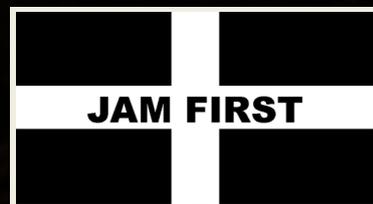


PERRAN NEWS

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FEBRUARY 2022 VOL 37 NO 1 ISSUE 361

PERRAN NEWS, THE VILLAGE NEWSPAPER FOR PERRANWELL STATION AND PERRANARWORTHAL IS NOW IN ITS 37TH YEAR OF PUBLICATION.

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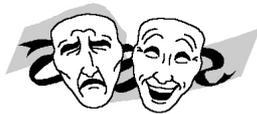
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Good health and good luck to all readers for the new year. The front cover shows a spectacular winter sunrise over Perranwell before Christmas. I hope it might perhaps signal a new dawn for a better year.

Following the graveyard vandalism described in the last issue I am sorry to include an article reporting damage to the war memorial. There has also been a report on the community Facebook page of obscene graffiti sprayed on the walls of the football field shelter. Perhaps the perpetrators feel rules of decent behaviour don't apply to them. Where are they seeing that example, I wonder?

On a brighter note this issue includes a poem written by a brave reader who has written of her experience of a national screening program. Read Jane's poem and make sure you don't chuck your little packet from the NHS in the bin. It may save your life.

The bus stop defibrillator was used over the Christmas weekend. Despite having a medical neighbour as first responder, and quickly getting the machine to the casualty, he sadly didn't make it. I am sure all readers will share the sadness of the family's loss. The gentleman who died was a regular correspondent to **Perran News** over the years. The three defibrillators are all working and back in place. Thank you to the Parish Council for paying for new pads and a battery to replace the ones that were used. (see article)

Do write in if you have seen Stick Insects in the village. I saw one six inches long parked on my back door for 24 hours recently. I saw one once before seven years ago. I understand there have been quite a few sightings in the village over a number of years. (see article)

Sadly, we have lost a few advertisers this year. 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. Also, if you know of any tradesmen, businesses or other people who would gain from advertising in **Perran News** please recommend it to them. It is very inexpensive and has a very good local reach as our loyal advertisers of many years can confirm.

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

Perran News is provided free to readers thanks to the generous support of our advertisers and involves a many 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 files and pictures a brief descriptive title so that I don't have half a dozen perrannewsnov.doc files to sort out. Thanks.

If you send articles electronically, could you not include fancy fonts or complicated formatting, the simpler the better, thanks.

Send articles to me at markgripper@gmail.com If you handwrite articles, please make them as clear and legible as possible particularly unusual words or we may make mistakes. Leave hand-written material in the red box at the village shop.

Mark Gripper

PARISH COUNCIL REPORT: NOVEMBER & DECEMBER 2021

The Highways & Footpaths Working Group met on 3 November. A progress report was given to the council meeting on the 24th and further details about the current situation appear in a separate article.

The Website Working Group met on 8 November to continue its work. The aim is to produce a website that is up to date, informative and easier to use. The first stage is to improve the current website. However, the platform is very old and inefficient, so the second stage will be to migrate to a new platform; the council recently approved the associated expenditure for this. In the meantime, if you haven't seen the website recently, do have a look and send any comments or suggestions on progress so far to any councillor or via the website's contact form. The website address is at the end of this report.

The Finance Committee met on 10 November to consider the precept for 2022-23, that is, the council's income from council tax. This needed to be set by the end of November. Further information about the budget will be published later.

The Standing Orders Working Group met on 11 November to continue its work. Potentially rather tedious, this has nevertheless raised several interesting issues which may require the council to behave in novel ways, such as requiring motions for debate to be submitted in writing in advance of a meeting. The revised standing orders were laid before the council and will be considered for formal approval at the council's next meeting in January.

A playing field meeting was held on 17 November. Work on clarifying the governance arrangements of the playing field charity are on hold pending the outcome of an investigation by the Charity Commission.

The Playing Field Maintenance Working Group provided an update on its activities. A full list of



the maintenance projects was given in the previous edition of Perran News.

A full parish council meeting was held on 24 November, which was also attended by nine members of the public, who raised various matters.

