is heading our way, it will be the perfect opportunity to change out those older photos in the frames around the house or get creative and make a collage.

Our meetings in December/ January will be:

- 11th Dec / Travelling Print Exhibition: a chance to view some great images from other clubs
- 8th Jan / Critique evening: how to improve our own images
- 22nd Jan / Lesson: Motion photography, camera controls and practical

If you are thinking about joining us or would like to learn a bit more about what we do, you are welcome to come along to any of our meetings, and your first meeting is free.

We meet at Squires Field Community Centre, Fowey, fortnightly on Thursday evenings from September to end of April. Doors open at 7pm for a 7.30pm start. Kettle goes on at 7pm! Our meetings consist of practical camera lessons, talks, photo editing lessons, critique evenings, and 4 competitions.

Our 2025-26 programme is on our website, along with lots of other details and information. You are very welcome to get in touch if you want to know more: foweyrivercameraclub@gmail.com.

Jane Bell

www.foweyrivercameraclub.co.uk

Community trees for community spaces: Rosehill Cemetery

Would you like to join a local tree planting project this Winter? We will be planting fruit trees and native trees at Rosehill Cemetery, St Blazey and very much welcome your involvement. Register your interest to plant a tree in January 2026 now (planting date tbc). Whether you are a family who'd like to plant a tree and watch it grow together over the years and maybe water it in the growing season, or you are someone who wants to take positive action in response to worries about climate change, if you'd like to get involved please let us know.

To find out more or register to plant a tree please get in touch with Michelle at resilientorchardscornwall@gmail.com or call 07840 136501.

Resilient Orchards Cornwall are a community-focused organisation offering orchard related services including pruning, planting and management. We are working with the community, Cornwall Council and Cormac to plant this mini orchard in St Blazey community, to be enjoyed by local people for many years to come.

This project was made possible with the support of a grant from The Tree Council's and Defra's Trees Outside Woodland Fund

News from St Andrew's, Tywardreath with Tregaminion

It has been a very busy few weeks through the Autumn. It was a delight to use St Andrew's for the ISOT history display "A walk through time" taking us on a journey through the centuries in Tywardreath. The sense of place that is found in a community that knows and values its history is a real joy and the Christian community has been an integral part of that. The church and chapel in the village now and the long distant memory of the priory have all helped shape Tywardreath.

As we look towards our Christmas celebrations, it is good to remind ourselves that so much of who we are and the traditions that we value are because of a baby born some 2,000 years ago. Our current traditions will, over time, also become distant memories but as we gather for our Christmas celebrations, the carols and the Christingle, our gatherings become part of the ongoing history of our community. Jesus, God in person in the world, is present with us in our joys and fears for today and our hope for tomorrow. Come and join us as we give thanks for that wonderful gift from God.

Wishing you every blessing this Christmas
Shona

Revd Shona Hoad contact information
Tel: 07476 900623 Email:
shona@tandgchurches.uk
www.tywardreathandgolantchurches.uk

Tywardreath Tots at St Andrew's for 0-4s with their carers

Every Monday in church 10.00am – 11.30am in term time.

Free play, story time, singing and healthy snack. £1 per family. We look forward to seeing you!

Regular Services – please join us.
Everyone welcome.

Every Sunday 11am Service of Holy Communion with choir, except 3rd Sunday in the month 10am Family Service – informal and contemporary worship with craft activities and refreshments

Upcoming Services and events – please join us. Everyone welcome.

St Andrew's is open daily (10am to 3pm approx. Note: Mondays from 11.30am)

Every Monday 10am – 11.30am Tots group for 0 – 4s with carers (term time only)

Sunday 30th Nov 3pm Advent Carol service with Par Churches Together

Sunday 21st Dec 10am Family Service Christmas celebration with all age craft activities

Sunday 21st Dec 6pm Service of Lessons and Carols

Christmas Eve 4pm Christingle – family fun for everyone

Christmas Eve 11pm Midnight Holy Communion with carols

Sunday 28th Dec 11am No service in St Andrew's - Service at Tregaminion

Weds 18th Feb 10am Ash Wednesday Holy Communion with imposition of ashes. A quiet and reflective service in the Lady Chapel

Tregaminion – usually 2nd Sunday in the month at 10 a.m. but not in December

Tuesday 2nd Dec 6pm Candlelight Service of Lessons and Carols with the Scouts

Christmas Day 10am Christmas Morning service with carols

Sunday 28th Dec 10am Benefice Holy Communion

Sunday 11th Jan 10am BCP Holy Communion

Sunday 8th Feb 10am Morning Worship

Sunday 8th Mar 10am BCP Holy Communion

All are welcome to this small and friendly gathering. Parking and wheelchair friendly but please note we have no facilities available, as there is no water supply.

