

# PERRAN NEWS

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FEBRUARY 2021 VOL 36 NO 1 ISSUE 351



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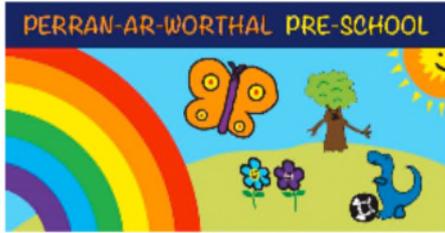
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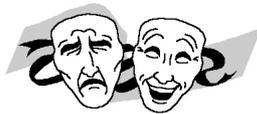
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## EDITORIAL

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Happier New Year to all readers, advertisers and Perran News Team members. In a third brutal lockdown, with hospital admissions critical, this is not what we were hoping for when I wrote the last editorial during the November lockdown. Ignoring the advice of the medical experts, our “crowd-pleasing” government, under pressure from their right-wing ERG colleagues, encouraged Christmas shopping for two weeks, and allowed multi-household Christmas weekend get-togethers. The whirlwind is reaped, and many families are now paying the ultimate price as the hospitals become massive ICU’s, and mortuaries overflow. It need not have been this bad.

The good news is the vaccination program is well under way. Nearly 5 million jabs have been given and many of our senior readers will have been done. There are no reports of serious reactions to the jab, and it is certain there is no pork, beef, mercury or microchips in any of the vaccines. Please get yours when your appointment is sent. I am told it is a great feeling to know you have been protected. I wait impatiently for mine. Thank you to everyone who is taking part in the vaccination program.

What is also important is that one jab is not enough. In twelve weeks and beyond things should be very much better. Those who have survived unscathed may well feel one shot is sufficient. It is not. It is crucial to have your booster dose when the time comes. Nobody minds having their regular tetanus boosters or a set of holiday jabs. Covid is much more dangerous. It is far easier to catch.

The cover photo is another of Steve Hartgroves collection. An interesting article in this issue accompanies this view with some old maps. A few readers have sent cheering photos which are floating in mid-air. Thank you all.

Walking round the parish there are heart-warming signs of spring. Daffodils and snowdrops appearing daily in the verges and camelias have been out since before Christmas. The natural world is a source of so much pleasure in the pandemic.

It is the advertisers who pay for your free copy of the magazine every month so please support them

particularly during the crisis. It is very gratifying that **Perran News** is perceived as such an effective local directory for the village. Readers if you use an advertiser in **Perran News** please could you mention you saw the advert in our pages to give them encouragement to continue supporting your free village newspaper.

Yselkla Hall is advertising coordinator, as well as treasurer. Please direct advertising stuff to her email: [perrannewsads@gmail.com](mailto:perrannewsads@gmail.com) Tel: 07933571681.

**Perran News** is provided free to readers thanks to the generous support of our advertisers and involves a large number of willing unpaid volunteers to distribute it. As mentioned before if you would like to be part of **Perran News** new help is always welcome.

If you have an event you want to advertise which is scheduled for the first ten days of the month can I suggest you plan ahead and publicise it in the preceding month’s issue so people will have reasonable notice and there is no likelihood of the event taking place before some readers receive their magazine. **THE COPY DATE FOR MATERIAL INCLUDING ADVERTS IS 12TH OF THE MONTH PRECEDING PUBLICATION PLEASE.**

Thank you to all contributors to **Perran News**. It is an enormous help if you type an item for the magazine on a computer word processor. You can send it in electronic form as a .txt or .doc file, on a disk or ideally as an email attachment. If you have an Apple computer, please could you send files as .doc or rtf as Pages files are incompatible with my windows computer. Please could you also give your pictures a brief descriptive title so that I don’t have half a dozen perrannewsnov.doc files to sort out. Thanks.

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**Mark Gripper**

## PARISH COUNCIL REPORT

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The Parish Council has still been unable to physically meet because of the Covid19 pandemic. Virtual meetings have been held for both the main council meeting and also planning. There is no indication at present when normal meetings might resume. The local council elections in May 2021 are still due to be held. However this might change if the Corona Virus numbers continue to rise. There is also a census being held this year and everyone will receive forms to complete giving the details of everyone at an address on a certain date.



The Council has now halted the funding of the food swop, concerns having been raised about the risk from handling the produce and also because certain individuals have selfishly been taking the majority of the food on offer, without giving any in return. However now that there has been another lockdown, the buddy scheme will continue. If you are in need of any assistance, whether for collecting prescriptions/shopping or just need a chat, please contact the Parish Clerk on 01872 873878/ 07762 028332 or [perranpc@btinternet.com](mailto:perranpc@btinternet.com) and she will be pleased to find someone to help.

The Playing Field remains open for exercise, please remember to maintain social distancing if you are using the field. There are no sanitisers on site, so everyone needs to bring their own and use it regularly.

There was no council meeting in December, the next meeting of the Parish Council will be at the end of January and will be a virtual meeting. The Council has held regular planning meetings virtually, anyone wishing to attend future meetings should contact the Clerk for the joining details.

If there are any matters that you would like raised, please either contact the Clerk or any Parish Councillor.

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### Chairman

Councillor M Pryor  
Homefield, Perranwell Station  
01872 865187

### Vice Chairman

Councillor D Ward  
Gwyn Yol, Chyvogue Meadow,  
Perranwell Station  
07919594828

Councillor J Burn  
3 Tarrandean Bungalows,  
Tarrandean Lane, Perranwell Station  
01872 870355

Councillor J Davey  
7 Westmoor Crescent  
Perranwell Station  
01872 862731

Councillor P Fox  
20 West Park  
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Perranvale, Stickenbridge  
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90 Wilkinson Gardens  
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1 Westmoor Crescent  
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Cornwall Councillor P Williams  
[peterwilliams@cornwallcouncillors.org.uk](mailto:peterwilliams@cornwallcouncillors.org.uk)

Parish Clerk  
Mrs A Pentecost  
4 Mellingey Valley  
Perranwell Station  
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01872 863878 / 07762 028332  
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## PERRANWELL STATION - WEATHER REPORT FOR NOVEMBER 2020

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Average daily maximum temperature:	12.8C
Maximum temperature for the month:	15.5C on the 1st
Average daily minimum temperature:	7.9C
Minimum temperature for the month:	0.9C on 27th
Rainfall:	3.82 inches
Sunshine:	63 hours
Predominant Wind direction:	South and South West



### A Typical November

There was nothing particularly out of the ordinary in November. Temperatures were slightly above normal, and although there were 21 “rain days”, with the period 7th to the 17th quite wet, total rain was slightly below average.

There were a few sunny days at the start of the month, with overall sunshine hours near normal for the month.

## WEATHER REPORT FOR DECEMBER 2020

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Average daily maximum temperature:	10.1C
Maximum temperature for the month:	13.5C on 17th and 18th
Average daily minimum temperature:	5.7C
Minimum temperature for the month:	-0.3C on 25th
Rainfall:	10.40 inches
Sunshine:	50 hours
Predominant Wind direction:	North, North West, South West and South

### Very Wet

Rainfall of 10.40 inches was the highest monthly total that I have recorded, narrowly beating November 2018 and November 2019. It was a wet month throughout, with 29 “rain days” (at least 0.04 inches of rain).

Temperatures were near normal, although it turned colder in the last week.

## THE 2020 YEAR

### **NATIONAL PICTURE**

2020 was the 3rd warmest in the series from 1884 (2006 and 2014 were warmer), the 6th wettest in the series from 1862, and the 8th sunniest in the series from 1919. One year being in the top ten for all three data sets is unusual!

The UK average temperature was 0.8C above the long-term average, and July was the only month cooler than normal.

31st July was the 3rd warmest day on record in the UK.

The stand out weather feature for the year was the record sunny spring (March, April and May) - only three summers have been sunnier than this spring was.

## LOCAL PICTURE

Reflecting the national picture, Perranwell Station experienced a dry and very sunny spring. The 300 hours of sunshine recorded in May helped to boost the annual sunshine hours to 1626, above average for the year. Despite this, and although July was mainly sunny and dry, June and August were on the dull side, resulting in our summer sunshine being only 75% to 85% of average.

Temperatures overall were similar to recent years, the average daily maximum being 14.9C. The maximum temperature for the year was 25.0C on 2nd, 24th and 25th of June, and the lowest temperature -2.6C on 20 January.

As usual, the prevailing wind was from the Westerly quarter.

It was another wet year, with February and December particularly wet. The annual total of 56.48 inches was only slightly below 2019's 57.73 inches, and well above the annual average of around 43 inches. This was despite April, May, July and September being dry. Here again is my favourite stat of 2020: Storm Alex resulting in 3rd October being the wettest day on record across the UK, with enough rain falling across the whole country to more than fill Loch Ness.

