

# GWENNAP PARISH

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calendar of events / local  
footpaths spotlight / frogpool  
football club success /  
keeping gwennap tidy

**AN BLU LANN-WENNAP**

summer 2026 / **issue 68**



seeking local historians / update from the WI / make do and  
mend / puff pastry recipe / call for fete volunteers / new  
speed-watch group / natures rare treasures



# CHAIR'S REPORT

Nothing demonstrates the varied life of a Gwennap Parish Councillor more than debating a motion of 'no confidence' in South West Water at a Council meeting then visiting a water treatment plant operated by the same company six weeks later. We passed the motion but also appreciated the hard work of Terry and his colleagues to ensure that water discharged into our rivers is clean and safe. As always there are two sides to every story and often the Parish Council needs to navigate a tricky path.

That was seen in our dealings with The Cornish Arms. Our much-loved public house puts on summer music events which are very popular social occasions but that has to be balanced with the need to ensure safety for those attending and that the peaceful enjoyment of their homes by local residents is not unduly interfered with. Talks take place and a respectful understanding is achieved. We wish Frogfest every success.

'Balance' is also key to determining our response to planning applications. Development is often positive but we push back if what is proposed flies in the face of our Neighbourhood Development Plan. The substantial increase in the number of homes required to be built annually in Cornwall has impacted our attempts to prevent building outside settlement boundaries. We will continue to make our voice heard with Cornwall Council.

The consultation over the Neighbourhood Priorities Statement has concluded. This is the culmination of 18 months of discussion across the Parish and will be submitted to Cornwall Council to be considered as they prepare the next Cornwall Local Plan.

Talks with the Mountain Bike community continue as we look towards an event being held on Wheal Maid in late September. We were delighted that our efforts to engage the Police to take action over illegal off-road motorbikes around that area were successful following a day of enforcement recently. Two legal notices were issued and many conversations with both residents and visitors took place.

Talking of 'balance', our last Newsletter was published following Storm Garrett and unprecedented rain. This one comes after a very lengthy spell of hot weather. Climate change or coincidence? The 'People's Emergency Briefing'

film being shown at the Parish Rooms on 19th August will be an interesting contributor to that debate.

Finally, my thanks to Pru Elliott for her excellent new design of this Newsletter. A great example of someone with a particular skill willing to put time aside for the benefit of the community.

Here's to a 'cool summer' in every sense of the phrase!

*-Richard*

## YOUR PARISH COUNCIL

### **Richard Williams (Chair)**

richardwilliams@gwennap-pc.gov.uk  
07464 171337

### **Julian Hughes (Vice Chair)**

julian.hughes@gwennap-pc.gov.uk

### **Andrea Freeman**

andreafreeman@gwennap-pc.gov.uk

### **Steve Trelease**

stevetrelease@gwennap-pc.gov.uk

### **Vernan Pascoe-Edward**

vern.pascoeedward@gwennap-pc.gov.uk

### **Julian Hughes**

julian.hughes@gwennap-pc.gov.uk

### **Jemma Moses**

jemma.moses@gwennap-pc.gov.uk

### **Parish Clerk: Chris Ring**

clerk@gwennap-pc.gov.uk, 07762 699783

Gwennap Parish Council Richard Jory Playing Field Pulla Cross. TR4 8SA

[www.gwennap-pc.gov.uk](http://www.gwennap-pc.gov.uk)

## Article submissions

We welcome article submissions about things going on in the parish. If you would like to send one, or you would like some local news shared in the newsletter, please contact the Parish Clerk. We will do our best to fit it in.

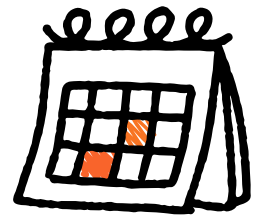
## Advertising in the newsletter

For advert submissions please contact the Parish Clerk.

|              | 1 issue | multiple |
|--------------|---------|----------|
| Full page    | £60     | £50      |
| Half page    | £30     | £25      |
| Quarter page | £15     | £12.50   |



# DATES FOR YOUR DIARY



Have you got details of an event that you would like to add to the calendar in the next issue?  
If so please email your request to [clerk@gwennap-pc.gov.uk](mailto:clerk@gwennap-pc.gov.uk) and we will aim to fit it in.

## AUGUST

- 16** **Car Boot Sale 7am start**  
Richard Jory Playing Field  
**Hicks Mill Chapel Anniversary 10am**
- 18** **People's Emergency Briefing, 18:30**  
Enterprise Centre, Vogue Hill, St Day
- 19** **People's Emergency Briefing, 18:30**  
Gwennap Parish Rooms, Richard Jory
- 27** **Coffee Morning 10:30 - 12**  
Frogpool Methodist Church
- 29** **Frogfest presents Boogie Juice 7pm,**  
Cornish Arms, Frogpool

## SEPTEMBER

- 1** **Women's Institute Meeting, Harvest Celebration 7pm,** Parish Rooms
- 2** **Women on Wednesday's Craft Group 2:30pm (£1)** Frogpool Methodist Ch.
- 6** **Car Boot Sale 7am start**  
Richard Jory Playing Field
- 9** **Beetle Drive & Cream Tea 2:30pm (£5)** Frogpool Methodist Church
- 12** **Community Market 1-3pm**  
Mills Hall, Carharrack
- 13** **Harvest Festival 10:30am**  
Hicks Mill Chapel
- 16** **Women on Wednesday's Craft Group 2:30pm (£1)** Frogpool Methodist Ch.
- 20** **Car Boot Sale 7am start**  
Richard Jory Playing Field  
**Harvest Festival Service 10:45am**  
Frogpool Methodist Church
- 21** **Harvest Supper 6pm**  
Frogpool Methodist Church
- 24** **Coffee Morning 10:30 - 12**  
Frogpool Methodist Church