The steering committee for the Neighbourhood Development Plan were concerned that, despite having been approved with a majority vote by the parish council, the NDP was the subject of an objection with Cornwall Council as to the legitimacy of the consultation process. The steering group announced that a further public consultation, to answer any further queries, was to be held in the village hall on the 11th December.

Several concerns were raised about the current operation of the parish council. It was hoped that these would be addressed over the coming months.

Although the Royal British Legion branch in the parish had recently closed, approval was sought - and given - for the installation of a commemorative stone with a plaque to mark the centenary of the RBL in Perranarworthal. The stone will be installed at the triangle on the corner of School Hill and Trewinnard Road

A member of the public enquired about possible celebrations of the Queen's platinum jubilee. The council agreed to make enquiries and consider the matter further at its next meeting.

Thanks go to Elaine Cardew and Heather McKay who voluntarily cleaned the bus shelter opposite the Royal Oak and disposed of all the rubbish. The parish council already engaged a contractor to clean the bus shelters on the A39 at the Cove

Hill junction and those opposite the railway station, but other shelters, such as those opposite the pub and near the fruit and veg stall on the A39, had no such arrangement and cleaning was left to the goodwill of volunteers. It was agreed that tenders should be sought to regularly clean all the bus shelters in the parish and the information centre.

In order to properly exercise its responsibilities as an employer, the council agreed to establish a new staffing committee, which would begin its work in the new year.

The planning committee continued its work with meetings on 3 November and 1 December and a

the working group on financial regulations met on 8 December to continue preparing a new set of financial regulations.

Please look out for details of council meetings which will be published on the website and the council's three noticeboards, which are located next to the telephone kiosk opposite the Royal Oak, in the bus shelter opposite the train station and outside the main entrance to the playing field.

Colin Bridges

Chairman

<http://www.parish-council.com/Perranarworthal/>

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07833439168

Parish Clerk

Anna Pentecost

01872 863878

07762028332

perranpc@btinternet.com

THANK YOU ROYAL OAK

On behalf of the Perranwell Memory Café we would like to offer our sincere thanks to The Royal Oak for their very generous donation of £570.00 after their Christmas fundraising activities. Thank you to the staff who organised the Christmas Raffle, to the customers who bought raffle tickets and to the suppliers who provided the large range of goods. We are delighted to be supported by the local community.

After a long break due to COVID we are restarting the Memory Café in January and will meet on the second and fourth Tuesday at the Perranwell Centre from 2pm-4pm. Any new guests will be most welcome.

For more information please contact Sue Godfrey on 07443 504128 or 01872 864676

PERRANWELL STATION - WEATHER REPORT FOR NOVEMBER 2021

Average daily maximum temperature:	12.0C
Maximum temperature for the month:	15.5C on the 8th
Average daily minimum temperature:	7.8C
Minimum temperature for the month:	0.6C on 23rd
Rainfall:	2.88 inches
Sunshine:	62 hours
Predominant Wind direction:	North, North West & West



On the dry side for November, and calm

There were wet spells at the beginning of the month, and towards the end, however the rest of the month was on the dry side, rainfall totalling just over 55% of the average for the month.

Temperatures and sunshine hours were near average.

One feature of the weather was the preponderance of "calm" days, with 17 days in the month experiencing little or no wind, very unusual for November.

WEATHER REPORT FOR DECEMBER 2021

Average daily maximum temperature:	11.8C
Maximum temperature for the month:	15.2C on 31st
Average daily minimum temperature:	7.8C
Minimum temperature for the month:	3.5C on 9th
Rainfall:	4.64 inches
Sunshine:	25 hours
Predominant Wind direction:	South and South West

Mild and Dull

December was unusual on two counts. Firstly, it was mild, with temperatures a couple of degrees above average. Temperatures peaked at the end of the month, breaking December records both locally and nationally.

Secondly, it was very dull, with only 25 hours of sunshine being recorded, the joint lowest that I have recorded for December.

A further minor quirk was the virtual drought from the 12th to the 21st, although overall rainfall was just slightly below normal for the month.

THE 2021 YEAR

Looking back at the 2021 weather year, I'm reminded of the following (good or bad):

- A dry and sunny April
- A wet May
- A pleasant June
- A very warm spell in July

A mini heatwave in September!

A wet October

Sunshine hours for the year were near average, and we had a record-breaking April. However, summer sunshine was on the low side.

Average temperatures over the year were very slightly down on 2020. The highest temperature for the year was 27.5C recorded on 21st July. More unusual was the 25.5C on 7 September.

