

GWENNAP PARISH

NEWSLETTER

AN BLU LANN-WENNAP DERIVADOW

WINTER 2025 ISSUE 66



Inside:

QUIZ
WALKING ROUTE
CHRISTMAS EVENTS

PARISH COUNCIL MEETINGS

Forthcoming meeting dates are:

Monday 8th December
Crofthandy Village Hall

Monday 9th February 2026
Gwennap Parish Rooms

Monday 9th March
TBC

Chair's Report



Dear Residents

It has been a very busy last 3 months for the Parish Council as we continue to progress new initiatives whilst keeping on top of the day to day!

Mei Loci, the Landscape Architects who have been appointed to devise a Strategic Management Plan looking at options for Wheal Maid, are nearing the end of their work. There will be a Consultation Event at Crofthandy Village Hall early in the new year. It is important to emphasise that no decisions have been taken and we welcome the input of everyone who has an affinity with that important open space. We will post the date on social media as soon as it has been finalised.

Recognising the importance of a consistent approach, we have commissioned the author of the St Day Neighbourhood Priorities Statement (NPS) to bring together all the survey work undertaken in relation to our own NPS and to prepare a first draft. This is another important initiative which will be subject to full consultation in the first quarter of next year.

The Consultant appointed to prepare a Business Plan for the transformation of the Parish Rooms has produced an excellent first draft which is now being edited and revised. We hope to have this finalised by the end of December.

The problem of speeding in the Parish was a common theme during the NPS consultation. It is something we work on regularly with our Cornwall Councillor, John Thomas MBE. We have taken back our speed limiting sign which we had lent to colleagues in Bissoe and we are supporting attempts by people in Gwennap village to reduce the speed limit through their community.

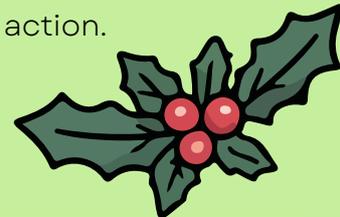
A frequent task at Parish Council meetings is to comment on planning applications. We are a Cornwall Council consultee not a decision-maker but we do have influence with observations firmly rooted in the excellent Neighbourhood Development Plan. Recently, a number of concerned residents from Crofthandy attended to raise legitimate concerns about an application. This helped us to put in a robust objection to the proposed development and Cornwall Council agreed with us. All application details are published as part of the meeting agenda on the Parish Council website and notice boards. If you feel strongly about any application, for or against, please come along and have your say. It can make a difference.

Our 'Unsung Hero' awards are returning this year so please nominate anyone you think worthy of recognition. It is a great opportunity to celebrate people who represent the best of our community.

Finally, may I wish everyone a very happy Christmas and a peaceful and healthy 2026. When considering your resolutions in January, please think about volunteering in your community. Litter picking, speed watching, fete organising or weeding your elderly neighbour's garden are just some of the ways you can help! Most people said, in response to the NPS survey question, that the sense of community was the best thing about this Parish. It would be great to see more evidence of this in time and practical action.

With best wishes

Richard



Your Parish Council

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Gwennap Parish Council

Richard Jory Playing Field

Pulla Cross. TR4 8SA

www.gwennap-pc.gov.uk





QUIZ: Cryptic Television Shows

answers will be on the Parish Council website in January

1. A tall monk (3,7)
2. Request we make to the crossword setter (4,2,1,4)
 3. It is never closed (4,3,5)
 4. Reagan and Kray (3,3,7)
5. What the starter of a race might say (5,6,2)
6. The Waltons have been missing for a while (4,4,6)
7. The final bottle of August Chardonnay (4,2,3,6,4)
8. Romeo congratulates his other half (6,5)
 9. You've got to hear this! (4,1,3,4,3,3)
10. The hairdresser has another go on her wedding day! (10, 9)
 11. Make Margaret queen (5,5)
 12. A male MP during the week (3,5,3,5)
13. Question the actor puts to the prompt (5,2,4)
 14. They are unlikely to win at Ascot (4,6)
 15. The Bee Gees, maybe. (4,2,8)
 16. Charlton.....after a home win! (5,6)
 17. The pencil needs sharpening (9)
 18. The only programme? (3,3,4)
 19. Street battle? (8,4)
 20. Puff's home (7,3)