## OCTOBER

- 6** **Women's Institute Meeting, Garden Medicine 7pm,** Parish Rooms
- 7** **Women on Wednesday's Craft Group 2:30pm (£1)** Frogpool Methodist Ch.
- 10** **Community Market 1-3pm**  
Mills Hall, Carharrack
- 14** **Beetle Drive & Cream Tea 2:30pm (£5)**  
Frogpool Methodist Church
- 21** **Women on Wednesday's Craft Group 2:30pm (£1)** Frogpool Methodist Ch.
- 29** **Coffee Morning 10:30 - 12**  
Frogpool Methodist Church

## NOVEMBER

- 3** **WI Meeting, New ways of Giftwrapping 7pm,** Parish Rooms
- 4** **United Downs Environment Group bimonthly Meeting, 6-7:30pm.** Mills Hall, Carharrack  
**Women on Wednesday's Craft Group 2:30pm (£1)** Frogpool Methodist Ch.
- 8** **Remembrance Concert, Nankersey Male Choir & Cusgarne School, 3:30pm** Frogpool Methodist Church
- 11** **Act of Remembrance in the Courtyard 10:45am** Frogpool Methodist Church  
**Beetle Drive & Cream Tea 2:30pm (£5)** Frogpool Methodist Church
- 18** **Women on Wednesday's Craft Group 2:30pm (£1)** Frogpool Methodist Ch.
- 26** **Coffee Morning 10:30 - 12**  
Frogpool Methodist Church
- 29** **Made in St Day Xmas Fayre, 12-4pm**  
Star Inn, Vogue, St Day

# UPDATES FROM PARISH MEETINGS

Tree works at the Richard Jory Playing Field have now been completed, along with routine play area maintenance.

The Council also agreed to replace two ageing picnic tables in the play area with recycled plastic tables and install a new picnic table on the Village Green in Frogpool.

The Council approved a mountain bike event at Wheal Maid, subject to suitable arrangements for parking and advance notification to local residents.

We also welcomed reports that Devon & Cornwall Police recently carried out enforcement activity targeting illegal off-road motorbike use.

Local mountain bike volunteers have completed agreed maintenance and improvement works to the bike trails, with additional community volunteers joining in to help.

Residents are very welcome to join us at parish meetings. Thank you to everyone who has attended recent meetings and continues to support our parish.

**Monday 10th August 7pm**, Crofthandy Village Hall

**Monday 14th September 7pm**, Gwennap Parish Rooms, Pulla Cross

**Monday 12th October 7pm**, Crofthandy Village Hall

**Monday 9th November 7pm**, Gwennap Parish Rooms, Pulla Cross

**Monday 14th December 7pm**, Crofthandy Village Hall

## Defibrillator Heart Restarter

Anyone can use it  
No training necessary



For an unconscious person  
NOT breathing normally



Call  
999

Start  
CPR

Switch on  
defibrillator

Follow its  
instructions

## IN AN EMERGENCY, WOULD YOU KNOW WHERE TO FIND THE DEFIBRILLATORS IN OUR PARISH?

The Cornish Arms, Frogpool

The Parish Rooms at Richard  
Jory Playing Field

Crofthandy Village Hall

Gwennap Church Hall

Bissoe Bike Centre

Warrior Garden Centre,  
Trevisky





# DID YOU MISS THE FETE THIS YEAR?

**For generations there have been events held in Frogpool for the benefit of the Parish residents.** Sunday School Tea Treats with a parade of banners led by a band marching through the village. The "One & All" with Gymkhana providing tea, sports and evening entertainment for old and young alike. They also held a Christmas party at Trevince House.

So when these ceased to be, a group of local people decided 16 years ago that it would be a good idea to hold a Parish Fete. It started down at the School but soon outgrew the space available. So it was decided we would hold it in the playing field.

Over the years the Fete Committee have provided free amusements for the children; There have been various competitions, a wide range of stalls and amusements, refreshments served in the Parish Rooms café latterly by the WI or at the BBQ and Bar by the Cornish Arms.

We have had a display of vintage cars and tractors, Steam engines and miniature engine rides. There have been Silver Bands, vocal groups and filling in our own Viv Robertson & Ian Ford. The children of Cusgarne School have entertained us and enthusiastically joined in the Tug of War last year.

We seem to have been lucky with the weather and there has been a great "Community Spirit", with everyone enjoying themselves.

And so it was with great regret that we were unable to hold the Fete in 2026. The Fete has always been the highlight of the Community Calendar bringing people together to enjoy the day. Unfortunately it cannot be delivered by a handful of people, without fresh volunteers stepping forward to help on the day.

We need people to help erect gazebos and set up parking at the beginning of the day. Then when the fun is over we need help to take everything down and store away and generally clean up. It doesn't have to be a long commitment if we can get enough people involved.

The committee are hoping to meet in late September to confirm whether we can go ahead in 2027 and will commence organizing the day.