Overall the temperature reached at least 20C on 66 days during the year, only beaten by 1989 and 2018. The lowest temperature recorded was minus 3C on 8th March.

Yearly rainfall totalled 46.64 inches, some 10 inches less than 2020 and bucking the wetter trend experienced over the previous three years.

A feature of 2021 was the lower average wind speeds experienced, with 135 days having little or no wind (my definition of "calm"). Interestingly, average wind speeds recorded at the Camborne weather station over the period 1991-2020 were 10.53 knots, a slight drop from 10.8 knots for the period 1981-2010.

Mike Hands

mdh51@btinternet.com

WOULD YOU LIKE YOUR OWN ALLOTMENT??

We are really lucky to have some allotments in the village. Keeping an allotment is known to be good for our mental and physical well-being...mostly because we can immerse ourselves in nature and growing and just escape!

If you are interested, why not get in touch with:

David Levick on 07901 338505

Apologies the wrong phone number was published in the November issue of Perran News. I am advised this number is correct.



THANKS

A big thank you to the unsung group of ladies who help to decorate our village at Christmas time. A lot of hard work and effort goes into putting up the decorations at Christmas and taking them all down again afterwards.

Also a big thank you to Charlie (Harris) for storing them all at his farm until the next Christmas.

Thank you everyone

Tom and Joy Mayne

PERRAN-AR-WORTHAL LOCAL HISTORY GROUP - THE TRAFALGAR WAY

The Tour of Britain cycle race through the village last September raised interest in the history of the Trafalgar Way.



The Trafalgar Way runs from Falmouth to the Admiralty in central London. It commemorates a journey over sea and land by Lieutenant John Richards Lapenotiere to bring home the official report of the battle of Trafalgar. He would have travelled through Perranarworthal parish and passed directly by the Royal Oak in Perranwell Station which is where the commemoration plaque was erected in 2018.

On Monday 21st October 1805 off Cape Trafalgar, Vice Admiral Lord Nelson, on board HMS *VICTORY* and with 26 other British ships of the line attacked the 33 ships of the combined French and Spanish fleets, commanded by Vice Admiral Comte de Villeneuve. Napoleon's fleet was destroyed with 17 of its ships captured. British losses totalled 450 dead including Nelson, while the French and Spanish suffered considerably more casualties with 4,400 dead. Vice Admiral Cuthbert Collingwood, Admiral Lord Nelson's second in command, ordered Lapenotiere to deliver his report on the battle and the news of Nelson's death to the Admiralty as quickly as possible.

In his schooner, HMS *PICKLE* Lapenotiere sailed back to England, through a storm finally docking at Falmouth on Nov 4th, and continuing on land with a 271 mile, 38 hour journey by carriage and horses to the Admiralty in London. He followed the coaching route along lanes and highways through many settlements including Truro, Bodmin, Launceston, Okehampton, Exeter, Honiton, Axminster, Bridport, Dorchester, Salisbury, Andover, Basingstoke, Camberley, Bagshot, Egham, Staines, Hounslow and Kensington. There were 21 stops to change horses along the way. To date 39 bronze plaques are located along this route, which is now named 'The Trafalgar Way' marking Lapenotiere's journey.

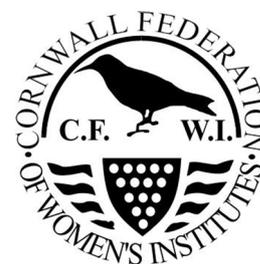
On 6th November 1805 the First Secretary of the Board of Admiralty, William Marsden, recorded that Lapenotiere arrived at 1am and announced, "Sir, we have gained a great victory, but we have lost Lord Nelson!"

The Trafalgar Way originated as an idea from a group of historians and retired naval personnel, who started the 1805 Club. Before the Battle of Trafalgar's bicentenary in 2005, the group set up the "New Trafalgar Dispatch" to co-ordinate special events for the route's inauguration that year and unveiled several plaques. They remain custodians of the route and in 2017 received a grant from HM Treasury's LIBOR fund to ensure the legacy continues for the future.

More information from the website: thetrafalgarway.org

PERRANARWORTHAL W.I.

Many thanks to all of you who supported our Coffee and Cake Morning in mid-November. With Covid safety measures in place we still managed to enjoy a pleasant sociable few hours. Thank you to everyone who came along to enjoy a coffee or tea and then purchased cakes and various other items from our stalls. After expenses we raised £750 for our chosen charities – Penhaligon's Friends and Cornwall Hospice Care.