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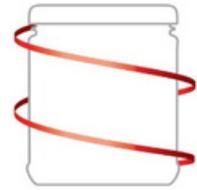
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POTATO DAUPHINOISE

(serves 6)

We are in the season of hearty casseroles and roasts. Potato Dauphinoise is an ideal accompaniment with its soft creamy texture that never fails to please. If you're vegetarian, this dish is a marriage made in heaven with stuffed mushrooms and a mixed green salad. However Potato Dauphinoise is one of those recipes that is incredibly easy to make but often comes out wrong. There are a couple of simple rules. Allow a lot of time for the cooking and make sure your oven is set to a low temperature. Anything else results in either undercooked potatoes or cream that has split and turned into a very unattractive oil. I do not use the fan setting on my oven when baking this.

Preheat oven to 140°C/gas mark 1/300°F

20cm/8" diam x 7cm/3" deep ovenproof dish (not tin)

1kg/2lb 3oz floury potatoes – Maris Piper or

King Edwards
400ml double cream (maybe a little more)
100ml milk
3 lge cloves garlic, peeled
1 level tsp salt
Freshly ground black pepper

Using a stick blender mix the milk, garlic, salt and pepper together until the garlic is pulped.

Stir in the cream. Do not use the stick blender as it runs the risk of thickening the cream.

Peel and finely slice the potatoes. You will need a mandolin or the fine slicer attachment on your food processor for this as the potato must be wafer thin. Do not rinse the potato slices as you need the starch contained in them to solidify the gratin.

Reserve the best shaped slices to make an attractive top layer to your dish.

Pour a little of the cream mixture over the base of your ovenproof dish. Add a thick layer of the sliced potatoes including all the little bits that inevitably get made when slicing using a food processor. You don't need to make it look beautiful. Pour enough of the cream mixture to cover. Repeat this process until you have just the reserved slices to lay on the top in a circular pattern. Finish with the last of the cream mixture making sure all the potato is covered. Add more cream if you find you don't have quite enough as it is important not to have uncovered potato otherwise it will go black.

You can prepare this a day in advance. However it is vital that you cover with clingfilm pressed down onto the cream to eliminate any air coming into contact with the potato and take the clingfilm up and over the sides of the dish. Put a small plate or bowl directly on top of the clingfilmed potatoes inside the dish to help keep the potatoes submerged. Place in the fridge but take out a couple of hours before putting the dish into the oven to bring it up to room temperature otherwise you will have to extend the cooking time. When taking the clingfilm off the potato prior to cooking squeeze all the cream off it back onto the top of the dish.

Place the dish in the middle of your preheated oven and bake for 1¼ - 1½ hours until the top is golden brown. Use a sharp knife to check that the potatoes are cooked all the way through the dish.

SUE HUBBLE





COMMUNITY MARKET

MILLS HALL, CARHARRACK
TR16 5QW
1-3PM
DEC 13TH, JAN 10TH, FEB 14TH

Bettina's
Textile
repairs &
Renewals



Local plants,
jams and
chutneys

New &
Preloved
School
Uniform

Carley's
seed & nut
butters



Naked
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toilet rolls

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grown fruit
and veg
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Sourdough
bread

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cakes
including
vegan cakes



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Organic
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Produce

Contact email uniteddeg@gmail.com
Facebook United Downs Environment Group



United Downs Environment Group Meetings and events Calendar Nov 25 - Feb 26

Events

**Fri Dec 5th Children's Preloved Xmas
present Sale**

St Day & Carharrack School, time tba

Wednesday January 7th

5.30pm Gwennap Parish Hall TR4 8SA

Sat January 10th

Community Market

1-3pm Mills Hall, Carharrack

Sat February 14th

Community Market

1-3pm Mills Hall, Carharrack

Everyone welcome to all
meetings and events.

Want to know more details?

email: uniteddeg@gmail.com

Facebook: United Downs
Environment Group

or have a chat with us at any of the
events

Community Market

Mills Hall, Fore Street Carharrack.
2nd Saturday of the month 1-3pm

Full Addresses

Mills Hall

Fore Street Carharrack TR16 5QW

Star Inn

Vogue, St Day TR16 5NP

Gwennap Parish Rooms

Richard Jory Playing Field
Pulla Cross TR4 8SA

Want to help, or have any ideas
how to make these events better
please do contact us.