**It is therefore essential to hear from people willing to help by mid September. Waiting until next year is too late. Please contact Helen (Chairperson) on 01872 870860 or 07718792908 or Mary on 01872 863143.**

**Let's work together to keep this valued community event going**

*-H.R & M.R*





## Sweet Body Therapy - Bowen Technique Clinic

### Are you living with pain ?

The Bowen Technique is a gentle, hands-on therapy that uses precise movements on muscles and connective tissue to stimulate the body's natural healing processes, reducing pain and tension. Bowen Therapy is used worldwide for a variety of conditions, including:

- Muscle or skeletal pain (back, neck, joints)
- Sports injuries and posture issues
- Stress, tension, and fatigue
- Mobility and flexibility issues
- Recovery from trauma or surgery
- Pregnancy issues and colic in babies

Book online  
or call

#### How does it work?

Bowen Therapy uses gentle, small rolling movements on muscles, tendons, ligaments, and fascia (the body's connective tissue). The treatment follows three simple steps: the therapist gently manipulates the skin, applies light pressure, and then rolls their thumb or finger over the muscle or tendon. Treatments are performed over lightweight clothing. During each treatment there are a number of 2 to 4 minute breaks that pause the treatment to give the body time to respond.

These movements may stimulate nerves in the fascia, which send messages to the brain, nervous and body systems. This can help the body relax, reduce pain and tension and improve how the body moves. Bowen Technique Therapy may also help switch the body from a stressed state to a more calm and restful state, helping with anxiety, stress and neurological issues.

If you have tried other clinical practices or therapies and are still in pain, contact me for a Free Assessment and your 1<sup>st</sup> Treatment for ½ price.

**Opening August 2026**

**My Clinic is located in Crofthandy. Redruth. TR16 5JQ**

**Free Assessment & 1<sup>st</sup> Treatment ½ Price**

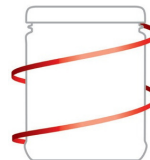
**Contact Laura Sweet - Qualified Bowen Practitioner**

**[www.sweetbodytherapy.co.uk](http://www.sweetbodytherapy.co.uk)**

**Call : 07534 661 020**







# FISH AND MUSHROOM PUFF PASTRY PIE

*With Sue Hubble*

**This is a perfect summer dish that has the added advantage of being another great meal for children who are fussy about eating fish. It is very much like a kedgeree wrapped in a puff pastry case. It is up to you which curry powder mix you use depending on how spicy you like your food. Also, you can vary the filling by adding some cooked chicken, prawns, salmon or mussels. It is definitely a firm favourite in our house. If you're vegetarian you could omit the fish and increase the amount and variety of mushrooms.**

2ltr/3½pt ovenproof pudding basin  
Pastry brush  
Oven temp: 375°F/190°C/180°C fan/Gas 5

200g/7oz rice  
75g/3oz butter  
2 onions, finely sliced  
2 heaped tsp curry powder  
100g/4oz mushrooms, sliced  
225g/8oz smoked fish  
Black pepper and salt  
225g/8oz ready-made puff pastry  
A little melted butter

Cook the rice until just soft. Drain in a sieve and put on one side.

Gently poach the smoked fish in a little milk until just cooked. Break it up into small chunks or flakes.

Melt the butter in a frying pan, add the onion, coating it in the butter, then sprinkle over the curry powder. Cook gently until the onion is transparent but not browned. Add the mushrooms and cook until they are soft, adding a little more butter if you feel it's necessary. Add the fish and leave to cool.



Generously butter the pudding basin.

Roll out the pastry very thinly so that it is large enough to line the basin and fold over the top. Don't worry about the little folds around the sides that you will get – try to even them out.

Stir the rice into the fish and mushroom mixture and season with the black pepper and a little salt. Be careful not to add too much salt as the smoked fish will make the mix salty.

Pack the mixture into the lined pudding basin pushing well down. Fold the pastry over the top, brushing with the melted butter where the pastry overlaps. Brush the melted butter over the whole top once the rice mixture is completely covered.

Place in the pre-heated oven and bake for 45 minutes. Turn it out carefully onto an ovenproof serving plate and return to the oven for 10-15 minutes until the dome is golden brown all over.

Serve with broccoli, peas or a salad.





# CUSGARNE MANOR

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**Taste**  
of the  
**West**  
South West England

**GOLD**  
2025





# HICKS MILL CHAPEL



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

Further information can be found on our website  
[www.hicksmillchapel.org](http://www.hicksmillchapel.org)

**Chapel Anniversary  
10.30am 16th August**

**Harvest Festival  
10.30am 13th September**



## HICKS MILL COTTAGES

The Old Mill, Bissoe (below Hicks Mill Church) 2 Beautiful Holiday Cottages at affordable prices

**from £495 per week**  
**Short Breaks from £89 per night**

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**KEEP THIS ADVERTISEMENT — WORTH £25 OFF YOUR FIRST BOOKING!**

Tel: 01872 865480  
(by appointment only. Contractors or longer stays by negotiation.)

# CUSGARNE & FROGPOL WOMEN'S INSTITUTE

In my last piece for the newsletter, I opened by commenting that the weather was brightening up. Well, I think everyone will agree that the weather has indeed "brightened up" as we are in the midst of our third heatwave. Reflecting back to the long hot summer of 1976 (for those of us who can remember), who can forget all those ladybirds and the Water Companies encouraging us to bathe with a friend?

The WI year starts in April and to kick us off a local resident Sue Cherrington was our guest speaker. Sue spends her time helping to relieve the suffering of animals with her Reiki skills and has spent many years training to be a Reiki Master having lots of examples of the animals she has helped in this way. Sue works alongside the staff and vets at the Donkey Sanctuary at Mabe which is a really fascinating visitor attraction where you can get up close to the donkeys, learn about their history and enjoy the café while you are there.