Par and Tywardreath Wassail 2026

Saturday 10th January will see the third annual Par and Tywardreath Wassail event where the ancient tradition, first mentioned in Cornwall in 1624, is revived.

This year the Green Man and Mistletoe woman will again be joined by 'Oatley' Dartmoor's Granite Grey mare. It was in South Wales that the Mari Lwyd character was most closely linked to Wassailing, especially throughout the 19th Century, but there are several places in England where similar customs have been recorded. Here in Cornwall our own very different looking hobby 'osses appear each year in Padstow to herald the coming of Summer. So, what is the origin of these strange creatures? It used to be speculated that they had some ancient pre-Christian origins, and this may be the case, but we have no actual evidence to support this hypothesis. What is known is that during the mediaeval period the 'Summer games' were a common feature in all parts of the country and records show that these almost always included a Maypole and characters such as Robin Hood, Maid Marian, a Lord of Misrule and a hobby horse. I think that these once widespread rural activities dwindled out leaving isolated aspects surviving in different places whereas they were once far more widespread.

As in previous years the entertainment will start at the Ship Inn Polmear at 2.30pm where there will be music song and dance provided by Tywardreath and Catseye Morris sides. We will Wassail the trees in the pub garden and see if we can promote another bumper crop as we did last year. We're also thinking of doing a Cornish serpent dance here as last year the ground was too slippery to do this safely up at the orchard.

At about 3.30pm, led by our musicians, we will process up to the Community Orchard with its wonderful views over Par Bay. At the orchard we will again Wassail the trees, maybe have another dance or two, and toast

the trees with mulled apple juice. We will ask everyone who has brought something with which to make a noise to be as noisy as they possibly can be to scare away any evil spirits from the trees; and if the conditions permit a Cornish serpent dance will weave amongst the trees. Oh, and there'll be a lovely roaring fire as well!

If we time it right, the sun should just be sinking as we leave to return to the Ship. There, you are welcome to join us in the upstairs room for more music and hi jinx. Everyone is welcome, so why not indulge yourselves with a nice meal or some mulled cider? Huge thanks to Cathy and Mick for hosting this event.

David Quoroll dquoroll@hotmail.co.uk

The Winter Night Sky over PL24

This time of year marks the start of winter, the cold wet days interspersed with cold dry nights, dark before 6.00pm. You may even catch sight of a star! Teachers should be aware that the run into Christmas is the only time of the year when telescopes can be used fairly close to the end of school.

At the time of writing we have been waiting for the star T Cor Bor to go nova. You will either have seen a once in a lifetime experience or we are still waiting.



Nova similar to star T Cor Bor www.nasa.gov

December sees the Summer Triangle of Vega, Deneb and Altair closing with the western horizon. Take the opportunity to get your telescope set on to the special objects close to those stars. Check out the Pleiades.

continued →

Set your binocular on a tripod for the best results there. That great star cluster leads the constellation Taurus and Orion, which are some of the brightest in that part of the sky.

December 21st is the winter solstice, the shortest day of the year, and the one where the Sun only just creeps above the horizon. If you are brave enough, stroll out to Cradock Stone Circle on Bodmin Moor. It is close to the Hurlers near the village of Minions. If you look towards Caradon, on its shoulder you can see a Bronze Age cemetery. Return at sunrise on the 21st and you may be lucky enough to see it rise above the cemetery, marking a new beginning in the solar year. My thoughts are that the Bronze Age people believed in an existence in another life after death, so they buried their dead where the Sun rose on the Solstice when observed from Cradock Circle.

January

The new year starts with the Plough being well placed. If you look carefully, you will see one of the middle stars in the handle has a faint companion (Mizar and Alcor). Mizar itself is the bigger part of a binary system. One little known fact is that the Belt of Orion rises due East and sets due West. Not to be forgotten is the 4th Jan which finds the Earth at its closest to the Sun. It is not "Summer" in the UK, because the Earth is tilted away from the Sun which in turn places it close to the horizon. In Australia, it is mid-summer and this triggers the annual forest fires.