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12 to 2:30pm | 5:30 to 8:30pm
Wednesday to Saturday

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BUTTERMARKE.T

REDRUTH TOWN Market

A vibrant rainbow with musical notes scattered across the background, curving from the bottom left towards the top right.

Saturday 10am-2pm
Dates 2026

April 4th

May 2nd

June 6th

July 4th

August 1st

September 5th

October 3rd

November 7th

December 5th





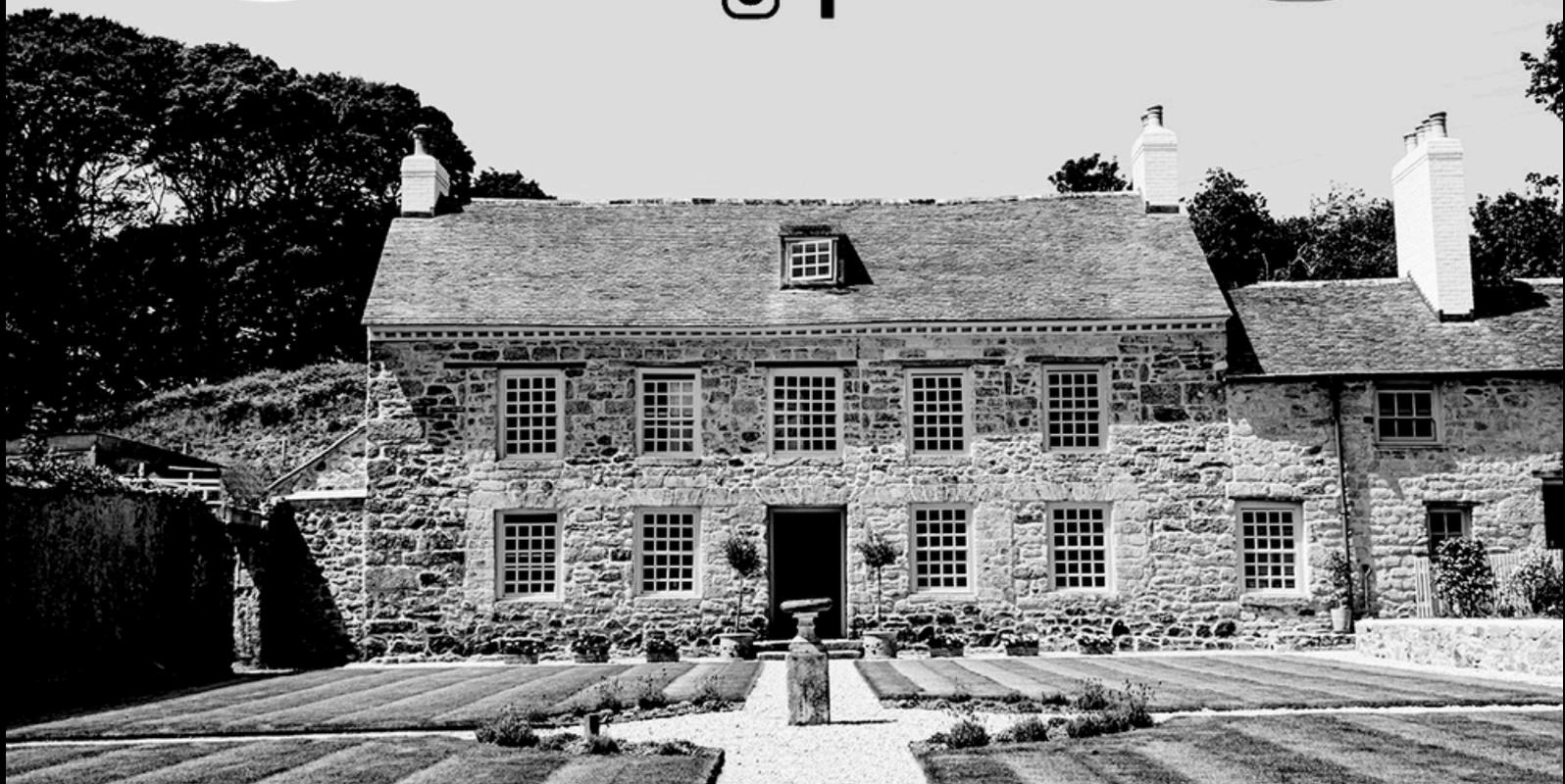
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Frogpool Methodist Church

Minister Revd. Paul Harold
Tel: 01209 820077.