Our annual meeting was held in May and the existing Officers kept their posts whilst welcoming Anne in her role as Vice Treasurer. All our members brought along a photo of them as a baby or youngster and we had fun guessing who was who.

We learned about the work of Age UK in June. Their representative was Tim Guy who has worked for the charity for many years. A wide range of services is provided including help in



Sandy, Rita and Gerry at the Royal Cornwall Hospitals charity fundraiser coffee morning.

the home after a stay in hospital, gardening/handyman work, transport and a range of social activities. The charity has worked with volunteers recently to develop a sensory garden in Falmouth.

Tim was joined by Sue Hooper who works in several local GP surgeries as a social prescriber so some of you may recognise her name. A WI member also organised the recent CPR/Defibrillator training which was extremely well attended with some people learning new skills and some refreshing their knowledge. Thank you to all who attended as we are safe in your hands and a big thank you to our Parish Clerk Chris Ring who provided the training and equipment.

Thank you to all who came along to support our recent coffee morning in aid of the Royal Cornwall Hospitals Charity who work tirelessly to raise funds to improve people's hospital visits whether to outpatient's departments or longer stays on the wards in Treliske, Penzance and St Michael's hospitals. Recent purchases have included a specific bed for burns patients, incubators for premature babies and anyone who is unfortunately diagnosed with cancer receives a gift box which contain specific items intended to improve their lives



during treatment. The charity also wishes to improve the patient waiting area in the Mermaid Centre and that will be where the £376 raised by us will benefit. We were lucky with the weather and plenty of people came to sample our renowned WI tea and cakes utilising the picnic benches outside of the Parish Rooms. We can't fault the generosity of our local residents, thank you once again.

Three of our members have dual WI membership which allows us to belong to the newest WI group and the only one that meets in the morning. We are "Early Birds" and we meet at our Federation headquarters in Threemilestone on the first Thursday of every month at 10am. This is a lively bunch of women and we have enjoyed a variety of speakers including Amy Ireland a local author. Many outings are planned which include the use of a member's beach hut and we are looking forward to a talk at the Hidden Help charity which used to have premises in Bissoe but now work out of Scorrier.

Paul Simmons joined us to inform us about our local footpaths; how important they are historically and what we can learn from them about our locality and how it has evolved. Paul is a Parish Councillor at Mabe and is undertaking a PhD which focusses on his love of learning about these paths. As we felt that local residents would enjoy learning more about the paths that lots of us walk our dogs on or are familiar with on a stroll around the village on a summer's evening so we had a one off "open meeting" and we were pleased that so many people attended.

There are several activities planned by our federation which include a visit to Penlee Art Gallery with a walk and a fashion show and swap shop before we meet at the Hall for Cornwall in October and are entertained by the Rock Choir and historian Leslie Smith who will be in costume as Nell Gwyn.

Please look out for notices about what your local WI is up to. We often post on Facebook and local noticeboards and would welcome any ladies who would like a WI taster session.

Do you like learning new things? Would you like to meet up with friends or make new ones? If so, come and join our group, we'd love to see you. We meet on the first Tuesday of the month at 7pm at The Parish Rooms, Richard Jory Playing Field, Pulla Cross, TR4 8SA. The first three meetings are free.

*-Sandy*

## Contact

cusgarneandfrogpool@cornwallwi.org.uk  
or 01872 229163 for more details

## Upcoming meetings

**4th Aug** Strong Women, Smart Futures,  
Climate Resilience - Luci Isaacson

**1st Sep** Harvest Celebration

**5th Oct** Garden Medicine - Nick Bacon

**3rd Nov** New Ways of Giftwrapping - Pam  
Annear

**1st Dec** A Victorian Christmas - Emma Hughes,  
The Lady Timetraveller

**Richards**

**MOTs  
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Diagnostics  
Clutches  
Cambelts  
Brakes  
Exhausts  
Courtesy Cars**

**L J Richards & Sons**

Point Mills Garage, Bissoe, Truro, TR4 8RA

**01872 863 073**

**mail@ljrichards.co.uk**

# REDRUTH TOWN Market

in The Buttermarket  
the Market Strand  
and Market  
Hall

10 til 2pm

1st Saturday in the month

Produce  
Streetfood  
Crafts

Live Music

and so much  
more!



5th Sept

3rd Oct

7th Nov

5th Dec





# UNITED DOWNS ENVIRONMENT GROUP

## ST DAY BLOSSAIL

**Sunday, 26th April; A celebration of 'Our Community Orchard' with United Downs Environment Group.** St Day Blossail was a joyful, vibrant springtime celebration, the weather was just perfect! Musicians played as members of the community of all ages gathered at the landmark St Day Town Clock, ready to dance and sing through the streets of St Day. Participants wore bright spring shades of greens, blues, pinks of floral colours waving colourful ribbons; it was a sight to behold.

We gathered in the orchard to bless the trees, honoured the seasonal cycle of land and gave thanks to Anne Kinnsman for the gift of land. Live music from Tim, Athene and local musicians as we all sang "The St Day Blossail" song. The WAD and Carn Brea Morris performed their dance.

Locals of all ages gathered with their picnic blankets and chairs to enjoy homemade cakes, ice-cream, fresh wood fired pizza and local cider while listening to the 'Suitcase Singers'. Children lined up to be face painted. And, of course, there was the maypole dance; as we danced the colourful ribbons entwined, united as one.