Our group meets on the second **Tuesday** of each month (except August) in the main hall at the Perranwell Centre from 7:15 to 9:00pm. Come and join us to hear our speakers, enjoy tea or coffee with the delicious cakes the W.I. is famous for and meet and make new friends.

The dates of our next meetings are **January 11th**, **February 8th** and **March 8th**. Speakers have yet to be confirmed.

We are also beginning to plan –with fingers crossed- outings and other fund-raising events throughout the year.

Services at St Piran's Church
Perranarworthal February 2022.

Sunday 6 th Feb,	10.00 am – Methodist Covenant Service.
Sunday 13 th Feb,	8.30 am – BCP Communion. 10.00 am – Communion.
Sunday 20 th Feb,	10.00 am – Service of the Word.
Sunday 27 th Feb,	8.30 am, BCP Communion. 10.00 am – Communion.
Priest in Charge, Churchwardens,	Revd Karen Wilson, 07591240640 Mr Paul Stuart, (01872) 278273 Mr David Simmons, 0796121674

www.thewatersidechurches.com

The church is normally open for private prayer
between 10 am and 11 am on Wednesday mornings.
You are very welcome at St Piran's.



**We are now holding
Coffee Stop
on Thursday Mornings**

**Perranwell Centre
9.30 am**

**Anyone is welcome to join us
and join in the chat.**



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STATEMENT FROM THE STEERING GROUP OF THE NEIGHBOURHOOD DEVELOPMENT PLAN

It has come to our attention that a certain member(s) of the public is spreading significant misinformation about the NDP. They are making allegations that the plan favours a specific development, which has been the subject of a recent appeal, and that the committee has not conducted the process correctly.

As a sub-committee of the Parish Council, authorised by them to work on their behalf, we have worked extremely hard to ensure a fair and open communication approach throughout this important community project which has spanned a period of 5 years. The project and all the massive amount of documentation has already been the subject of initial scrutiny at Cornwall Council's planning department and has passed the first level to determine due processes have been followed. The public have recently been invited to submit any further comments about the draft plan directly to Cornwall Council. It will be the responsibility of the Planning Department to consider your feedback and ascertain if changes are required to the draft plan. Once any final amendments are made, an independent examiner will be appointed by Cornwall Council to conduct an in-depth analysis of the project and its findings. We as a steering group are in total agreement with this normal process, considering it to be fair and robust.

We completely refute the allegations that are being made and remain confident that we have at all times done our very best to reflect the wishes of parishioners and are saddened that we are having to write this in order to address the allegations being made. We will not name the individual(s) concerned but would have welcomed their views had they chosen to speak with us.

ARE YOU WANTING TO PLAY CRICKET THIS SEASON?

Fed up with the weather and want to get out and play some cricket? Perran-ar-Worthal CC are already looking ahead to this summer.

Indoor net sessions in readiness for the new campaign start at Penryn College Sports Hall on Friday 11th February. The two-hour session gets under way at 6pm and every Friday thereafter.

Perran-ar-Worthal Cricket club have 3 adult teams playing in Division 3, 4 and 6 West and play their home games at one of the most scenic grounds in the County of Cornwall. Male and female cricketers all welcome.



Whether you are a new player to the club, a returning or existing player, please come along (bring a friend) to the indoor nets and enjoy an evening of cricket, with structured drills, fielding, coaching and net sessions.

First indoor net session for new players is FREE, then £5 per session.

PERRANWELL SOCCER REPORT

Perranwell 2 - 0 Mousehole Development

Sat 11th Dec | Kernow Stone St Piran League

Goals: Cross (6'), Casey (62')

Assists: Kim (6')



Perranwell notched their 3rd win on the bounce which moves them up to 12th in the league (from 16 teams) and well clear of the relegation zone. The first goal came after Mousehole gifted Perranwell an opportunity to cross low into the box for Striker Fin Cross to deliver a composed first-time finish into the bottom corner. Perranwell extended their lead in the second half with a sublime curled shot from outside the box from winger Adam Casey. A solid performance from the defence including several key saves from keeper Phil Rees and a goal-saving last-ditch challenge from left back James Rowberry ensured the first clean sheet of the season for the home side. It was a great team victory and a proud day for the village with the Perranwell first team fielding no less than four Perran-ar-worthal school graduates (Sam Fisher, Jack Loader, Fin Cross and Will Snapes).