*Mike Hands*      [mdh51@btinternet.com](mailto:mdh51@btinternet.com)

## SPECIAL THANKS

I would like to express my grateful thanks to Phillip and Scott Kneebone for their generous donation of fresh vegetable to St Julia's Hospice in Hayle, supplying them with enough for the whole of Christmas and into the New Year. The hospice receives only a tiny amount of government funding as one of two run by Cornish charity Cornwall Hospice Care, so therefore relies heavily on voluntary help and donations for the amazing work they do.

As this continues to be a difficult time with the charity unable to open its shops or run face-to-face fundraising events to raise money, I can't describe how pleased and grateful they were to be given such support from some of our local village family farmers.

*Diane Hirst*

## AIR AMBULANCE TO THE RESCUE

At first I thought the pilot of the Cornwall Air Ambulance was dropping in for breakfast – but thankfully he missed our bungalow, negotiated over and around the new development off Greenwith Hill and landed in the field beside the hill to aid a woman seriously injured by a hit-and-run driver, who was later found further on and arrested on suspicion of drink driving and other offences.

I understand the lady concerned is now back home after a few days in hospital. I wish her a speedy recovery



Photo taken by Pat Ward after a quick dash to the kitchen window to see where the helicopter was going to land – 9.00am Saturday 10<sup>th</sup> December 2020.

**St Piran's Church Perranarworthal,**  
**February 2021.**

Services at St Piran's are currently suspended due to the Pandemic.

We wish everyone well at this difficult time.  
Please look out for future notices when the situation improves.

We look forward to resuming services when we feel it is safe and appropriate to do so.

Churchwardens – Paul Stuart – (01872) 278273  
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**Perran-ar-Worthal Village Hall**

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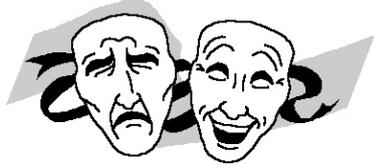
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## CARNON DOWNS DRAMA GROUP? WHAT ARE THEY DOING IN PERRANWELL?

In case that's something you've ever wondered, here's our story.

Carnon Downs Drama Group was founded in 1970, in Carnon Downs, and for the first twenty years of our existence we performed at the village hall there. This was a friendly, intimate venue, but that's another way of saying ... small. The Group aimed high, it attracted members from a wide area and, in order to mount productions of a good standard, we soon found ourselves every time having to build an extension to the stage, a false proscenium arch, a lighting box on stilts and raised staging for audience seats. And, as I well remember, all of that had to be taken down again at the end and fitted away under the stage! But despite every effort, Carnon Downs Village Hall remained a cramped and inconvenient venue for company and audiences alike.



The Group was therefore very pleased when we were invited, by the management committee of Perranwell Village Hall, to make that our principal venue. The stage was deeper and higher, the auditorium was larger, the South Room provided space for dressing and make up, the West Room was a good area for audience refreshments. Our first play in Perranwell was *One for the Pot* in 1989 and our first pantomime *Babes in the Wood* in 1991. Thus for thirty years Perranwell Village Hall (properly Perranarworthal Memorial Hall, now Perranwell Centre) has been our principal venue and we have staged over ninety productions there. Indeed, we are one of the principal users of the hall, many children from the village have taken part in our youth productions and pantomimes, and we support Perranwell activities such as the Big Village events and World War I commemorations. And yet, to this day, we still come across the odd person who says 'Carnon Downs Drama Group? What have they got to do with Perranwell?' Ah, well ... perhaps they don't read the Perran News!

So, why do we still call ourselves Carnon Downs Drama Group, when our connection to Carnon Downs lies deep in the past? In short, because that is what we've always been called, CDDG is our brand, that is the name by which we are well known on the Cornish theatre scene. We have always aimed to achieve high standards: few years have passed without us winning at least one award from the Cornwall Drama Association or NODA (the national equivalent); we have performed at Trelissick Garden and the famous Minack Theatre; some of our members have acted with the Royal Shakespeare Company at the Hall for Cornwall and in Stratford. We have a reputation which draws new members from a wide area and it is our name that attracts them, so we don't want to change it! So, there you are, now you know.

*David Ivall, Chair of CDDG*

### Perran-ar-worthal Pre-school

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interested in booking a space for your child



# QUESTIONS & ANSWERS – PART 1

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Following the publication of the concept design for the new Perranwell Centre, the trustees invited responses from local residents. Two Zoom meetings were held, plus some face-to-face conversations. The full list of questions that were raised, and the answers provided by trustees, have been published on the website: [www.perranwellcentre.org](http://www.perranwellcentre.org)

The principal issue that concerned local residents was parking and, in particular, whether sufficient car parking would be available to serve the new building. Parking is covered in this article; questions and answers on other matters will appear in a subsequent edition of Perran News. If you have further questions about parking that have not been addressed in this article, please get in touch with the trustees either via the contact details on the website or by dropping a note into the postbox by the front door of the village hall.

**Q. Would there be parking on the east side of the new building alongside Westmoor Crescent?**

A. It is expected that a few vehicles will park there, usually those which are first to arrive and which would remain throughout the session, with as little movement in and out as possible. Good screening would be installed.

**Q. How will parking be managed for so many activities?**

A. 37 car parking spaces are currently provided on site and the aim is to have at least as many following the construction of the new building. During a normal week of hall bookings, it has been estimated that a maximum of around 25 to 28 spaces will be occupied, which indicates that there is probably some spare capacity to cater for an increase in day-to-day traffic.

The number of activities taking place in the hall will remain broadly similar to the present, with two exceptions. The first is that when the theatre or auditorium are in use, sports activities will be able to continue, which is not the case now. This means that the marginal increase in attendance will be those extra people using the sports hall, for example, perhaps a badminton group of eight.

The second exception relates to the Ruth Collins lounge, in which Age UK Cornwall will run a day facility for the elderly. Some people will arrive on foot, some will be brought in and dropped off, some may be conveyed by minibus and some may arrive in their own vehicles. Most of this traffic will be during the day, but probably outside times when parents are dropping off or collecting children from school. We believe the increase in car parking associated with the Ruth Collins lounge can be accommodated.

However, the trustees will be taking further immediate steps to improve traffic management which, it is admitted, has been neglected in the past. A new condition of hire will require everybody who makes a booking to accept responsibility for managing the parking of anybody who attends their event. The aim will be to accommodate as many vehicles as possible in the car park. In the past, it has been found that, with careful management, the capacity of the car park can be greatly increased. When the car park is full, vehicles will be directed to any overflow areas that have been identified and on-street parking. At the request of local residents, parking on Chyvogue Lane will be positively discouraged. Where more vehicles are expected than spaces available in the car park, organizers of events will be required to appoint traffic marshals to organize parking.

Negotiations are taking place for a reciprocal parking arrangement with the school. At present, parents are allowed to use the village hall car park to drop off and pick up children. If agreed, the school's car park could be used for overflow parking at weekends. This will add about 20 spaces.

Discussions will also be held with the Playing Field Committee to see whether a designated area could be provided for overflow parking.

**Q. What will happen when there is a football match?**

A. It is known that as many as 70 or more vehicles may be present on football match days. Until now, car parking has been left unsupervised. That has to change. Measures will be introduced to improve traffic management. The responsibility for this lies jointly with the village hall trustees (because the football club uses the clubhouse on the village hall site), the playing field committee (because football matches are played on the playing field) and the football club itself. Each party must recognize - and will be encouraged to accept - its share of the responsibility and take appropriate action. The trustees expect the playing field trustee, that is, the parish council, to accept that current car parking arrangements are insufficient and work with us to improve matters; likewise, the football club. As a community, we all need to work together to seek, and implement, solutions.

**Q. How can parking on Chyvogue Lane be avoided?**

A. Previous answers have indicated how parking on Chyvogue Lane can be discouraged. However, it may be helpful if the residents of Chyvogue Lane could also help to improve traffic management by, say, erecting clear signage asking people to avoid parking there or perhaps by volunteering to assist with traffic marshalling at times of peak traffic.

**Q. Could vehicles be parked in an underground car park or under the building, if it were built on stilts?**

A. Both options were considered but, on the advice of our architects, rejected. Building underground would be prohibitively expensive. Building on stilts would have increased the overall height of the building and been too obtrusive for neighbours.

**Q. Will the architects be able to assess the parking requirements?**

A. Yes. A full assessment will be undertaken towards the end of Stage 3, before a planning application is submitted. A traffic management scheme will be submitted as part of the planning application.