A huge thank you goes out to everyone who attended, performed, volunteered, and brought this day to life. This beautiful celebration is only made possible because of You, your energy and community spirit!

## YOUR GREEN SPACE

The Pound, "your green space", can be found at the cross roads, entrance of Carharrack. You may note, there has been a fabulous crop of



yellow rattle this year, essential for creating and maintaining this meadow.

This semi-parasitic annual wildflower naturally controls dominant grasses; it's certainly doing a grand job here, what a difference! Did you know the pods of the yellow rattle provide a crucial food source for the caterpillars of the 'Grass Rivulet' moth... How many wildflowers can you see? How many different types of insects can you spot? This haven offers a vast number of species all living and interacting within the same environment, this is known as 'an ecological community'.

## ST DAY FEAST

We joined the St Day Feast celebrations, supporting St Day & Carharrack Primary School in their first year of running a Feast event. What an experience, making 100 plant based pasties with the children! It was a joy to be working alongside Elizabeth Triggs, Sheila Harris and Pat Trevethick as they expertly demonstrated how to make traditional Cornish Pasties.

Exhausted but not defeated, this was followed by UDEG running a stall at the School 'Growing Together' Festival. Some of UDEG's green spaces projects were on display: peat free compost and Burnwithian Woodland & St Day Community Orchard. On St Day Feast Day UDEG shared a tent with St Day Parish Council, with nature based displays and showcasing UDEG's work alongside the annual UDEG Quiz.





# NATURES RARE TREASURES



The Natures Rare Treasures event, hosted by the **United Downs Environment Group**, on the 28th of June at United Downs Raceway was a runaway success. The event was all about exploring the wealth of flora and fauna around the raceway site. After a morning of expert presentations at Crofthandy Village Hall, followed by lunch from Food Troops CIC and afternoon guided tours of the raceway site's unique ecosystem, the 26 participants finished the day happy and informed, with many praising the event and asking for more.

The presentations and site visits were delivered by Dr Colin French, the West Cornwall Recorder for the Botanical Society of Britain and Ireland; Dr Marcus Rhodes, Chair of Cornwall Butterfly Conservation; and Matt Stribley, Regional Recorder for Cornwall with the British Bryological Society, joined by Tylan Berry expert

## Kingsley Tresidder

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**01872 863607**



on spiders (Araneae) and Dr Sally Lucas plant recorder. They explored different aspects of United Down's biology, highlighting the significance and rarity of some of the species to be found there.

The sunny afternoon provided optimal conditions for our parallel event, 'Children on Wheels', which gave 47 pedal-powered young people free rein to go wild on the racetrack. The youngsters also got to check out some of the legendary banger racing cars on display around the track. Given all the beaming smiles and positive feedback from the racers, 'Children on Wheels' has forged many happy memories and, at the same time, planted seeds of interest in the preservation of United Downs.

We'd like to thank you all so much for attending and supporting the event and for making it such a huge success. A big thank you to Colin, Marcus, Matt, Sally and Tylan. Thank you to Crispen, manager of the raceway for working in partnership with UDEG members.

*-Rebecca  
& Karen*

# QUIZ ANSWERS FROM THE SPRING NEWSLETTER

## CRYPTIC CORNISH PLACE NAMES

1. Parish minutes taker is in the drink (12) = Clerkenwater
2. Cook feeling depressed (9) = Bakesdown
3. The manager's fortress (9) = Boscastle
4. Humps across the water (9) = Camelford
5. Solomon's father is a secret passenger (9) = Davidstow
6. He left gravity (4,5) = Port Issac
7. Jury foremen (11) = Twelveheads
8. Angry thoroughbred (9,5) = Godolphin Cross
9. Start of autumn's entrance (8) = Falmouth
10. Not cowboys in drag! (6,6) = Indian Queens
11. The Spanish metal label (8) = Tintagel

## SUDOKU

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5 3 4 | 6 7 8 | 9 1 2
6 7 2 | 1 9 5 | 3 4 8
1 9 8 | 3 4 2 | 5 6 7
-----+-----
8 5 9 | 7 6 1 | 4 2 3
4 2 6 | 8 5 3 | 7 9 1
7 1 3 | 9 2 4 | 8 5 6
-----+-----
9 6 1 | 5 3 7 | 2 8 4
2 8 7 | 4 1 9 | 6 3 5
3 4 5 | 2 8 6 | 1 7 9
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## GUESS THE RETRO SWEETS

1. Flying Saucer, 2. Cola Bottles, 3. Pink & White Mice, 4. Snowies, 5. Jelly Babies, 6. Mini Foam Banana, 7. Jelly Beans, 8. Fruit Salat Softie, 9. Dolly Mixture, 10. Foam Shrimps, 11. Chocolate Jazzies, 12. Liquorice Allsorts



## FROGPPOOL METHODIST CHURCH

**Sunday Morning Services 10.45 a.m.**

See the Noticeboards for further details as we also join Church services at Mills Hall, Carharrack.

**Regular coffee mornings** each month, enjoy a cup of coffee or tea, cake and a chat. Bring & Buy stall. Also, a monthly **Beetle**

**Drive with Cream Tea.** See 'dates for your diary' on page 2 of this newsletter for details.

**Women on Wednesday's Craft Group** (£1) 2.30 p.m. on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month, starting September.