It would be great to have support from village residents for both the first team and Reserves.

Upcoming home fixtures at Tregye Fields, Tregye Road, Carnon Downs:

- 15th Jan vs Mullion
- 29th Jan vs Helston Athletic Reserves
- 5th Feb vs Truro City Reserves
- 12th Feb vs Illogan RBL

St Erme 3 – 4 Perranwell Reserves

The Whirlwind Sports Trelawny league, Division 1

Perranwell goals: Edcombe (42', 60'), Evans (53'), Kellow (71')

Assists: Edcombe (53'), Rose (71')

It was a tale of two halves for the reserves as they looked to continue an impressive 100% away win record. The first 45 minutes proved difficult for the away side who struggled to build momentum and were wasteful in possession. The lacklustre performance up to half time was soon forgotten though as

the whole team stepped up a gear and went out with a different attitude into the second half. They quickly took control of the game and reaped the rewards of their hard work and perseverance. Manager Steve Parsons said "We dug deep and deserved the win". The result moves Perranwell up to 4th place (from 11 teams) and only 8 points behind leaders Illogan.

Man of the Match: Ryan Samoluk

Upcoming home fixtures at King George V Playing Field, Perranwell:

- 8th Jan vs St Buryan 1st
- 29th Jan vs St Erme
- 5th Feb vs Rosudgeon Reserves

DISAPPOINTED

Sadly, on our daily walk today, we discovered that one of the wooden soldiers located at the war memorial had been broken. At first, we thought that it may have been caused by the recent Storm Arwen blowing through, but on closer inspection found that this was not the case.

The head of the soldier had been snapped off, and then the middle of the silhouette had been snapped cleanly in two.

Anyone who knows us, will know how special the memorial and the lads who served our village are to us.



Luckily, we had one silhouette at home and have replaced the broken one.

If, like us, you look out for the memorial when passing the top of Cove Hill, you will once again see both soldiers. They look spectacular with the setting sun behind them and serve to remind us in a different way of what these village lads left behind.

PS – Does anyone know where the road sign to Church Road has gone? It seems to have been removed.

Rob and Clare Holmes



The Parish Council has appointed a working group to focus on Highways and Footpaths.

Highways News

Following the successful consultation last year, the virtual footpath over the village bridge is due to be installed by early April. We arranged for the vegetation

to be cut back halfway along Trewinnard Road and hopefully you agree this is an improvement. We understand that the hedges along the sides of the roads will be cut in February. Road signs are installed and maintained by Cornwall County Council, if you notice any damaged or missing signs, please inform the Clerk of the Parish Council.

Please note that the Government is issuing changes to the highway code and details can be found online.

Footpath News

We have arranged for the main footpaths to be cut in January and you can find a map online by searching 'Cornwall County Council Footpaths' and following the links. We are in discussions to cut the minor footpaths and should be able to report progress next month. We expect a handrail will be installed in the near future at the 'Alps' – end of Tanners Lane.

If your property boundary is alongside a footpath, please assist us by keeping the vegetation in control and ideally removing any cuttings. It is Cornwall County Councils responsibility to cut anything growing up from the ground on a footpath, but it is the responsibility of property owners to cut back anything growing from the sides. As a Parish Council we are resolved to maintain the footpaths.

Members of the working group are Cllrs Pryor, Freake, Snodgrass, Kneebone and Holman, with help from Mr Stuart Douglas. The support of Cllr Williams is greatly appreciated.

Peter Snodgrass
Chair of Working Group

WISTERIA NOT HYSTERIA

Having had such a great spring, i am sure that by the time you read this, local walls and buildings will be dripping in spectacular pendulous mauve, purple-white or even pink wisteria blooms. That is late frosts permitting and it is all down to luck as there is little you can do to stop a frost killing the flowers just as they open. Then within a few weeks miles of new growth will leap out at you ready to trip you up, strangle you or, on the rare occasions we get rain in Cornwall, drown you, in its native environment it romps through woods from tree to tree throttling trunks and branches on its way, much the same as honeysuckle in this country.