Update on the Perranwell Centre

The trustees of the Perranwell Centre thought it might helpful to provide an update of their view of the coming year in relation to the re-opening of the village hall.

Given the current situation with regard to coronavirus, the village hall trustees have decided to continue the existing arrangement for the duration of the spring term whereby the school has sole use of the village hall during each weekday. That is likely to continue for the summer term, too, as we feel it is very important to help the children with their education throughout an extraordinarily difficult academic year. Even as I'm writing this, there is uncertainty about schools re-opening in January. It must be an extraordinarily difficult time for teaching staff and I'm sure that you will agree with the decision of our trustees to support the school as much as we can.

Regrettably, at the moment, we have no plans to re-open the hall to any other users. I understand how disappointing this will be, but unfortunately it cannot be avoided. As you will know, infection rates have been rising rapidly, even in Cornwall, and the level of tiered restrictions has been increased. All of the indicators are going in the wrong direction, none of the mitigatory measures, such as test and trace and mass testing, seem to be operating satisfactorily, and we are still in the very early stages of the vaccine roll-out, which will take many months to complete. Given all the circumstances, the trustees are reluctant at present to make any commitment to re-open the hall, even during evenings or weekends.

The trustees are as keen as everybody else to see life return to normal. We will keep the situation under review and let our hirers know as soon as possible if the situation changes but, quite honestly, we think it will probably be the middle of the year before we can properly assess whether it is safe to re-open.

Meanwhile, if you haven't already seen them, do please have a look on our website at the plans to redevelop the village hall and let me know if you have any comments.

**Colin Bridges, Chair of trustees, The Perranwell Centre**

## NEWS FROM THE TOLL HOUSE POTTERY PERRANWELL STATION

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*“ You can’t buy happiness but you can buy clay  
and that’s pretty much the same thing “ - anon*



At Toll House Pottery we have clay enough to keep ourselves and our customers happy. Although pandemic restrictions have meant an interruption to our working week, production continues. Like most people we are adapting to a different way of life: we open our Pot Shop every day and show new work on line (click SHOP on the web site). We are working towards this coming year’s solo exhibitions - Hugh’s at the Whitewater Gallery Polzeath, in September, Hugh and Karen’s joint show at the Customs House Gallery Porthleven, in the summer.

January is playtime: we can enjoy creating new shapes and glazes before getting down to making stock for Easter. We have invested in equipment for a brand new range of the tiniest pots we’ve ever made. For scale, our photo shows the conventional wheel head with a mini wheel and tools.

The Pot Shop January Sale will be extended through this month with incredible bargains.

The Pottery Dogs miss each other, of course. although they occasionally meet on their walks around our muddy lanes. They don’t mind the weather and fortunately for them, we don’t either!

HUGH & CHRISTINE WEST, KAREN CARLYON, Toll House Pottery,  
Tarrandean Lane, opposite Perranwell Station [www.hughwest.com](http://www.hughwest.com)

## RUNNING FOR THE ALZHEIMERS SOCIETY - GOOD WORK CHILDREN

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Last autumn, a group of good friends from year six at Perranarworthal School decided that they needed a **challenge as the nights started to draw in. The idea of a running challenge** was initiated by Megan Ashton and a challenge of running 100km during the month of November was set with a goal of raising £100 for the Alzheimer’s Society, a charity sadly close to the hearts of several of the group. The group set off for runs, at an appropriate social distance from each other, straight from school and explored the paths around the village. It was so lovely to see them running together and chatting and enjoying it. It felt like a huge challenge but they were completely dedicated and they did it!!!! Fairly comfortably. And they raised over £1500 which was absolutely amazing. So a huge well done to them all - they are all superstars!! Megan, Mi a, Cara, Dan, Genevieve, Noah, Seren, Thomas and Jonty. And a thank you to everyone who supported and sponsored them and to the parents who did all the washing!! I’m so pleased to say that they continued to go out running until the lockdown stopped them, with a Christmas run squeezed in just in time.



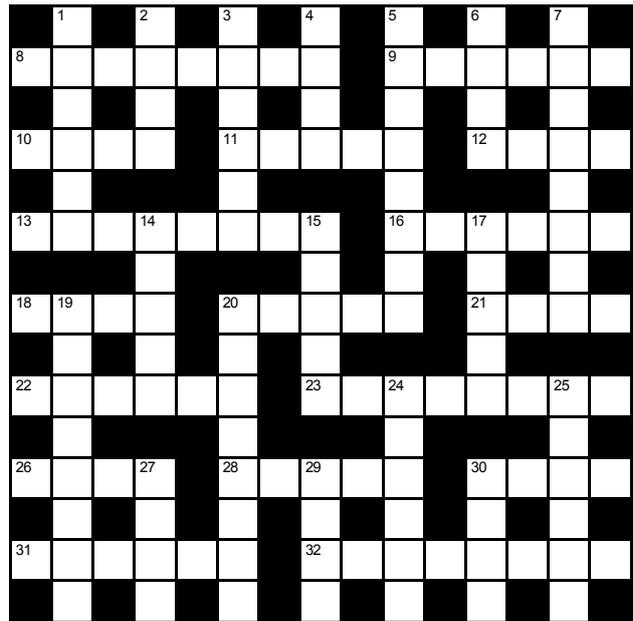
**Susie Matthews**

**Across**

- 8 Maintained outside broadcast before being put into play (8)
- 9 Diamonds after ten could be bait (6)
- 10 Joint for President without front (4)
- 11 Irritated, I steered following river (5)
- 12 Coward perhaps lacking railway (4)
- 13 Spiritual presence held by others (8)
- 16 A loud fabric can be fiery (6)
- 18 Admitted everything in his anger (4)
- 20 Kept back inside bodega cellar (5)
- 21 Historically the war department's rivals for the rockers (4)
- 22 Stick he read about (6)
- 23 Rita once arranged act of God (8)
- 26 Cliff taking love from film award (4)
- 28 On the south coast, starting life in a squalid dwelling (5)
- 30 Gives an extra to boy who is petty criminal (4)
- 31 Offer something delicate (6)
- 32 Sister satisfied apparently in Warwickshire (8)

**Down**

- 1 Take the tube after blood type (6)
- 2 River is quiet but not shallow (4)
- 3 Has a strong dislike of some of the poem (6)
- 4 Agree to marry large hero (4)
- 5 Handled a revision point (8)
- 6 Knock silly heads up (4)
- 7 Expressed fright and made me scared (8)
- 14 Ray possibly in quite a gleeful mood (5)
- 15 Record I collated initially had reasoning (5)
- 17 Restrict busy road with bright surroundings (5)



- 19 Performed about heartless parent I hooked (8)
- 20 Literary cat or revolutionary horse? (8)
- 24 Remove app from delightful place of comedy (6)
- 25 Peculiar child is favourite (4-2)
- 27 Russians have 15 on the table (4)
- 29 Release opening in coat (4)
- 30 Accept flower (4)

# PERRANARWORTHAL CRICKET CLUB

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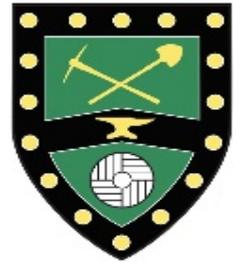
## Chairman's Address:

*As I write this there is little certainty as to what cricket may look like this coming summer, but I am confident there will be a return to cricket at Tredrea this year. As you may know we successfully managed a curtailed senior season last year and junior sessions for a lucky few. Following the club's AGM in January, the wheels are again in motion preparing at this time for a full summer of cricket. As a club we will of course need to be reactive as we have all become accustomed over the past year. We will do our best to keep everyone up to date on how things progress so do keep a look out for more details.*

*The club finds itself in a position with the largest committee in recent memory which stands us in good stead to respond to whatever 2021 has in store for us. One area where the club is in transition is with respect to upkeep of the ground, so we find ourselves on the lookout for volunteer grounds persons, so do get in touch if you would be interested to hear more.*

*Best wishes and stay safe.*

*Tom*



## Annual General Meeting:

Recently we hosted our Annual General Meeting (AGM) in preparation for the 2021 season. In a first in the club's history, the meeting was held remotely due to the current restrictions. We would like to thank all those members who adapted with the times to attend.

For more information on this year's AGM with copies of the minutes and treasurer's report can be found on our website.

## Senior Cricket:

As we enter the new year many of our players usually begin to think about climbing back into the loft or the garage and dusting off those pads ready for another season of cricket, however the preparation for this season is different to those previously.