February

The late winter constellations of Leo and Cancer are well worth checking out. Cancer has a supercluster called Praesepe or Beehive. Not far away is the biggest star cluster in the sky, this is known as Mellotte 111 to its friends.

Meteor Diary: Geminids, 13 - 14th Dec; Urseids 22nd Dec; Quadrantids 3 - 4th Jan. (People tell me that the Quadrantids are best seen from the bottom of a ditch close to a nearby pub!!)

After Christmas, there will be an Open Day at Truro High School for Girls featuring a telescope clinic for all those who have had an exciting Christmas present, and got confused having opened the box.

Brian Sheen - Roseland Observatory Truro High School for Girls,



What's On

This Winter

Sunday 7th Dec 10.30-1.00pm Big Give Festive Coffee Morning at the Centre. Everyone welcome.

Saturday 6th Dec 10-2pm Charity Table Tennis Tournament £8pp/ £15 doubles. St. Austell Table Tennis Club, Tregorrick Road PL26 7AG. All abilities welcome.

Thursday 11th Dec 5pm Carol Concert St Cuby Church, Tregony, TR2 5TN £8pp/£15 for two (doors open at 4pm)

Saturday 21st Feb 2026 10-4pm Health and Wellbeing Day at the Centre. £30pp For more information on any of the events please contact isobel@merlincentre.org.uk or 01726 885530

Merlin Neuro Therapy Centre is a Cornish Charity providing therapies and support to adults with neurological conditions and children and young people who are neuro diverse



Merlin
Cornwall's Neuro Therapy Centre
Reg Charity No: 1093691

Bradbury House, Hewas Water St Austell PL26 7JF
01726 885530
www.merlincentre.org.uk

The Parish of Par - The Parish Church of St Mary the Virgin St Blazey Gate and the Mission Church of The Good Shepherd Par Green.

You may have read in previous PL24s that our Parish is linked with Charlestown, St Blazey and Treverbyn. The four parishes have recently been named collectively as the **Clay to Coast Benefice**. We work independently for weekly worship, pastoral visiting and fund raising, but share Canon Paul Arthur as the priest in charge. He is contactable on chapartrebla@gmail.com

The “**End of WW2 80th Celebration Concert**” was a sell out and raised £363 for the Royal British Legion. The **Autumn Bazaar** was well supported and the smell of sizzling bacon added to the atmosphere. £980 was raised for church buildings maintenance. Thank you all who came along.

Creation Care

Recently, we celebrated a **Bronze Eco Church award** in the Parish. What is Eco Church? Eco Church is a community of churches of all shapes and sizes, who care about God’s Earth and are committed to improving the biodiversity of the green spaces for which it is responsible. We are taking steps to cut our carbon footprint to net zero by 2030 and speak up about the climate crisis. Eco Church welcomes churches from all denominations and none. We are blessed to live in a beautiful part of the country, surrounded by lush farmland, beautiful beaches, stunning coastline and idyllic woodland. As stewards, we are called to care for our natural environment and support the fragile eco system that is in crisis. Our Parish has answered this call! We are taking steps to care for those parts of God’s good creation for which we have responsibility.

We will begin working towards cutting our carbon footprint. We will speak and act boldly to promote, cherish and share God’s creation and work in partnership with others who share the same aims. Want to get involved? Follow us on our [Parish of Par](#) Facebook page and leave a message via messenger.

Soup N Sweet Lunch is held in The Gott Hall on the first Monday of each month from noon – 1.30pm. At just £7, all the soups and sweets are homemade. There is no requirement to pre-book. The next lunch dates are 1st December, 5th January, 2nd February and 2nd March.

Par Little Lambs will stage their **Nativity Story** on Tuesday 2nd December at 10.30am in the Good Shepherd Church. All welcome to begin the familiar Christmas Journey. On **Christmas Eve** there will be a **Crib Service**, with **carols** and communion – for those who wish to stay, at St Mary’s Church at 5pm. On **Christmas Morning**, sung communion will be at 10am at The Church of the Good Shepherd.