Sunday Morning Services 10.45 a.m.
See the Noticeboards for further details as we also join neighbouring Church services.

Coffee Mornings are held at the Church from
10.30 a.m. to 12.00 noon each month on:

Thursday 18th December in Aid of St. Petros.
Thursday 29th January.
Thursday 26th February.
Thursday 26th March.
Thursday 30th April.

Come and enjoy a cup of great coffee (or tea), a slice of cake and meet other members of your community.
Bring & Buy Stall.

Beetle Drive with Cream Tea

Open to everyone and will be held at 2.30 p.m. on.
Wednesday 10th December.
Wednesday 14th January.
Wednesday 11th February.
Wednesday 11th March.
Wednesday 8th April.

Women on Wednesday's Craft Group

2.30 p.m. £1.00 held on the 1st and 3rd
Wednesday of the month

(Apart from 3rd week December and 1st week of January)

Frogpool Methodist Sunday School Hall or Stable Room
(including kitchen facilities) are available for hire.
All Enquiries to Mary Richards 01872 863143.



SUNDAY 7th DECEMBER 3.00 P.M.

CAROL SERVICE

Led by Revd. Paul Harold.
With items by Cusgarne School Children.
Collection for Children's Hospice South West
Refreshments to follow.

We invite you to join us on

CHRISTMAS DAY

when our Service at 10.30 am
will be led by Mr. James Rimmer
All are Welcome

St. Wennapa Church Gwennap

Regular monthly Services at 11.00am

1st Sunday Holy communion Book of common Prayer
2nd Sunday - Morning Prayer (All Age Worship)
3rd Sunday - Holy Communion (Common Worship)
4th Sunday - Matins (Service of Morning Prayer)
5th Sunday - Holy Communion at another church in the Benefact.

CHRISTMAS FAYRE

10 am - 12 noon - 22nd November 2025
Gwennap Church Hall,

NINE LESSONS AND CAROLS

- 11.00 am - 14th December
Gwennap Church

CHRISTMAS LUNCH

12.00 noon 16th December - £10
Gwennap Church Hall
Book in with Sonia on 07889090773

QUIZ NIGHT

6.30pm Friday 30th Jan 2026
Gwennap Church Hall
Bring your friends, a bottle and glass
Pasties from local baker and puddings made by all please. - £10 at the door
Ring 07889090773 (Sonia) to book a table and your supper

Gwennap Ladies Guild

We meet in Gwennap Church Hall on the fourth
Tuesday of each month at 2.30pm
Dec 23rd - no meeting
All followed by tea and biscuits
Please contact our chairman Vi on 01872 862151
if you require further details
New members or visitors are always welcome

THE COFFE STOP

[sorry this has been cancelled for 2025/26.]

Gwennap Parish Fete Committee

Despite our best efforts to attract new volunteers and helpers we have not received enough support to safely and effectively Go ahead with next year's event
Volunteers are the helping hands that make these activities possible however this situation highlights how vital Community participation is in keeping our event going
We are forever hopeful that we can try again in the future
Helen Rowe, Chairperson

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HICKS MILL CHAPEL



**We offer a warm welcome to everyone to join us for
our regular Sunday morning services at 10.30am.**

CHRISTMAS SERVICES

Sunday 14th December – Carol Service led by members of the chapel.

Followed by Christmas refreshments

Sunday 21st December – Christingle Service led by members of the chapel.

Followed by Christmas refreshments

‘O come, let us adore him, Christ the Lord’

Further information can be found on our website
www.hicksmillchapel.org

Cusgarne and Frogpool Women's Institute

As the leaves on the trees began to change colour our WI thoughts turned to the harvest auction traditionally held during our September meeting. Once again President Sue was our auctioneer and £85 was raised for our funds. Everyone was thanked for their generosity and we are grateful to those outside of our group who donated goods or money. We met Abby Cartwright in October who is a physiotherapist at Every Woman Physio near Newquay and specialises in women's pelvic floor health. Abby is keen to raise awareness of potential problems at various times in a woman's life that affect the pelvic floor and offer solutions and her talk was very interesting and informative.