Due to current restrictions imposed across the country, this winter will not see the return to pre-season nets at the start of February as we have done in the past. Even without the prospect of a return to cricket in the immediate future, all at the club are hopeful of a return to action in April when the Cornwall Cricket League is scheduled to get underway. Fixtures will be released in the very near future and will be shared on our website and social media platforms in due course.

## Junior Cricket:

The new year often brings with it change and this year we are excited to announce some big changes coming to our junior section this summer! We are currently in the process of becoming a host centre for both **All Stars**

## Cricket and Dynamos Cricket for 2021.

As a club this is something, we began to work towards following the end of the season in 2019 however have had to wait patiently to get things under way following the restrictions in place last summer. More details will be rolled out in the coming months.

We are also on the lookout for more volunteers to support us in running these exciting new programmes this year, so if you are keen to work with some incredibly talented children then please contact us as we would love to have you on the team.

## How to get in touch:

**Website:** [perranarworthal.play-cricket.com](http://perranarworthal.play-cricket.com)

**Facebook:** [facebook.com/PAWCricket](https://www.facebook.com/PAWCricket)

**Twitter:** [twitter.com/PAWCricket](https://twitter.com/PAWCricket)

**Secretary:** Dean Fletcher

**E-Mail:** [dhj24fletcher@hotmail.com](mailto:dhj24fletcher@hotmail.com)

**Phone:** 07492 091660

News from The Royal Oak  
February 2021

Well, hello Everybody!

It is January as I'm writing this and I'm hoping by the time this goes to print, we will have some better news to get us through the last dregs of Winter. It looks as though pubs are going to remain closed at least until Spring, which, while understandable, is still pretty sad. Please do get in contact if there is anything you need or if we can help any way. These are tough times for everybody in all sorts of different ways, so do shout out - you know where we are!

Throughout the Lockdown, we are still providing take-away and deliveries on Friday evenings, Saturday evenings and Sunday lunchtimes. We generally update our menu for the following weekend on the Sunday evening/Monday morning and then it is advertised on Facebook and on the notice boards in the village centre.

If anyone fancies cheering themselves up with some of Patrick or Sally's lovely meals, then just email: [theroyalok.perranwellstation@mail.com](mailto:theroyalok.perranwellstation@mail.com) before Wednesday morning or telephone the pub on 01872 863175, also before Wednesday if possible. Leave a message with your telephone number and we will call you back to confirm your order and take payment.

If you read this and know that someone is stuck and doesn't have access to our adverts, please could you pass it on - we can deliver to anyone locally who is isolating or housebound.

If you fancy a treat of some proper real ale, Tim can deliver (no pick-ups please!) on Friday evenings. If you let him know by 3pm on the Friday (Last Orders!!) by texting him on 07794055370. Don't forget that he needs your address and what you want to order.

O

therwise, a huge thank you to you all for your continued support and general loveliness all round.

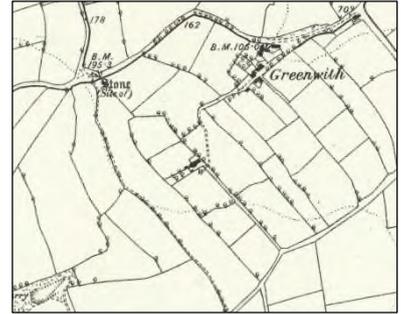
Thinking of you all and very best wishes,  
Tim, Lizzie and all of us at The Royal Oak

## BISSOE VALLEY TO GREENWITH COMMON - PAWAP 50160

(as seen by Steve Hartgroves)

This image is one of my personal favourites from the aerial survey project. It may look like a fairly unremarkable bit of farmland with nothing special going on, but that's certainly not the case. This corner of the parish has a very long story to tell.

The Carnon valley runs along the left side of the image, and the stone piers of Brunel's timber-topped viaduct of the 1860s can just be made out in front of the all-stone replacement built in 1933. It was necessary to excavate through 20 ft of alluvium to find solid ground for these piers – through deep layers of sediments rich in minerals weathered from the lodes outcropping upstream on United Downs. These valley deposits have been worked since the very beginnings of metallurgy in the Early Bronze Age (c2500BC) by a process known as 'streaming'. This involved excavating trenches across the river bed to reach the 'tin ground' at the base of the sequence, and then using the flow of the river to wash away the lighter non-metallic material. Repeated reworking of the sediments has removed all but the most recent evidence, but we know the tin **and gold** (!) extracted from this valley during the Bronze Age were traded widely across Britain and northern Europe.



Just below the centre of the image, the focal point of the rather irregular pattern of fields is the settlement of 'Higher' Bissoe. This little hamlet is first recorded in 1250 as *Bedou*, a Cornish word meaning birch trees. This is the second oldest placename record for the parish (after the manor of Arworthal, recorded as *Arewothel* in 1180). The sinuous boundaries of the fields around Bissoe are a characteristic feature of early medieval open fields, and though many of the hedges have been removed to accommodate modern farming methods, their original layout is still recognisable - they would have been created over 1,000 years ago – before the Norman conquest. Several of the medieval placenames of the parish allude to trees, suggesting that the landscape was once densely wooded, and that settlements like Bissoe, Bargas (woody hill) and Greenwith (aspen trees) were originally established as clearings in a mosaic of forest.

Grenna lane, the zig-zagging tree-lined boundary running from left to right above the middle of the photo separates the curving fields of Bissoe from the more regular straight-sided fields of Grenna Farm. These large fields were once sub-divided into the long narrow enclosures of a medieval strip field system. Once again, many of the boundaries which sub-divided these large fields have been removed, but their original layout, and the contrast between the two areas can be easily appreciated on the OS 25" map of 1878.

Grenna farm was known as Greenwith Farm until the 20<sup>th</sup> century; the name is first recorded in 1479 as *Grunwith* which translates as 'trembling trees' and is assumed to be a reference to aspen trees. It should be understood that the 'first recorded date' does not indicate the date of the founding of the settlement; it does however confirm that the settlement was in existence **by**, or before, the recorded date.

Another tree-lined lane across the top of the photo defines the extent of Greenwith Farm's field systems. Beyond this lane lay the unenclosed downland of Greenwith Common, an important element of medieval farming, used for occasional grazing, for fuel and fodder, and building materials. The field boundaries which now enclose Greenwith Common were all created after c. 1750

The modern landscape is our legacy from all of the people who have worked this land over the past thousand years and more. The settlements of Bissoe and Greenwith, the pattern of lanes and tracks which link them to each other and to the outside world, and the fields and hedge boundaries which surround them are all demonstrably medieval in origin. Though they have been altered and adapted over the centuries, they have nevertheless managed to retain their essential medieval character. This level of survival is rare, and landscapes such as this should be valued for their own sake, and protected from further change. Once gone, they can never be recreated or replaced.



# PERRAN AR WORTHAL EMERGENCY PLAN

07564 066467

pawemergencyplan@gmail.com

## **Note: from Louisa Inch Emergency Plan Coordinator**

I am so thankful that we live in our village and Parish and I can only express my heart thank thanks to all of our buddies and wardens for their continued support over the last few weeks. The latest government advice is to Hands, Face, Space meaning we must frequently wash our hands, wear a face covering and give everyone space (2m apart). We are desperately need to continue to do our part as the rates in the South West are still rising. I am no COVID expert but I would hope to see that the rates of infections to start to and continue to decrease as a result of the 3 National Lockdown. I know that there is some nervousness about the next few weeks as more and more restrictions are lifted, and if you are feeling worried or anxious then please do something about the coming weeks please call one of the numbers at the end of this update.

We do have some light at the end of the tunnel – Vaccine and the Carnon Downs Surgery is offering vaccines at the Mount Hawke Surgery. Each session lasts for 6 hours and is manned by two teams of doctors, nursing teams, receptionists, management and volunteers between 8am to 8pm. Each day they deliver between 380 – 400 vaccines. Please wait for your surgery to call you for your appointment and make sure you attend. There is a lot of fraud going on at the moment and it is really important for everyone to know **THE VACCINE IS FREE AND PROVIDED BY THE NHS.** Never give your bank account details to any one regarding the vaccine as it will be fraudulent.

By now I am hopeful that Anna Pentecost our Parish Clerk should have phoned everyone on the list who we have been looking after and ensuring that if you need help a buddy has been provided. Please let us know if you would like to register for either being looked after or to be a buddy. This time round there is more pressure on our buddies as a lot are juggling, childcare, work and volunteering, so we would be grateful for any more help.

In the coming weeks we will also be phoning up homes on our vulnerable list to see how you are coping as this winter is going to be harder than normal for most people.