The Carclaze Voices are returning on 14th February for a concert filled with ‘love and romantic songs’ at 2.30pm, followed by Afternoon Tea. Tickets £8.50

The **Parish monthly Magazine** contains all relevant information on events, services, news and other interesting features. Obtainable from both Churches any day. If you have a feature about your group, you would like included, or to advertise in the magazine, please contact Anne maw144@btinternet.com Visit www.parparish.co.uk Jill Hore and Anne Weaver

Welsh Speakers ~ 'Croeso' - Welcome

Any Welsh speakers in PL24? Would you like to meet up with others for friendly chat over a cuppa in 'yr hen iaith' ?



Another opportunity to speak/learn Cymraeg at Wheal Martyn every fortnight. Next 'Paned a sgwrs' is Tuesday 9th December 10.30 -12.30 in the café

Mae grŵp bach yn cwrdd tua unwaith y mis am hwyl a hiraeth. Cysylltwch i drefnu mwy.

yon.evans@hotmail.co.uk

Imerys Mid Cornwall Male Choir: Congratulations all round

This has been a celebratory season for the Imerys Mid Cornwall Male Choir. Last winter our long-term accompanist, the well-known local musician Dr Marlene Bowden, decided to retire from her role with the Choir. As we looked for ways to honour her unparalleled contribution it seemed right to ask her to be an honorary vice-president. A close look at the constitution showed that the wording needed to be changed first, which delayed things, but last week the Chairman, John Evans, and a delegation from the Choir were able to visit her and present the certificate. Happily, her recovery from the illness that caused her retirement allowed Dr Bowden to entertain the party to tea at her home in Fowey.



Presentation of the framed certificate to Honorary Vice-President Dr Marlene Bowden

Another cause for celebration has been the award of the MBE to husband and wife team Roger and Jan Varney, for their extensive charity work over many years, most notably for the Centre for the Rehabilitation of the Paralysed in Bangladesh. This presentation was made by Princess Anne at Windsor Castle, but Roger brought his medal back to show and to thank the Choir for supporting the cause.

Still in PL24, we have recently held practices in St Blazey to make it easier for local men to look in and try out an evening's rehearsal. Singing at popular meeting places, the Alexander Hall and St Blazey AFC clubroom.

We attracted a number of neighbours to hear how the Choir sounds, and gained a new recruit to stay with us in the long term. It seems that there is still an abiding fondness for this very traditional Cornish brand of music in the area.

The next event, just before the frantic Christmas rush, is hosted by the Creation Works at their wonderful new centre in Moorland Road, Par, on Thursday 27th November. To share the many layers of historic knowledge about Par and its beach and harbour they have been commissioned to produce audio guides through interviews with local people. In collaboration with the Time and Tide Bell project and the Friends of Par Beach an audio trail has been set up, allowing walkers to hear these collected memories through QR codes on posts at several points around the beach. The guides will be launched with a short concert at this event at 7pm to which any friends of Par are welcome.

That is also the time and day of the week that the Choir has its weekly practice at St Dennis Working Men's Club in normal times, 7pm on a Thursday. Before the rush of Christmas events shown on our website and Facebook page begins any men who would like to try out would be welcome to turn up, or to come with a friend, or just phone Barry Hawken on 07816 182891.

Legal Disclaimer

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Fowey River Lions

Since the last edition of PL24, the Fowey River Lions have been busy distributing grants to the successful applicants from earlier in the year. We were pleased to receive such a large number of requests and only sorry that we can't support them all. Our winners this year were: The Du Maurier society for their two-day children's literature workshops; Lostwithiel School for glockenspiels, Polkerris Scout Group for new camp kitchen equipment; Lostwithiel Scout Group for maps, fire-lighting kits and other sundry outdoor activity equipment; Squires Field for sports equipment and Lostwithiel Town Band for music books/stands.

Our campaign to collect your old and unwanted spectacles for the Recycle for Sight programme – a global initiative helping people with vision problems in developing countries – was hugely successful with 10kg of unwanted eyewear being donated to this excellent cause. Thank you to everyone who took the opportunity to put old and unwanted eyewear to good use – your glasses along with donations from across the UK are now being cleaned and refurbished before being sent to 23 countries around the world. We'd also like to thank our friends at Par Track Cafe, Lostwithiel Community Centre, Tywardreath Village Shop and Boots in Fowey for allowing us the space to put our collection boxes out.