**Harvest Festival;** service 20<sup>th</sup> September 10:45am Preacher Mrs. Christine Roberts, St Agnes. Harvest supper and sale of perishable goods, 21<sup>st</sup> September 6pm.

**Remembrance;** Concert 8<sup>th</sup> November 3:30pm with Nankersey Male Choir & Cusgarne School. 11<sup>th</sup> November, Act of remembrance in the courtyard 10:45am, weather permitting.

**Christmas Carols preliminary dates;** 6<sup>th</sup> December 3:30pm at the church, 7<sup>th</sup> December 6pm at The Cornish Arms. A collection at both events will be for a children's charity.

**Frogpool Methodist Minister Rev. Paul Harold. Tel: 01209 820077 or email: paul.harold@methodist.org.uk. General Enquiries to 01872 863143.**



# United Downs Environment Group

## Meetings and Events Calendar

### August - December 2026



### Events

**Saturday 8th August**

Community Market 1-3pm  
Mills Hall, Carharrack

**Wednesday 2nd Sept**

UDEG bimonthly meeting  
6-7.30pm Marquee - Star Inn, Vogue, St Day

**Saturday 12th September**

Community Market 1-3pm  
Mills Hall, Carharrack

**Saturday 10th October**

Community Market 1-3pm  
Mills Hall, Carharrack

**Wednesday 4th November**

UDEG bimonthly meeting 6-7.30pm  
Richard Jory Playing Fields, Pulla Cross

**Saturday 14th November**

Community Market 1-3pm Mills Hall, Carharrack

**Sunday 29th November**

Made in St Day Xmas Fayre, 12-4pm, Star Inn,  
Vogue, St Day

**Friday 4th December**

Preloved children's xmas presents, 1.30-2.30pm  
St Day & Carharrack Primary School

**Saturday 12th December**

Community Market 1-3pm  
Mills Hall, Carharrack

### Everyone welcome to all meetings and events

Want to know more details?

email: [uniteddeg@gmail.com](mailto: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 5NP

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.**

**Thank you**

United Downs Environment Group (est 2019). The aim of the group is 'to network widely, take action and enable local people, organisations, businesses and groups to make changes which will impact positively on our environment.' This is a community group for everyone. Please come along to any of the events, meetings and or activities and have your say.

**We look forward to seeing you, hearing from you and reading your messages. Thank you**  
**United Downs Environment Group email: [uniteddeg@gmail.com](mailto:uniteddeg@gmail.com)**



# MORLEY PENROSE FUNERAL DIRECTORS

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ST AGNES  
TR5 0PQ

TEL:  
01872 552587  
07528869175



## KEEPING GWENNAP TIDY

**A big thank you to everyone who took part in the recent community litter pick around Crofthandy and Wheal Maid, organised by Councillor Jemma Moses.**

Thanks to the fantastic efforts of all the volunteers, a significant amount of litter was collected, helping to keep our parish looking its best and protecting our local environment. The Parish Council greatly appreciates everyone who gave up their time to support this worthwhile community effort. Your hard work has made a real difference.

## CALLING LOCAL HISTORIANS



**As we look to breathe some new life into our parish newsletter, we would love to include some stories about local history. If you've been researching the history of the parish, we'd love to hear from you.**

Maybe you've been working on a genealogy project, or you've looked into the history of your home. Or, perhaps you've got a special interest in the natural or agricultural history of the area. Have you been hunched over old maps at Kresen Kernow or scouring the census records for clues?

If so, we'd love to speak to you about sharing what you have learned. **Please get in touch by email to [clerk@gwennap-pc.gov.uk](mailto:clerk@gwennap-pc.gov.uk)**



## CHARTERED PHYSIOTHERAPY

Back & Neck Pain – Muscle & Joint Injuries  
Post-Surgery Recovery – Sciatica & Nerve Pain  
Acupuncture – Occupational Health

Unit 3, The U, Barras Moor  
Perranarworthal, Truro, TR3 7PE

**FREE PARKING**

[www.penningtonhealth.co.uk](http://www.penningtonhealth.co.uk)  
Tel. 07960 041637  
[mike@penningtonhealth.co.uk](mailto:mike@penningtonhealth.co.uk)





# COMMUNITY MARKET

MILLS HALL, CARHARRACK  
TR16 5QW  
1-3PM

JULY 11<sup>TH</sup>, AUG 8<sup>TH</sup>, SEPT 12<sup>TH</sup>,  
OCT 10<sup>TH</sup> NOV 14<sup>TH</sup>, DEC 12<sup>TH</sup>

Bettina's  
Textile  
repairs &  
Renewals

Local plants,  
jams and  
chutneys

Next  
compost  
refill -  
March 2027

home made  
soup & bread,  
refreshments



Incredible  
Bulk  
zero waste  
refill

Naked  
Paper  
toilet rolls

Locally  
grown fruit  
and veg  
produce

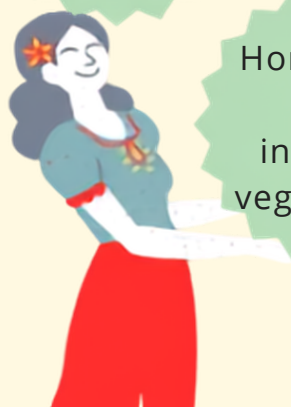


Peber's  
Artisan  
Sourdough  
bread

Homemade  
cakes  
including  
vegan cakes

Cusgarne  
Organic  
Farm  
Produce

Contact email [uniteddeg@gmail.com](mailto:uniteddeg@gmail.com)  
Facebook United Downs Environment Group







# OUTDOOR LEARNING AT CUSGARNE SCHOOL



Especially in a rural village, outdoor learning is incredibly important. Spending time outdoors helps children to develop confidence, teamwork, communication and

**problem-solving skills, while also supporting their wellbeing and connection with the natural environment.**

We are creating a new outdoor learning area and are currently raising funds to allow us to complete the project. Our plans include a covered outdoor space, sensory activities and equipment, and specialist training for a member of staff to enable them to deliver high-quality outdoor learning experiences for all children. We will run weekly sessions linked to our school values.