## **Bus Stop Food Swop**

It has been with a heavy heart that we had to announce that the Bus Stop Food Swop had to close for the foreseeable as vast quantities of food was disappearing and the Parish Council put a stop to funding the food swop in the current form. Since then Louisa had a meeting with the Norway Inn who had kindly offered to host the Bus Stop food Swop in the bar area of the pub, with its own entrance. The pub is staffed everyday between 8am and 8pm and we are hopeful that the Parish Council will agree to this new location. Of course it is a long way from the village and we are not asking people to walk from the village to the Norway Inn, if you were not already planning to. We have various offers of support and volunteers to deliver, or pick up items, so it may be possible to do this. It is something that is being explored at the moment.

Hopefully the Parish Council will agree to the new location as the Flood Swop will be so important to many people over the coming weeks.

## **Bus Stop Book Swop**

If the food Swop is moving to its new home then I think it would be nice to resurrect the Book Swop in the Bus Stop. We will keep the 4 plastic drawers in the Bus Stop and because it is wet it would be necessary to place the books in the drawers rather than left on the benches.

We only want Books, DVD's and Games please. This means no magazines, tapes, lamps or, bric a brac.

Please keep it tidy!

**Perran ar worthal School, Pre School and Chuckles**

Perran ar worthal School is only open for key workers and vulnerable and Chuckles is open as normal.

**Perranwell Village Shop**

A concern was flagged to the Plan about distancing within the shop; can I please remind everyone if you are waiting for the Post Office to wait outside until it is your turn at the counter and if there is more than 4 people in the shop to wait outside until it is your turn to enter the shop. When at the counter please make sure you keep behind the line.

**Royal Oak Pub**

Is closed as per the National Lockdown Guidelines but it is doing takeaways and deliveries at the weekend.

**Norway Inn Pub**

Is closed as per the National Lockdown Guidelines and are delivering takeaways 7 days a week.

**Perran ar Worthal Fruit and Vegetable shop**

Is open Tuesday to Saturday 9-2pm and please follow self distancing and sanitise as you walk in.

**Baker Tom's**

The van will be in the Perranwell Community Centre every Saturday from 12:30pm.

**Perranwell Garage**

Is currently open Monday to Thurs. See advert inside front cover.

**Spar Carnon Downs**

If you, or anybody you know is struggling to get out and about, or shielding, or you've simply forgotten something for tea why not make a Snappy shopper order! They deliver from the Spar at Carnon Downs to your door in as little as 30 minutes! If you are isolating then please add that as a comment on the app and our driver will call you when he's outside! Please phone the store 01872 863319 for more information.

**Feedback**

A massive thank you for everyone who took the time to complete our yellow questionnaire about our response to COVID and about our up coming case study for Flooding and community preparedness. We are delighted that most people have thought we have provided an invaluable service and we will be releasing the actual results in due course. There is still time if you would like to complete the questionnaire as we would like as much feedback as possible.

**For Buddies**

Thank you all so much for all you've done since volunteering way back in March. Even if we haven't needed to call on you, we really appreciate you all, and I cannot stress enough how grateful the community is for all your hard work. I wish I could tell you when your services will no longer be required, but I think COVID will be around for a few more months yet.

Please reinforce to your homes, the continued need for us all to minimise contact with others, keep a good distance between each other (I would say 2m, but this might well have been reduced by the time this goes to print), and 20s handwashing.

There is likely to be increased anxiety as the lockdown gets further eased. Please continue to be on the look out for this, and any concerns, no matter how small, contact the **Emergency Plan on: 07564 066467** where we can provide guidance and support.

Some of you, who were furloughed will be back at work, or will be going back to work over the next few weeks and will face your own challenges. If you find you can no longer be a buddy, we understand, just let us know, and we'll ask someone to take over from you.

We hope you've loved being a part of this fabulous community response as much as we have, engaging with people you hadn't met before, and knowing we've all made a difference.

Helen Pettett and Richard Holman, Buddy Wardens.

**Facebook Page**

Please sign up to our Emergency Plan Facebook page on <https://www.facebook.com/Perran-ar-worthal-emergency-plan-106919330840682> which we update daily and contains lots of useful information.

**Newsletter**

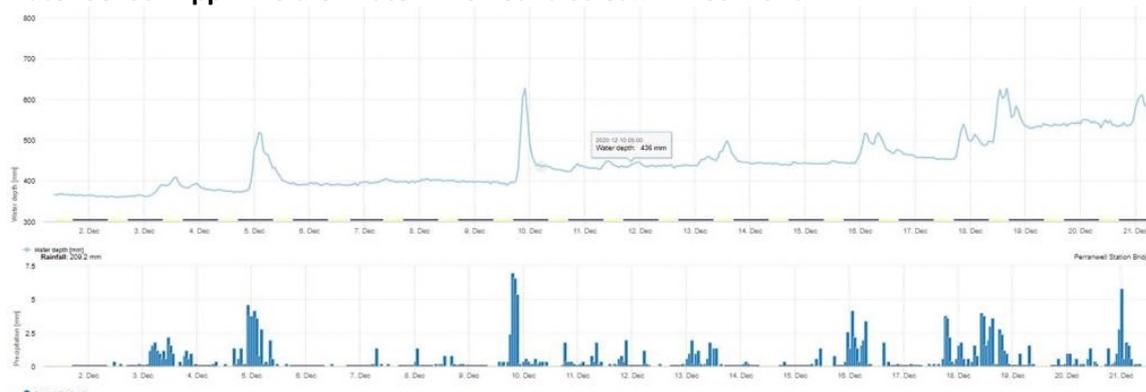
Ruth Gripper has kindly offered her services to send out the newsletter to ensure those that are not on Facebook are kept in the loop about some of the pertinent information that we are circulating. If you would like to be included please write your email address on a piece of paper and drop it into the Emergency Plan Box in the village shop, so we can include you on the mailing list.

### Flood Risk Activities in the village

We had a report of a flood event on Wednesday 9<sup>th</sup> December 2020 at the junction of Trewedna Lane and School Hill. We were able to support and offer advice on the immediate flood event and after the critical moment had passed we were able to forward on the information to both the Parish Council and to Cornwall Council under the SW PFR Pathfinder. The flood incident was reported by Councillor Peter Williams and the Emergency Plan and we were advised that Cormac would be attending to undertake initial emergency works, which have happened. The highways ditches have been cleared and water now flows away from the properties and within the highway ditch alongside Trewedna Lane as a result. This is a fantastic result using a coordinated response for the village and a great example of how issues can be dealt within our community.

We have also been advised about the long-term flooding of Bissoe Road, which has caused some local residents a great deal of anguish and is impassable for many months of the year. This was brought to our attention following a returned questionnaire and corresponding letter. We have again advised the Parish Council of this and we have escalated the issue to the SW PFR Pathfinder Project so I will keep you updated of any progress on this.

### Water Sensor App – Field Climate – Trewedna Stream – Dec month



It is fascinating to see how the Trewedna Stream responds to rainfall and the graph really shows how it does. The upper catchment above the village would be described as being a rapid response type catchment.

### Flood and Snow Wardens

We have had two people volunteer to become a flood or a snow warden which is fantastic. This week I attended the Cornwall Community Flood Forum virtual quarterly meeting and I was successful in securing the first “Flood Warning Virtual Training Event for Flood Wardens”. This is such a fantastic opportunity for the village to ensure we can get wardens trained up. At the moment there is no training due to COVID so it is fantastic that we can continue with our Flood Warning and Evacuation within our Emergency Plan.

### Salt Grit Bins

We are establishing who puts the grit on the roads as we could potentially bring this into the emergency Plan too.

### PERRAN-AR-WORTHAL NEIGHBOURHOOD WATCH SCHEME

It is with great delight that we are now an official Scheme recognised by the police and we went live on 1<sup>st</sup> January 2021. Louisa Inch is the Coordinator of the Emergency Plan and the Neighbourhood Watch Scheme and we will be joining forces with the already well established Speedwatch Scheme. We will now be able to seamlessly be able to transfer information between the three groups in the village and ensure that we hope to look after everyone in the village in some way or the other as a result. We are just waiting for confirmation of the Deputy Coordinator who is currently going through the necessary police checks.



We have 12 large signs purchased by the Parish Council - to be erected through the village, we are starting to look at where these could be positioned for maximum benefit for the Parish. We also have various stickers which we can give out to anyone who would like them, these range from “no Cold Calling”, Boat Watch, Neighbourhood Watch Scheme so please let me know if you would like any of these for your home.

This is my role in the community :

Contact their neighbours in their scheme area to invite them to join.

Ensure their scheme is registered on our website and their membership and scheme information is kept up to date.

Act as a point of contact with residents, their local policing team, other local coordinators and partners to receive and cascade information relevant to their scheme members.