We had a very successful quiz night at Safe Harbour in Fowey during October, raising funds for local good causes. Thanks go to all who attended and the Safe Harbour team for an excellent evening.

We are also very excited to be selected as one of The Co-op's community charities this year thanks to Caitlyn and the team at the Fowey Co-op. This excellent community programme provides funding for local charities. To make the most of this opportunity, we need your help, and it won't cost you a penny.



Simply log on to the Co-op website and select Fowey River Lions as your chosen charity. The more votes we get, the greater the contribution – so please help us to help others in the area.

Finally, our thanks once again go to James and his team at Dowrick Electrical who support us each year by maintaining and installing the Christmas lights in Fowey. This year we had an early start to support the town's Christmas Market, and the lights will be bringing a festive look to the town throughout the Christmas period.

If you live in the Fowey River area, we'd be delighted to have you join the Lions. We support major charities, assist local individuals and families in need, and help young people with funding for developmental projects. It's rewarding work and it's enjoyable too! We meet on the first Monday of every month at 7pm at The Ship Inn, Polmear, Par. Why not pop in for a drink and a chat with no obligation to join? We'd love to talk to you about what we do.

President: Lion Steve Jones

Treasurer: Lion Ruth Rouse

Secretary: Lion Chris Marsh

foweyriverlions@gmail.com

facebook: foweyriverlions Tel: 0345 833 7484

Cornwall Cricket Board launches Crowdfunder campaign

Cornwall Cricket Board has launched an exciting new Crowdfunder campaign to build on the success of Cornwall's first Disability Cricket Team. The campaign aims to remove financial and practical barriers so that people with disabilities across Cornwall can access competitive cricket, with the right equipment and opportunities to develop their skills, represent the county, and be part of a thriving team. The campaign is now live. To support Cornwall Disability Cricket and help open up opportunities for even more players, visit: www.crowdfunder.co.uk/pccb-super9s

Cornish Charity Active8 Receives Ultimate Accolade - The King's Award for Voluntary Service 2025

Cornish youth disability charity, Active8 are overjoyed to receive **The King's Award for Voluntary Service for 2025**. This is the **highest award** that a local voluntary service group can receive in the UK and is **equivalent to an MBE**.

For Active8, the honour marks a moment of immense pride — arriving in the same year the charity celebrates 35 years of empowering young people with disabilities to live life to their full, fantastic potential. Founded in Cornwall in 1990, the charity helps break the chains of isolation and exclusion — creating a future where disability never means limitation.

Representatives of Active8 will receive the award crystal and certificate from Colonel Sir Edward Bolitho of Cornwall, in the coming months. Two volunteers from Active8 will also attend a Royal Garden Party at Buckingham Palace in May and June 2026.



Paralympian Stephanie Millward MBE, who recently participated in Active8's "35 km for 35 Years" Walk, Wheel and Roll Challenge, was overjoyed to hear the news, she said: *"Such an incredible charity! I couldn't be happier to see them receive this outstanding award, which recognises their unwavering dedication to a cause that's so close to my heart."*

The Cornwall Railway Society: Preserving Cornwall's Rich Rail Heritage

We were grateful to receive kind permission from the Cornwall Railway Society to use their photo on the front cover of this edition. The photo showcases the historic St Blazey roundhouse and turntable, one of the few still operational in the country.

The Cornwall Railway Society (CRS) is committed to celebrating and preserving the rich railway history of Cornwall and the surrounding regions. Founded in 1978, the society brings together railway enthusiasts, historians, and photographers who share a passion for documenting the ongoing history of rail transport in the county. The CRS plays a vital role in promoting awareness of Cornwall's rail heritage.

For more information, go to www.cornwallrailwaysociety.org.uk/

A photograph of a group of people at a coffee shop, smiling and holding cups of coffee. The Coeliac UK logo is overlaid on the image, along with text for a local meet-up.

coeliac.uk
live well gluten free

LOCAL MEET UP

Run by local volunteers, our local meet up offers relaxed and informal support for anyone affected by coeliac disease or needing to live gluten free.

Pop along to chat, connect, share experiences and find support and information. A warm welcome is guaranteed.

When: Saturday 10/01/2026 between 10:00 and 11:30
Also on the 14/02/2026, 14/03/2026 & 11/04/2026

Where: Par Garden Centre
Par Moor Road, Par, PL24 2SQ

Contact: Volunteering@coeliac.org.uk

*Under 18s should be accompanied by a parent or guardian.