With Christmas creeping towards us our very talented member Christine gave us some ideas for decorating cakes and biscuits using different types of icing. Several of us had a chance to make melted snowman biscuits with a spoonful of white icing made with water and icing sugar daubed onto a shortbread biscuit, a marshmallow with eyes and a mouth drawn on and sugar paste arms and nose. Christine also baked small sponge cakes inside flat bottomed ice cream cones and decorated them using buttercream icing and a chocolate flake. These would be great for children in the summer as they looked just like 99 cones. Christine completed several training courses over many years to become a WI cookery judge for the county of Cornwall and nowadays uses her incredible skills for beautifully decorating celebration cakes.

As I write this our December meeting is still to come and we will welcome Pam Annear who will show us new and interesting ways of wrapping presents. There is always a party atmosphere with a buffet and quiz or game and the exchange of Secret Santa gifts.

The new Downton Abbey film was enjoyed by WI members on its release in September and every couple of months we meet for morning coffee or afternoon tea at a different venue just to keep in touch between WI meetings.

Cornwall Federation of WIs celebrated 110 years since the WI came into being by holding a cream tea which our members enjoyed. It was interesting to see the exhibition of crafts and documents from the past held in the CFWI archive. It was noted that our team did not shine in the quiz but we hope to do better at the annual quiz at Ladock soon.

The Federation annual meeting was held at the Hall for Cornwall and members were entertained by the Bryher's Boys sea shanty group and by poet Pam Ayres in the afternoon.

We are looking forward to being present at the Gwennap Church Christmas Fayre and Frogpool Chapel Christmas fayre selling homemade cakes. We also have a festive bingo night planned prior to Christmas.

Future meetings: -

No meeting in January

3rd February - Tracey Sargent from Porthleven Hedgehog Rescue

3rd March - Kim Charman from Penwith Weavers who will demonstrate spinning

Cusgarne and Frogpool WI meet on the first Tuesday of the month (except January) at the Parish Rooms, Richard Jory Playing Field, Pulla Cross, TR4 8SA

Attending the first three meetings is free and after that we would offer membership. Come along and join us for fun, friendship, learning and a cup of tea. Contact cusgarneandfrogpool@cornwallwi.org.uk



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Monday - 11 - 12pm

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Wednesday - 10 - 11am

@The Old School Centre, Nance Lane, Illogan, TR16 4BB

Friday - 10 - 11am

@ Millenium Community Hall, 3 Penberthy Rd, Portreath, TR16 4LP

Mindfulness Class (fortnightly)

Monday - 6.30 - 7.45pm

@The Wellness Hut, Church Road, Stithians, TR3 7DH

Mindful Core Fitness

Sunday - 9.30 - 10.30am

@The Stithians Centre, Church Road, Stithians, TR3 7DH

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email: mindfulnessfitness@posteo.net

Contact Jon
07889016264

Defibrillators



The Parish Council have 4
Defibrillators (AEDs) in the Parish:

Many thanks to Ray Humble for
looking after these

- The Cornish Arms, Frogpool.
- The Parish Rooms at Richard Jory
Playing Field.
- Crofthandy Village Hall.
- Gwennap Church Hall

there are also defibrillators at:

- Bissoe Bike Centre.
- Warrior Garden Centre, Trevisky

CHRISTMAS

CAROLS



At The

Cornish Arms

Monday 8th December

Carols around the Christmas Tree at 6.00 p.m.
Please be aware of moving vehicles

followed at 7.00 p.m. by carols in the pub

Light seasonal refreshments

Collection in aid of:

Children's Hospice South West





A Circular Walk from Frogpool, by Parish Councillor Greg Foxwell

Have you ever started a walk and noticed the weather is coming in 'dirty' and you want to get back asap but can't because you are out in the middle of nowhere? Well with this beautiful walk you can choose to head back on no fewer than five different occasions or carry on all the way around.

Start from the bus stop opposite the Cornish Arms in the centre of Frogpool.