Get to know their neighbours, particularly those who are vulnerable or isolated, and ensure information reaches them through their preferred method of communication.

Signpost their members with community safety concerns to the most appropriate organisation.

Encourage their members to report suspicious incidents and / or criminal or anti-social behaviour to the police or local authority.

Promote personal responsibility for community safety by sharing crime reduction information and encouraging members to improve their home, on-line and personal security.

Promote neighbourliness by encouraging members to keep an eye on each other's homes and possessions, giving special consideration to supporting vulnerable neighbours.

Support their local police and other agencies to identify local issues and solve problems where there are community concerns.

To date we have a deputy Coordinator and 5 wardens who have volunteered their services for the Neighbourhood Watch Scheme. This is fantastic and thank you to everyone who has volunteered. We will be setting up a What's App Group between all of us to make sure we can keep in touch easily.

We will be transferring Information between the Emergency Plan and the Neighbourhood Watch Scheme, particularly for those homes who we are looking after under the Emergency Plan. This is to ensure that we can also look after you and to assist in crime prevention and protection.

#### **COVID - STATEMENT FROM DEVON AND CORNWALL POLICE**

We ask our communities to follow the spirit of the Government's COVID-19 guidance, not just the letter of the law.

Since the start of the national lockdown on Tuesday 5 January through to Sunday 10 January, we have received in the region of 885 COVID-related reports of which 699 were deemed suitable for 3Es action (Engage, Explain and Encourage).

36 fixed penalty notices have been issued, this includes nine for outdoor gatherings, four for leaving house without reasonable excuse and for 15 indoor gatherings.

We have undertaken high-visibility patrols across the force which has resulted in over 800 stop-checks and around a dozen fixed penalty notices being issued.

Our roads do appear to be quieter as shown by the notable reduction in road traffic collisions since lockdown, and crime is down around 11 per cent compared to pre-lockdown figures. 999 calls are down around 10 per cent but calls and contact to our 101 service is up around 23 per cent compared to the week prior to lockdown.

Devon and Cornwall Police operate over the largest geographical force in the country and we cannot be everywhere at once, so it is vital that all are doing their part in adhering to the rules of lockdown as this will ultimately save lives.

The figures show the vast majority of communities are complying with the regulations and we will always look to respond to all calls where non-compliance is being reported.

We continue with a 4Es approach and would reiterate that personal responsibility from all of our communities remains critical. We ask our communities to follow the spirit of the Government's COVID-19 guidance, not just the letter of the law.

#### **WATCH OUT FOR SCAMS!**

As the test and trace system gets up and running, there are plenty of opportunistic scammers out there trying to take advantage. The advice below is from Devon and Cornwall Police.

[Scams based on "NHS test and trace"](#)

The first phishing email relating to the government Test & Trace service has been reported nationally. Notably, the fake email refers to the service as 'track and trace' (it's actually called NHS Test and Trace).

The email advises the recipient that they have been exposed to someone who has tested positive for coronavirus. They are instructed to click on a link in order to find out who that person is and are warned that if they fail to do so within 24 hours, legal action may be taken and their benefits suspended.

The email address from which this message is sent is [alert@nhs-trackandtrace233-gov.com](mailto:alert@nhs-trackandtrace233-gov.com) [NB this is a fraudulent email, do not click it!]

Some scam text messages relating to Test and Trace are also reported to be in circulation.

Remember: NHS Test and Trace will NEVER ask you for financial details, PINs or passwords. They will also NEVER visit your home.

Contact tracers will NEVER:

Ask you to dial a premium rate number to speak to us (for example, those starting 09 or 087)

Ask you to make any form of payment

Ask for any details about your bank account

Ask for your social media identities or login details, or those of your contacts

Ask you for any passwords or PINs, or ask you to set up any passwords or PINs over the phone

Ask you to purchase a product

Ask you to download any software to your device or ask you to hand over control of your PC, smartphone or tablet

Ask you to access any website that does not belong to the Government or NHS

Members of the public can send their suspicious emails to [report@phishing.gov.uk](mailto:report@phishing.gov.uk) and the NCSC's automated programme will immediately test the validity of the site. Any sites found to be phishing scams will be removed immediately.

If you think you've become a victim of fraud, report it to Action Fraud at <https://www.actionfraud.police.uk> or by calling 0300 123 2040.

## KEEPING YOUNG PEOPLE SAFE

**A new campaign is being launched in Cornwall to help adults recognise the signs of child sex abuse.**

Cornwall's children need YOU to speak out if you think something might be wrong.

If you suspect something is not right, please contact the Multi Agency Referral Unit (MARU) on 0300 123 1116 or speak to the police. If you are on the Isles of Scilly, please telephone the Children's Social Care Team on 01720 424483.

## VISITING THE COAST

Please take care when entering the water over the winter as there is no RNLI lifeguard cover. Please make sure that if you are wild swimming you tell someone where you are going, take lots of warm clothes to layer up when you get out and only swim from beaches which are popular with other users, so you are not alone. #ThinkTwice before entering the sea.

## DOMESTIC ABUSE

If you or someone you know is at immediate risk of harm, please call the police on 999 now.

We know that COVID 19, will have serious impacts on the lives of those living with domestic abuse. For some

**Fake Text re - Covid-19 Test**

A dangerous fake NHS text has been circulating, telling people they're eligible to apply for the COVID-19 vaccine. Here's what it looks like.

Wednesday, 30 December 2020

**A** NHS: We have identified that you are eligible to apply for your vaccine. For more information and to apply, follow here : [uk-application-form.com](http://uk-application-form.com)

**This URL takes you through to an extremely convincing fake NHS website that asks for your personal details**

**NEVER give out your personal details.**

With the recent approval of multiple vaccines in the UK, these types of scam attempts are likely to continue as fraudsters look to take advantage of the rollout to so many people.

Cold calls regarding the vaccine are also beginning to take place – we've already had reports of scammers asking people to pay for it over the phone. If you receive one of these calls, hang up.

**Protect others by reporting incidents like this.** If you, or anyone you know, have been affected by this fraud or any other scam, report it to **Action Fraud** by calling **0300 123 2040** or visiting **www.actionfraud.police.uk**

Neighbourhood Watch Network is a Charitable Incorporated Organisation (CIO) registered in England and Wales, no. 1173349

people, home is not always a safe place, which might mean that the prospect of physical distancing or self-isolation may be causing some adults and children to feel additionally anxious, at an already difficult time. Cornwall's integrated domestic abuse and sexual violence service, Safer Futures, is still providing support, safety planning and information via their helpline, text service and online. Safer Futures will also direct you to any additional services that you may need and can liaise on your behalf if appropriate to do so, for example if you feel you want to access a refuge at this time – please call on 0300 777 4777.

[https://safercornwall.co.uk/wp-content/uploads/dlm\\_uploads/2020/05/Volunteers-Leaflet-Covid-19\\_Recognising-and-responding-to-domestic-abuse-and-sexual-violence.pdf](https://safercornwall.co.uk/wp-content/uploads/dlm_uploads/2020/05/Volunteers-Leaflet-Covid-19_Recognising-and-responding-to-domestic-abuse-and-sexual-violence.pdf)

## REPORTING A CRIME AND ANTI-SOCIAL BEHAVIOUR

Anti-social behaviour covers a wide range of acts that can include verbal abuse, threatening behaviour, throwing missiles or harassment of residents. If you are experiencing anti-social behaviour, incidents should be reported to the police using 101 or by emailing [101@dc.police.uk](mailto:101@dc.police.uk)

If you or someone else is in immediate danger, or if the crime is happening right now, call 999.

to report non-emergency crime or queries visit [www.dc.police.uk](http://www.dc.police.uk) where you can access the police's online contact methods – WebChat and Crime Reporting Form. These are available to use 24 hours a day, 7 days a week. You can also report it to the police using 101 number or by email [101@dc.police.uk](mailto:101@dc.police.uk)

If you are unsure which service you need AskNED the online non-emergency directory can help. Visit [www.dc.police.uk/AskNED](http://www.dc.police.uk/AskNED) enter your question, select your location and AskNED will provide you with the answer. Remember, in an emergency always call 999. If you have information about a crime you can also contact Crimestoppers anonymously on 0800 555 111.

## HOLIDAY ACCOMMODATION PROVIDERS

The overwhelming majority of holiday accommodation providers, such as self-catering businesses, bed and breakfasts, caravan parks, hotels, campsites and holiday homes, have shut their doors as a result of the Government ordering all non-essential businesses to stop operating and for everyone to stay at home and avoid unessential travel.