Registered office: Coeliac UK
Artisan, Hillbottom Road, High Wycombe
Bucks, HP12 4HU
Tel: 0333 332 2033
general.enquiries@coeliac.org.uk dietitian@coeliac.org.uk

A charity registered in England and Wales (1048167) and in Scotland (SC039980) and a company limited by guarantee in England and Wales (3069544)

facebook.com/CoeliacUK
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www.coeliac.org.uk

A Magical Christmas Celebration for Families Facing Terminal illness

This December, we're bringing a little extra sparkle to families affected by the terminal illness of a parent or carer with our free Christmas Party, a heartwarming afternoon filled with festive fun, laughter, and community spirit.

Guests can look forward to an enchanting performance from a magician, joyful music, and creative Christmas crafts for children and parents alike. And of course, no Christmas celebration would be complete without a very special visitor, Santa Claus himself! Every child will receive a thoughtful gift from Santa to take home.

We're also thrilled to welcome the talented Elizabeth Melvin Photography, who will be capturing the day's magic with free family portraits, available as digital downloads after the event. This event is completely free for families affected by the terminal illness of a parent or carer, but booking is essential to help us make sure everyone has the best experience possible. The event is on December 14th at St Erme Community Centre Book your free tickets here:

www.eventbrite.co.uk/e/1707632818729

If you're unsure whether your family meets the criteria, please don't hesitate to reach out to Tamsin at tamsin@gunnerskids.org.

Gunners Kids is a non-profit organisation dedicated to supporting children and families facing the challenges that come with a parent or carer's terminal illness. Through special events, memory-making activities, and practical support, Gunners Kids helps families create precious moments together and ensures that no child feels alone during such difficult times. Learn more at www.gunnerskids.org

Tamsin Chapman-Gunner ACIM
Co-Founder and Director
Gunners Kids CIC

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After costs, most monies raised will go to Children's Hospice South West.
A small amount will be distributed to charities in the local community.

 The Inner Wheel Club of St Austell is holding a

CHARITY FUNDRAISER

CHRISTMAS TOMBOLA



To be held at: **PAR GARDEN CENTRE** (Restaurant Area)
Date: **13 & 14 DECEMBER 2025**
Times: **10.00 am to approx. 4.00 pm**

We are Supporting:

Royal Cornwall Hospitals Charity
COVE CENTRE FUND
for Cancer Support
&
Parkinson's UK in Mid- Cornwall




The Ballad of ASK (Action Seagrass and Kelp)

For the snorkellers of St Austell Bay
In the heart of the Bay where the wild waters play,
Where the kelp forests whisper and the seagrass sways,
There's a team with a mission, with fins on their feet—
Action Seagrass and Kelp, where sea and science meet.

With masks on their faces and slates in their hand,
They slip through the shallows, surveying the sand.
From pipefish in hiding to the wrasse in a dash,
They jot every detail—no critter too brash.
They swim through the tangles where sea creatures dwell,
And sometimes they're startled by a sly conga eel!
Sand eels flash past them like silver-lit dreams,
While seals in the distance slip into their seams.

And above on the waves, with a paddle in grip,
Is Justin, on shorecover, steady in ship.
His kayak a beacon, his eye ever keen,
Keeping watch for the team from his floating machine.

Now Janet, the anchor, the heart of the crew,
She wrangles the snorkelers, old hands and new.
With checklists and calendars, goggles and flair,
She somehow gets everyone snorkeling there.

Maya brings the wonder, so bright in her glee,
When a rainbow seaslug appears near her knee.
“Oh LOOK!” she'll cry out, with a laugh and a shout,
And the rest of the group quickly paddles about.

And when fingers are wrinkled and wetsuits are wet,
When lips have turned blue and the sun starts to set—
There's Ann with her bag of sweet post-snorkel grace,
Biscuits and flapjacks (and always in place).
They fill out their Seasearch with detail and care,
Logging each species that flits through the air—
Well, water, to be fair, but the magic's the same—
Each dive a new puzzle, each snorkel a game.

They're not just a team—they're a salty bouquet,
Of kindness and courage in St Austell Bay.
For science, for nature, for joy and goodwill,
ASK swims with a purpose, and hearts that won't still.