As part of our fundraising, we recently held a successful summer fair and have also collectively run 100km as a school.

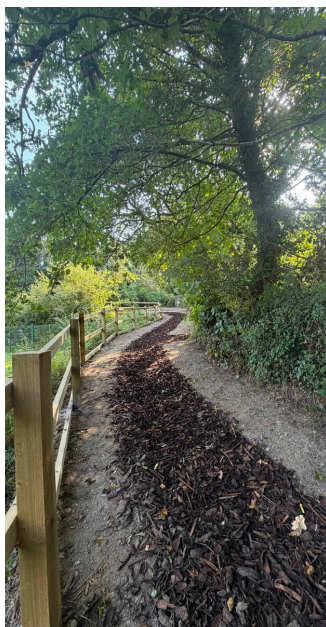
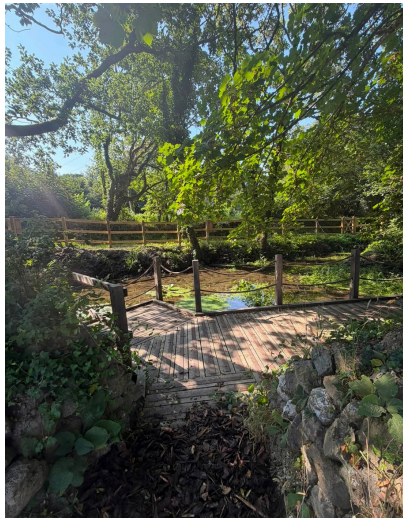
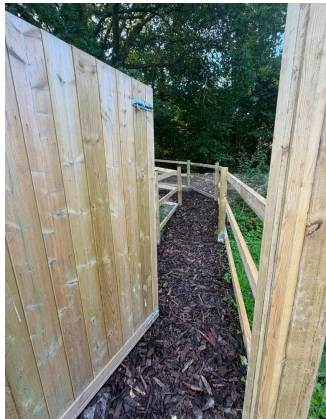
**If you would like to help us reach our fundraising target, you can support us at:**  
**<https://gofund.me/70adb328f>**

We have had a very busy few months at school and are delighted to be making more community links, including our weekly visits to Cusgarne Organic Farm. We'd love to develop even more connections within the local community and welcome visitors, experiences or other opportunities to work together, so please do get in touch if you have any suggestions.

We have also recently been visited by Ofsted. We are very pleased with how the inspection went and look forward to sharing the outcome with the community once the report is published.

Email [hello@cusgarne.org](mailto:hello@cusgarne.org) to get in touch!

*-Lily, Head of school*





# MAKE DO AND MEND



Over the summer a small group of neighbours gathered together to share and learn the dark arts of clothes mending. From patching jeans, to darning jumpers, and repairing armpit holes with sashiko - a traditional Japanese mending method.

Mending clothes is a useful sustainable living skill, and coming together to repair things is a great way to get to know your neighbours. Have you got repairing skills you could share with those living near you? Why not host your own mini repair-day!

Before the pandemic, we had our very own repair-cafe, held at the Parish Rooms. Residents could bring along their broken belongings and a small group of volunteers, with a range of mending knowledge, were on hand to help teach the skills to repair them.

If anyone is interested in helping to revive our local repair cafe, either as an organiser or simply to commit to sharing your repairing skills on a regular basis, please get in touch with the Parish Clerk.

**In the mean time, if you'd like to know more about mending your much-loved clothes, there is a Repair Cafe that runs 10 - 11:30am on the last Tuesday of every month (except December) in Carnon Downs at The Hub, Carnon Community Methodist Church Hall.**

# SUCCESS FOR FROGPOL FC

**Following a 5th place finish in Division Two West Frogpool FC has been promoted to Division One West for the 26/27 season.**

Managers Alexander Leah and Jack Spencer Sexton will be entering their 4th season together at the club, and lead a great core of welcoming lads.

## SEASON RESULTS

Frogpool 3 - 2 Pendeen Reserves

Frogpool 4 - 0 St Agnes 2nds

Frogpool 5 - 2 Mawnan 2nds

Perranwell 1 - 6 Frogpool

St Ives Mariners 0 - 6 Frogpool

Frogpool 1 - 2 Goonhavern

Falmouth DC 1 - 2 Frogpool

Frogpool 2 - 0 St Buryan

Frogpool 1 - 1 Pendeen Reserves



## People's Emergency Briefing

**On the Climate & Nature Crisis**

**Gwennap & St Day**

**Tuesday, 18th August**

**St Day 6.30 for 7pm, Enterprise  
Centre, Vogue Hill, St Day TR16 5NQ**

**Wednesday 19th, August**

**Gwennap 6.30 for 7pm Gwennap Parish Room,  
Richard Jory, Pulla Cross TR4 8SA**



**Film screening and discussion  
with your local community and councillors**

**enquiries: [Uniteddeg@gmail.com](mailto:Uniteddeg@gmail.com)**

**[www.nebriefing.org](http://www.nebriefing.org)**

**United Downs Environment Group  
in Collaboration with  
Carharrack, Gwennap & St Day Parish Councils**





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One Buttermarket  
experience.**



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**SIX KITCHENS**

**TR15 2PP | BUTTERMARKE**

# ONCE A PATH, ALWAYS A PATH.



There is a noticeably more dense network of rights of way paths in the northern half of our parish, from Frogpool across up to Crofthandy, and it was at the most recent open Women's Institute talk that the historic reasons for this became clear.