However, Cornwall Council has received complaints alleging that some holiday accommodation providers are still having holiday makers in their premises and operating illegally.

There are a number of exemptions which allow holiday accommodation businesses to remain open, including where they provide services to:

- People who live there permanently or because their primary residence is unavailable.
- Critical workers and non-UK residents who are unable to travel to their country of residence during this period.
- People who are unable to move into a new home due to the current restrictions.
- Homeless and other vulnerable people such as those who cannot safely stay in their home, through arrangements with local authorities and other public bodies.
- Those attending a funeral.
- Hosting of blood donation sessions.
- Also, holiday accommodation can remain open for any other purpose requested by the Secretary of State or Local Authority.

If you believe that holiday accommodation might not be complying with the new regulations then please contact Cornwall Council at [covid19@cornwall.gov.uk](mailto:covid19@cornwall.gov.uk).

For anyone seeking refunds due to a holiday booking cancellation Cornwall Council advises:  
Check the small print on your booking – what does it say about cancellation due to Government intervention?  
Check the small print on your travel insurance – will your booking be covered?

Register your concerns with your holiday provider – are they working to a timetable (ie most imminent bookings first)? What are they suggesting as a solution? But please be patient as businesses have to deal with many pressures at this current time.

If you paid for your holiday by credit card you may have additional protection through the credit card provider.  
If you do still need further advice or information about cancelling a booking due to Covid-19 please call the Citizens Advice Consumer Service on 03454 040506 or contact Cornwall Council Trading Standards at [covid19@cornwall.gov.uk](mailto:covid19@cornwall.gov.uk)

We are aware that some members of the public are concerned about compliance of social distancing measures. We ask that if you have a concern regarding an individual, or groups actions you should contact the police as they are the only organisation which can enforce against this. You should report it through to the Police by calling 101 or email [101@dc.police.uk](mailto:101@dc.police.uk) and 999 in an emergency.

We strongly discourage anyone from approaching another person to confront them about social distancing, or business regarding them being open, it not only puts yourself at risk but also others. Circumstances are individual and we therefore must be circumspect and compassionate at this difficult time.

## **TELEPHONE NUMBERS IN CASE OF EMERGENCY**

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### **Anxiety UK**

Charity providing support if you have been diagnosed with an anxiety condition.

Phone: 03444 775 774 (Monday to Friday, 9.30am to 10pm; Saturday to Sunday, 10am to 8pm)

Website: [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

### **Bipolar UK**

A charity helping people living with manic depression or bipolar disorder.

Website: [www.bipolaruk.org.uk](http://www.bipolaruk.org.uk)

### **CALM**

CALM is the Campaign Against Living Miserably, for men aged 15 to 35.

Phone: 0800 58 58 58 (daily, 5pm to midnight)

Website: [www.thecalmzone.net](http://www.thecalmzone.net)

### **Men's Health Forum**

24/7 stress support for men by text, chat and email.

Website: [www.menshealthforum.org.uk](http://www.menshealthforum.org.uk)

### **Mental Health Foundation**

Provides information and support for anyone with mental health problems or learning disabilities.

Website: [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

### **Mind**

Promotes the views and needs of people with mental health problems.

Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm)

Website: [www.mind.org.uk](http://www.mind.org.uk)

### **No Panic**

Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD). Offers a course to help overcome your phobia or OCD.

Phone: 0844 967 4848 (daily, 10am to 10pm). Calls cost 5p per minute plus your phone provider's Access Charge

Website: [www.nopanic.org.uk](http://www.nopanic.org.uk)

#### OCD Action

Support for people with OCD. Includes information on treatment and online resources.

Phone: 0845 390 6232 (Monday to Friday, 9.30am to 5pm). Calls cost 5p per minute plus your phone provider's Access Charge

Website: [www.ocdaction.org.uk](http://www.ocdaction.org.uk)

#### OCD UK

A charity run by people with OCD, for people with OCD. Includes facts, news and treatments.

Phone: 0333 212 7890 (Monday to Friday, 9am to 5pm)

Website: [www.ocduk.org](http://www.ocduk.org)

#### PAPYRUS

Young suicide prevention society.

Phone: HOPELINEUK 0800 068 4141 (Monday to Friday, 10am to 10pm, and 2pm to 10pm on weekends and bank holidays)

Website: [www.papyrus-uk.org](http://www.papyrus-uk.org)

#### Rethink Mental Illness

Support and advice for people living with mental illness.

Phone: 0300 5000 927 (Monday to Friday, 9.30am to 4pm)

Website: [www.rethink.org](http://www.rethink.org)

#### Samaritans

Confidential support for people experiencing feelings of distress or despair.

Phone: 116 123 (free 24-hour helpline)

Website: [www.samaritans.org.uk](http://www.samaritans.org.uk)

#### SANE

Emotional support, information and guidance for people affected by mental illness, their families and carers.

SANEline: 0300 304 7000 (daily, 4.30pm to 10.30pm)

Textcare: comfort and care via text message, sent when the person needs it most:  
[www.sane.org.uk/textcare](http://www.sane.org.uk/textcare)

Peer support forum: [www.sane.org.uk/supportforum](http://www.sane.org.uk/supportforum)

Website: [www.sane.org.uk/support](http://www.sane.org.uk/support)

#### YoungMinds

Information on child and adolescent mental health. Services for parents and professionals.

Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm)

Website: [www.youngminds.org.uk](http://www.youngminds.org.uk)

True Butterflies have funded therapy places which offer mentor and therapy support for people in the Falmouth/Penryn area who have been victims of domestic abuse. This could be recent or historical and will currently be offered remotely due to Covid19. Please visit website for referral.

Website: <https://www.truebutterflies.org/>

Cornwall Hospice Care will be launching their online community friendship cafes on 27<sup>th</sup> April to offer support for anybody suffering from social isolation or bereavement (website to follow). Cornwall hospice Care are providing video or telephone support to provide information, support and signpost information for anybody who feels vulnerable or isolated. To request support please telephone 01726 229874.

Website: <https://www.cornwallhospicecare.co.uk/>

In response to the Covid 19 pandemic a new multi-agency bereavement has launched in Cornwall.

Website: [www.cornwallbereavementnetwork.org](http://www.cornwallbereavementnetwork.org)

If you would rather speak to someone about finding the right emotional support please call 01726 828874 between 10am and 6am

If you need support with the process and practicalities you are having to cope with following bereavement please call 01872 232713



The Norway Inn has sponsored the new kit for the Perranwell Football Club – they hope it will bring the team good luck.



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**The Norway Inn, Truro**



**The Victoria Inn, St Austell**



**The Victoria Inn, Truro**

Mark Holden and his team created Pub Grub Delivery, offering their delicious meals for takeaway to all those in the area throughout lockdown and still continuing now

**@BIIandBIIAB**
**@SkySportsPubs**

## CROSSWORD ANSWERS

### Across

8. Observed 9. Entice 10. Rump 11. Riled 12. Noel 13. Ethereal 16. Aflame 18. Sang  
20. Caged 21 Mods 22. Adhere 23. Creation 26. Scar 28. Hovel 30. Wide 31. Tender  
32. Nuneaton

### Down

1. Abduct 2. Deep 3. Averse 4. Idol 5. Headland 6. Stun 7. Screamed 14. Eagle  
15. Logic 17. Limit 19. Addicted 20. Cheshire 24. Ealing 25. Odds-on 27. Reds  
29. Vent 30. Wear

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**MEAT FEAST** £12  
Meat balls, spicy chicken,  
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**VEGETARIAN** £9  
Sweetcorn, peppers,  
mushrooms & mozzarella

**MARGHERITA** £8  
Tomato, mozzarella  
& oregano

**PEPPERONI** £10  
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**CHILDREN'S PIZZA** £6-£8



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**Perran News Directory**  
**February 2021**