So here's to the snorkelers, brave, bright, and true,
To Janet and Justin and Jan's thrilled “Woohoo!”
To Ann with her snacks, and the wildlife they track—
ASK is a treasure, with the ocean at their back.

By Zac Harris

Gate Quilters Sewing and Craft Group
On behalf of Gate Quilters Sewing and Craft Group, I would like to thank everyone for your generous donations to our Coffee Morning on 8th October, by coming along on the day to support us and also buying raffle tickets beforehand.

It was a great success and we raised £1075.00 for Cornwall Air Ambulance. Thank you very much.

Margaret Walker

HYGGE - a great remedy for S.A.D. to supplement what doctors prescribe

For some people, autumn into winter is a favourite time of year. I guess they really like battening down the hatches as gales roar overhead, lighting the fire and getting into preparing presents and baking for Christmas. That's not me, though. I am one of the many who suffer from a bit of S.A.D. – Seasonal Affective Disorder - so over the years I have kept working to find practical ways of giving my mood a boost. This 'syndrome' is now officially recognised by health professionals as a type of depression.

The Talking Rooms website is a useful resource, setting out the facts and correcting common misconceptions. It also offers online support. www.thetalkingrooms.com

This recommendation is on their list of remedies. "Take a leaf from the Danes, who get through long, dark winters by embracing "Hygge" - a concept of cosiness and contentment. Whether it's lighting candles, drinking warm tea, or wrapping up in a soft blanket with a good book, creating a comforting environment can help you manage the colder months."

Let me add, however, in my experience you won't get the best from Hygge on your own, it's much better within a small, friendly group.

C. Stephenson

News from the Creation Works

Over the last few months, we've hosted rehearsals, workshops, and sharings from artists who have travelled to Par from London, Bristol, Leicester, Derby, Dorset, Devon, Wales, Italy and Albania! A company working with visually impaired artists, six choreographers of Southern Indian Dance and an international project working with young people across Europe, including in Ukraine. All have been visiting local spots whilst here, exploring Par Bay's cafes and pubs, sampling Cornish pasties and enjoying the fish and chips!

In November we welcomed the Imerys Mid-Cornwall Male Voice Choir to help us and the Friends of Par Beach launch an audio-trail for Par Bay. You can find the trail on the dune path, and through the Time and Tide Bells Organisation website.

Coming soon! At 4pm on the 14th December we'll host our first public performance: **Hah! Bumhug** - a clown's retelling of a Christmas Carol. All details at www.thecreationworks.com

A Cultural Census for Par Bay

We're now launching the first ever Cultural Census of Par Bay thanks to a 'Get Involved Award' research grant from the University of Plymouth. We want to find out what the people of Par, St Blazey and Tywardreath think about music, theatre, dance, festivals and taking part in the arts. We want to know what people love to do, what they'd like to see more of, and what prevents people from getting as involved as they'd like to; what they think about the arts in education and what role they could play in improving quality of life for all.

A survey like this, for a community of 10,000 (Par Bay) needs 370 representative responses to be 95% accurate - so we need your help! We need to hear from people all across the community, those who love the arts and are always involved, and from those who maybe think it's not for them at all.

The information we gather will help us to understand how best to support the **whole** community through The Creation Works. It will help us, and other community organisations working here, with our fund-raising. It will help to ensure that what we do stays relevant, is wanted, and works. Please spread the word!

You can find the survey here: forms.office.com/e/xdizszSadW It doesn't take long to fill in, it is anonymous and all information will be safely stored, used only for the purposes described above.

Thank you!

THE FIRST CULTURAL CENSUS OF PAR, ST BLAZEY & TYWARDREATH

With support from a Get Involved Award from the University of Plymouth, The Creation Works / Hwel An Gwrians is undertaking research that will inform how the organisation works in the future.

WE NEED YOUR HELP!

We'd like to hear what you think about what there is to do, see and take part in, here in the Par Bay Area. We'd like to know what you would like to see happening here in the future.

HAVE YOUR SAY!

Scan the QR code or fill the survey online:
<https://forms.office.com/e/zdizszSadW>



You can also choose to take part in a case-study interview to help us even further. Simply opt-in to an interview when completing the survey.



UNIVERSITY OF
PLYMOUTH

The Creation Works CIO charity no. 1209557

THE CREATION WORKS

Need help with transport to get to an NHS appointment?