So, what can you do about it? Well, there are five answers. Selling the house and doing nothing are the first two, but this is not very useful really, the third is to just loosely tie the shoots into the main plant with string (i believe the ed uses black stockings but I am not sure how he obtains them) then sort it out next winter. If you have a bare area on the wall you may wish to train one or two shoots to cover this and secure them with fixings and strong ties. The last method is just to cut the shoots back to 3 or 5 buds. Then leave it till the winter.

February is the time to tackle the wisteria in earnest. It often seems to be an onerous job and that probably is due the fact that it is. You will need loppers, secateurs, ties, a ladder with a responsible adult to hold it, or better still an irresponsible adult to go up it. The first law of pruning is to remove anything that is dead, damaged, or diseased. Also start from the bottom of the plant and work up and out systematically (often hard for a man, but there is usually a lady watching close at hand to lavish verbal assistance). Check for bare areas and if you have any long shoots try to encourage them into that space. All other shoots should be cut to 3-4 buds to encourage a set of spurs, (hand shaped growth which will eventually produce flowers).

Not wishing to discourage anyone of fuller years, but you are not only pruning this year to improve this years flowers but also to encourage those in 3 to 5 years time.

Take heart as this spring we pruned one over 70 years old on a large house near Wadebridge that had got under the roof and pushed the down pipes and fascia boards from the wall. Some of the wood I removed was as big around as my thigh and other branches had gone to the end of the wall (about 30 ft) and returned! It took two of us a day and a half to get it in order. So, the moral of this is do look at it each year and keep it under control. Little and often is best.

Pat Ward

DEFIBRILLATORS and CPR

As many readers will by now know, on the morning of Dec 28th the AED (Defibrillator) from the bus shelter was used. Despite rapid attendance of the first responder medical neighbour, the rapid retrieval of the AED, and the machine working as it should, the resuscitation attempts very sadly were unsuccessful. My sincere condolences to the casualty's family.



It is sometime since there were CPR training sessions in the village. I have ambitions to do some more and have a list of people who have expressed interest. If you would like to join that list for some training, ideally email me your contact details, or if you don't email, a contact phone number.

CPR training is hands-on and quite close quarters so is not Covid safe whilst the pandemic continues.

The current recommendations for CPR have also been modified since the pandemic. It is suggested, if possible, to cover the casualty's nose and mouth with a cloth during chest compressions to minimise aerosol dispersal. It is also recommended to do cardiac massage only, and not include rescue breaths. Effective cardiac compression is thought to move some air in and out of the lungs and if the blood is effectively circulated by good cardiac compression it takes several minutes before blood oxygen levels start to drop significantly.

Here is a list of useful CPR YouTube films which are well worth looking at whilst we are unable to do training sessions. They are clear and simple. Whilst not actual hands-on experience looking through these will give you a good idea of what you need to do in an emergency.

<https://heartsine.com/product/p/350p-2/> on the link page click the "Videos" tab and "play". Clear instructions on using a defibrillator like the ones we have in Perranwell produced by Heartsine, the manufacturer of our machines.

<https://www.facebook.com/watch/?v=920956628312446> This is a short simple but clear film made by NHS England with advice about Covid Safety incorporated in the instructions.

<https://www.youtube.com/watch?v=O92KL1mw77c> This was produced by the British Heart Foundation some years ago and has a somewhat theatrical flavour, and criticised at the time for being slightly tasteless, but is very effective at communicating the essential principles. Vinnie Jones does the business.

<https://www.youtube.com/watch?v=mPHD90X4ZJI> 2021 Tips UK Resuscitation Council this is a brief explanation of the Covid precautions. The Resuscitation Council is a composite body of UK Medics who regularly review and update the recommendations for optimum CPR in both first aider and specialist medical settings.

<https://www.youtube.com/watch?v=TMGpsKitCXE> This is a longer film made by the BHF which looks at CPR in more detail. This will be of more interest if you have looked at the above films first but is worth the time if you want a bit more detail.

As a temporary measure the Cricket Club AED was moved to the bus shelter cabinet. The Cricket Club Cabinet was therefore empty for a few days. A replacement battery for the bus shelter machine has been installed and which is now returned ready for use. Thank you to the parish council for supporting the AED network. ***MBG***

A POEM – DON'T THROW THE POSTMAN'S PACKET IN THE BIN

Twas about February time last year
I noticed I had a problem, with my rear!
At least twice a day, I had to sit on the loo,
Not my usual pattern, flippin right to do.
Homemade Christmas cake and pickled onions all gone
And still my problem went on and on.
Tis about time to put it right,
So I rang the Doc, and told him my plight,
He gave me some pills and that was that.
If symptoms persist, please do come back.