This is a lovely easy flat walk if you make the right choices/ decisions

So let's get walking:-

1. From the bus stop in Frogpool, walk up the hill leaving the Cornish Arms on your left. Walk up past the turning to Treneglos and up past the Methodist Chapel. There is a bench 🪑 and a litter bin 🗑 here and if you are lucky you will see the first daffodils of the spring coming up on the triangle. They have been known to bloom around Christmas.
2. If you are not resting up, cross over the road and head along a country lane.
3. After 50 metres bear right up a bridle way leaving the cemetery on your left, watch and listen for rabbits scuttling to their burrows as you go up a slight gradient. If you are lucky you may well see a kite, they like to visit the abattoir which is across the field to your left.
4. After a short while you will reach a road, cross over the road and look over the gate. There is a beautiful panoramic view to the south and south - east. Can you spot any buildings? Can you spot any rabbits?

Return to the road and walk along the long straight towards Pulla Cross, if you are lucky you may well spot a buzzard they are often feeding on worms in the fields to your right. It's a rich source of food because of the ponies and horses that graze in these fields.

5. At the end of the road there is a 🗑 and a 🪑 (bus stop shelter). Turn right (back on yourself) and head back towards the village, Pulla Cross Farm is on your right.
6. After 50 metres / yards look out for some tricky bends and on coming traffic. After the bends and just before a pavement there is a bridle track that goes off to your left. 😬 Decision time, ignore the track and walk straight on, this will take you back to the start of your walk. If you are lucky you can buy some plants and or home made jams from stalls along the road to the chapel (This mini - circular walk would take you about 20 minutes could be longer if you stop and and stare or chat to a friendly dog walker, it once took me an hour - happy days)

😬 The other decision is to follow the track, you will see the playing field with the play park on your left. You can access the Richard Jory Playing Field by a gate or further on over a stile and use the facilities or return to your car if you started from here. 🪑🪑🪑🗑🗑 Sorry no dogs are allowed in the playing field.

7. Walk on along the track (watch out for bigger puddles if we've had a lot of the wet stuff). Look out for stiles on either side of the track.
8. 😬 Yes, a few decisions here, do you go over the stile to your left and go straight on to the corner of the field where you have a panoramic view over towards Gwennap and United Downs? If you do look out for the old mining shafts surrounded by little coppices. I've seen black rabbits in the field to the right. Return to the bridle path.
9. 😬 Another choice is to go over the stile to your right and walk across two fields back into Frogpool. The view over the village is very special and you can spot the old farms, chapel and pub very clearly so you can get a real sense of the origins of Frogpool.
10. 😬 The last choice is to carry on along the track.

9. After a few more steps you will see a path going off to your right. 😬 Decision time again, take this path and return to the village (right and right again). Look out for the alpacas on your left.

10. 😬 Or if you want to add an extra twenty minutes to your walk carry on down the track and down the hill. Remember any walk that goes down means at some point you have to come back up, so no longer a very flat walk.

11. After 50 metres / yards you will see a road going up to your right. 😬 You can take this road and return to the village, it's nick name is Cardiac Hill. If you get to the top and you are not panting your cardiovascular system is in good order 👍 Woodpeckers are often searching for grubs in the trees to your left, great for bluebells in the spring. At the top of the hill the alpaca track joins from your right.

12. 😬 Or you can carry on along Trehaddle, look out for the thatched cottage to your right. Rumour has it that a famous Prime Minister, Lloyd George used this cottage as his love nest with his mistress. Either which way it is a romantic spot.

13. On your left is yet another old mill. Interestingly the little stream that runs down the hill from Frogpool powered this mill and sacks were made here.

14. After about a 400 yards / metres a road joins you from your right this is the link from choices 9, 10 and 11 and comes out at Lemon Cottage. The bus stop is on your right but before you get there check out if there is anything worth buying from the farm on your right, there might be eggs or fresh tomatoes. Back in the day the present farmer's dad used to put out delicious vegetables from his fields.

15. 🪑🪑🪑🗑🗑 I hope you enjoyed your walk, however long it took you, whether it was long or short. If I didn't stop to chat or stop stare it used to take me about an hour for the complete circle.

If you've timed it right rest a while either inside or outside the Cornish Arms (closed on Mondays) and enjoy that feeling we all have after a lovely country side ramble.

Greg Foxwell
Parish Councillor

Key to the emojis:-
😬 Choices this way or that way go back or go on
🪑 Somewhere to sit
🗑 A bin for pooh bags or rubbish

If you enjoyed following this walk in your minds eye or have enjoyed actually walking it perhaps you would like to submit a walk to our Parish Clerk so that good walks become a regular feature in the Parish Magazine.

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😬 Choices this way or that way go back or go on

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