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and you may be eligible
for NHS funded transport



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01872 223388



Volunteer Cornwall
01872 265300



TAP Cornwall
01872 223388



For full details and contact numbers, scan the
QR code or visit
cios.icb.nhs.uk/health/patient-transport/



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The Cornish Therapy Centre, Redruth
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www.duchyearchcare.co.uk



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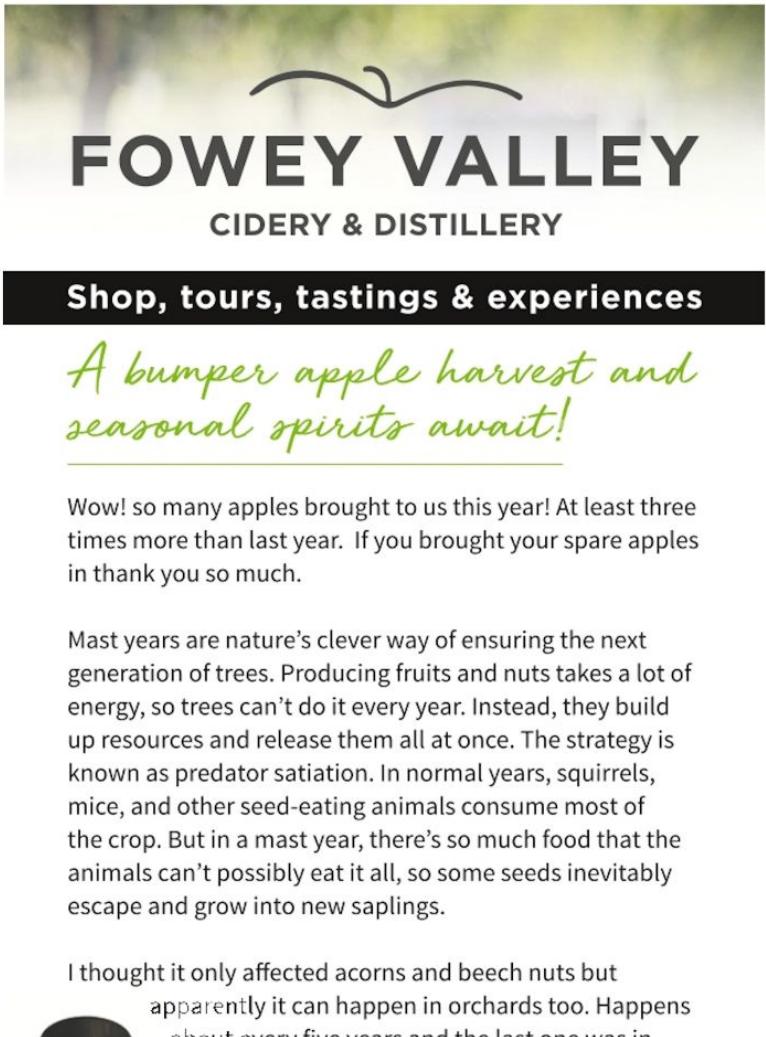
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The harvest isn't even nearly finished and we are into Christmas already. We are busy building up stocks of Mulled Cider, Mulled Wine, Single Malt Cornish Whisky, Cream Liqueurs and our lovely brand new for this year- Sloe Gin Liqueur!

Come on over to the tasting room and have a sample of all of the above any Monday to Friday 10am till 4pm.



VISIT US

Unit 11, Restormel Est.
Lostwithiel, PL22 0HG

ONLINE

foweyvalley.co.uk

BEACON VETCARE

INDEPENDENT VETS IN CORNWALL

01872 890 100
(Summercourt)

01637 695 100
(Newquay)

01726 212 300
(Par)

 Beaconvetcare.co.uk

 Welcome@beaconvetcare.co.uk

24/7 on-site
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& Referral
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Locally Owned, Community-Based Care

Beacon VetCare is an independent veterinary practice, owned, run and delivered from our local community. We're proud to offer compassionate, high-quality care for pets and their owners, supported by our own 24/7 Emergency & Referral service, based at our Summercourt, A30 Practice.

Our Locations

- Summercourt, A30 (24/7 Emergency)
- Newquay
- Par
- St. Austell (Opening Spring 2026)



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