Organisation	Contact	Telephone	Email
Art Group (Thurs)	Tony Irving	01872 862115	wild.wing@virgin.net
Avon	Sally Perkins		universallyperkins@gmail.com
Badminton - Tuesdays			
Royal British Legion	Teresa Frost	07717 378603	PerranwellStation.secretary@rbl.community
Bridge Club, Perranwell Village	Malcolm Parker	01872 863170	
	Trisha Wilcocks	01872 864550	
Perran Bridge	Mary Sawkins	01326 574893	
Carnon Downs Drama Group	Anne Lejeune	01872 865780	
Carpet Bowls Club	Jane Blackburn	01872 862082	
Community Liaison Officer (Police)	TBC	101	
Cornwall Dog Training	Frankie Bond	01872 864844	enquiries@cornwalldogtrainingclub.com
Psychological Counselling	Kaarina Griffiths	075685 507705	info@talkatales.com
Cricket Club	Dean Fletcher	07492 091660	http://www.perranarworthal.play-cricket.com/
Cricket Club Pavillion		07779 895771	
Cub Scouts	Ross Geach	01872 862117	
Defibrillator Training	Mark Gripper	07770 997778	markgripper@gmail.com
Dental Practice	Mr N. Jones	01872 863399	
Doctors Devoran		01872 562200	www.chacewatersurgery.co.uk
Doctors Carnon Downs		01872 863221	
Football Club Contact	David Kemp	0797 1951201	k4mpy@btinternet.com<k4mpy@btinternet.com
Football Clubhouse		01872 870202	
Friends of Perranarworthal School	Tanya Holmes	01872 865952	
Keep Fit	Cathy Whitmore	01872 862040	
Kenwyn Valley Flower and Garden Club	Glennis Beard	01872 560609	http://www.kenwynvalleyflowerclub.btck.co.uk/
Les Carrek Lace & Needlecraft Group	Janet Dale	01872 863033	
Memory Café	Bev Horton	01872 275874	
Methodist Chapel	Beverlie Horton	01872 275874	
Neighbourhood Watch	PCSO Chris Braddon	101	
Newspaper Delivery	Almonds	01872 870477	
Parish Council Clerk	Mrs Anna Pentecost	01872 863878	perranpc@btinternet.com
Parish Council Website			http://www.parish-council.com/Perranarworthal/index.asp?pageid=245545
Parish Tree Wardens	Mr & Mrs Graham Brown	01872 862936	
Perranarworthal Local History Group	Ruth Ward	7887768957	ruth_ward@btinternet.com
Perranarworthal School	Mrs Rachael Heffer	01872 863004	
Perranarworthal Pre-school Playgroup		07974 484841	
Perranwell Centre	Public Phone	01872 862144	perranwellcentre.org
Perranwell Centre bookings	Karen Dowden	07510644160	pvmhall@hotmail.co.uk
Perran & District Poultry & Pigeon Soc.	Shane Kneebone	01872 864409	perranpoultry@hotmail.co.uk
Perran News Editor	Mark Gripper	01872 863833	
Perran News Advertising	Yselkla Hall	07933 571681	perrannewsads@gmail.com
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Perranwell Stores / PO	Ailister and Debbie	01872 863059	
Perranwell Garage	Anthony Scrivener	01872 863037	
Photographic Club	Mr Roy Mc Bride	01872 863891	
Physiotherapy	Judith Handley	01872 870636	judithhandley@yahoo.co.uk
Royal Oak	Lizzie Archer	01872 863175	lizziearcher@btinternet.com
Senior's Fitness	Karen Dowden	07967 087511	karen.dowden@btinternet.com
St Piran's Church Hall Bookings	Mrs H McCombie	01872 864050	
St Piran's Church Warden	Mr P Stuart	01872 278273	www.stpiranstruro.org.uk
St Piran's Church Warden	Mr D Simmons	01872 862066	
St Piran's Church Handbell Ringers	Janet Thomas	01872 862876	
St. Piran's Bellringing	Alun Thomas	01872 862876	
Toddlers Group	Tracey Woodrow	01872 862602	
U3A	Mark Breach	01872 862063	mark.breach@yahoo.co.uk
West Country Embroiderers	Sue Short	01872 864726	
Women's Institute	Jan Ellery	01872 862246	jan.ellery@hotmail.co.uk
Yoga for Relaxation	Deidre Mason	0209 613488	
Councillors Cornwall Council	Peter Williams	07833 439168	prgwilliams@cornwall.gov.uk
Member of Parliament	Cherilyn MackRory		
Zest For Life Fitness	Zoe Crouse	07721 004122	www.zestforlifefitness.com

If you are aware that any of the above entries are out of date or no longer active please could you contact me on markgripper@gmail.com so the directory can be amended and brought up to date. Thank you.  
MBG



# Neil Dowling

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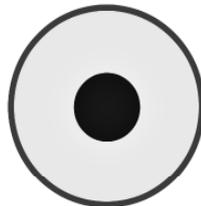
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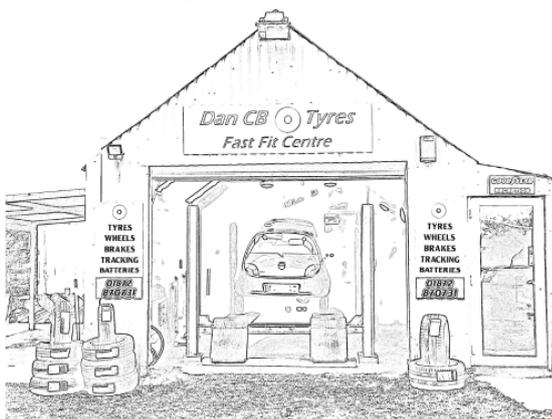


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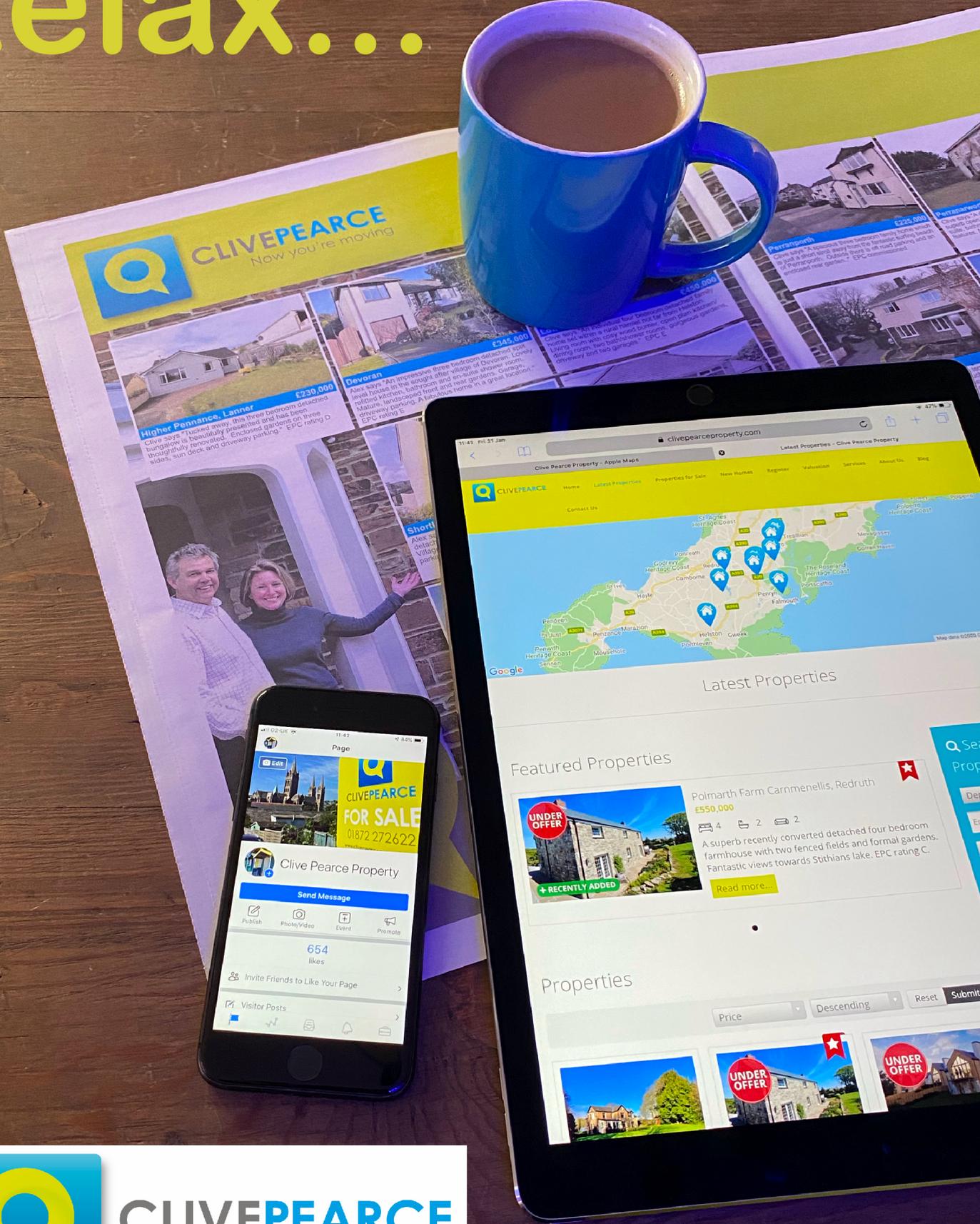
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