Over 30 people attended the talk at the Parish Rooms, given by Paul Simmonds – councillor, footpath protector and forest bathing guide – on The Humble Footpaths of Cornwall. Using the definitive mapping tool on the Cornwall Council website he showed how the density of mining activity, of engine houses and shafts, directly correlates to the presence of our footpath network. The footpaths would have connected collections of dwellings with the mines or with other places important to the people who lived here before us; churches, waterways and more. When we walk along our parish foot paths, we are following the footsteps of men, women and children who knew our land in ways we never will – from below.

Paul, who is a Mabe Parish Councillor, is currently undertaking a PhD with a focus on footpaths, working across 10 of our nearby parishes looking at the importance of rights of way, and of walking, to support the transition to a low-carbon economy. He gave a rallying cry when it comes to our footpaths, and our protected legal rights to traverse the countryside around us; 'use them or lose them'.

Our footpaths – if unused – are under threat. Landowners might remove signs, or block pathways completely. But these pathways are often ancient, and part of a network that the people who live here have shared between them since time immemorial. In fact, Paul argues, we should have more rights of way. The old tithe maps, for example, show historic pathways that transected the land around us which have been lost to time. But if they were opened again, could they help us re-connect to the land

around us and find new ways to move through the place we call home? After all, in the words of actor Steve Wright; *"everywhere is within walking distance, if you have the time."*

Spending time walking in nature is so important for our wellbeing. Paul spoke about how so many of the great artists and philosophers through history have walked their way to refining their ideas. And, that it's no coincidence; modern science repeatedly backs up the positive impacts nature has on our brains.

The Women's Institute hosts regular fascinating talks and prospective members can join 3 meetings for free.

**Are you concerned about a footpath in the parish? Is it overgrown and hard to use? Have signs been removed or paths blocked? If so, you can report this to the Parish Clerk. Contact details inside the front cover.**



## MINDFULNESS & FITNESS

### Life Active Over 60's Fitness

Monday – 9.45 – 10.45am

Monday – 11 – 12pm

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

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

## CLASSES

**£7 drop in or £60 for any 10 classes**

**FIRST CLASS FREE**

**PERSONAL TRAINING +  
MINDFULNESS 1-1 SESSIONS**

**1hr – £33**

**or £165 for 6 x 1hr sessions**



**[mindfulnessfitness.co.uk](http://mindfulnessfitness.co.uk)**

**email: [mindfulnessfitness@posteo.net](mailto:mindfulnessfitness@posteo.net)**

**Contact Jon**

**07889016264**



# COULD YOU HELP IMPROVE ROAD SAFETY IN OUR PARISH?



The Parish Council has received a number of requests from residents asking for action to address speeding and other road safety concerns in different parts of the parish. Our Vehicle Activated Speed

Signs (VASS) are rotated between approved locations, as this has been shown to be the most effective approach. We are also seeking grant funding for additional sign posts to provide greater flexibility.

**One way the community can make a real difference is by forming a new Community Speedwatch group.** We had a successful group in the past, but unfortunately it came to an end due to a lack of volunteers.

Community Speedwatch is a volunteer-led initiative that works with Devon & Cornwall Police to monitor vehicle speeds and help encourage safer driving. It also provides valuable information that can support wider road safety measures.

Before taking this forward, we'd like to know whether there is enough local interest. **If you would be willing to volunteer or would simply like to find out more, please contact the Parish Clerk at [clerk@gwennap-pc.gov.uk](mailto:clerk@gwennap-pc.gov.uk).**

If there is sufficient interest, we will arrange a public meeting where residents can learn more about the scheme, ask questions and discuss how a new Community Speedwatch group could be established.

**Working together, we can help make our roads safer for everyone.**



## HIRING THE PARISH ROOMS

The hall is available for hire by any member of the public and costs only £15 an hour (minimum booking 2 hours). The space is perfect for holding meetings, classes and other events.

The space has a projector, chairs and tables, WC facilities, wi-fi, outdoor picnic benches and a kitchenette.

**You can find out more and book online via the parish website or contact the Parish Clerk on [clerk@gwennap-pc.gov.uk](mailto:clerk@gwennap-pc.gov.uk) or 07762 699783. Alternatively, you can contact Ann, the Hall Caretaker, on 07808 393874.**

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## EMERGENCY INFORMATION

**South West Water (large water leaks, sewage reports etc) 0344 346 2020**

**National Grid (power outages) 0800 6783 105**

**Council Highways (flooding, highways emergencies, fallen trees etc) 0300 1234 222**

**Cornwall Fire and Rescue non-emergency safety advice 0800 3581 999**

**Emergency Police, Ambulance, Fire 999 or 112  
Non emergency police 101  
Non urgent ambulance 111**

**BBC Radio Cornwall 95.2 / 96.0 / 103.9 fm**



# L. J. TREGUNNA *FUNERAL DIRECTORS*

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