Then shortly after, Bare Knees - Wooly Hat,
Dropped a lil packet on my mat.
Oh, what's the postman bought me today?
"Bowel Cancer screening Test" is what it did say.
So easy, I did it that very same day
Went down Post office and sent it away.
Still taking the pills, giving them a while to settle in,
Was thinking of ringin doc, nothing really doin.

Then a few days later, Bare Knees -Wooly Hat
With a magazine, dropped a letter on my mat.
Sure enough, twas addressed to me,
Telling me I had to have a Colonoscopy.
So off I went for them to explore,
My head full of stories from those who'd gone before.
Not half as bad as I thought it could've been,
Watched the whole thing on quite a large screen.

The last corner was a bit of a bummer
Several polyps later and there it was,.....a big bad tumour.
Was told it was cancer and tattooed with a tag
Because it was on my right-side I won't need a bag.
Having been a bit sedated and not really taken it in,
My head was flooded with info, not sure what's happnin.

I was reassured they will take care of me
And sure enough went for a Right Hemicolectomy.
The staff were amazing on St. Mawes Ward, Treliste,
Made new friends, since whom I've really missed.
Learned many interesting facts about the bowel,
Of fluid absorption etc. It's not really so foul.
The lining of the bowel has 4 layers, apparently,
A call from the hospital soon after, was to tell me,
The nasty tumour had gone through 3 of them, but not the last,
How flippin lucky was I, phew..... flabbergast.

So the moral of the story is that,
If Bare Knees-Woolly Hat drops a packet on your mat,
Please, please DO NOT commit the sin,
Of putting it straight into the bin.
I'm a Granny, a Mum, and a Wife,
And I do believe that packet saved my life.

Jane Blackburn

Very brave of Jane to write this poem for Perran News. Thank you. I emailed Jane, and she wrote back: "Whilst I was in hospital, recovering from surgery, a cleaner asked me why I was there and what I'd had done. I began by telling her about the test. She replied to me instantly, saying that she throws hers in the bin.

This is what prompted me to write the poem. I made her promise me she would do the tests in the future as I could've had a very different outcome had I ignored it. I am fine now, thank you."

I enclose an extract from the NHS information website.

NHS bowel cancer screening checks if you could have bowel cancer. It's available to everyone aged 60 or over and 56 year olds.

You use a home test kit, called a faecal immunochemical test (FIT), to collect a small sample of poo and send it to a lab. This is checked for tiny amounts of blood.



Blood can be a sign of polyps or bowel cancer. [Polyps](#) are growths in the bowel. They are not cancer, but may turn into cancer over time.

If the test finds anything unusual, you might be asked to have further tests to confirm or rule out cancer.

Always see a GP if you have [symptoms of bowel cancer](#) at any age, even if you have recently completed a NHS bowel cancer screening test kit – do not wait to have a screening test.

Why screening is offered

Regular NHS bowel cancer screening reduces the risk of dying from [bowel cancer](#).

Bowel cancer is the 4th most common type of cancer. Screening can help find it at an early stage, when it's easier to treat.

There is a video on the government website about how to do the test which I recommend. A well washed empty margarine tub is a very useful capture receptacle that sits comfortably in the loo to collect a dry sample. This makes a somewhat un-aesthetic manoeuvre relatively easy. I have recently done my fourth. Despite this they still haven't yet sent me a badge!

I did think of sending my first test personally to the Minister of Health at the time, as I did not think much of him, but followed my better judgement and sent it to the address on the box. I hope readers will be emboldened to complete their tests having read of Jane's experience. Don't chuck it away, do it, it may save your life. MBG

STICK INSECTS IN PERRANWELL

One morning in December I was surprised to discover a 13cm long Stick Insect parked on my back door in Silver Hill for 24 hours.

I had seen one even larger in the garden in 2014. It seems Perranwell suits them as I understand other people in the village see them from time to time. The interesting extract below is taken from a website which has details and photographs of the different species and their distribution in Cornwall. As you can see on the enclosed map there is a hotspot in Perranwell. My visitor was an Unarmed Stick Insect. (a strange name conjuring up visions of gun or knife wielding monsters). It was torpid, but moved on after a day spent "resting" completely motionless for 24 hours. I am pleased to report I never felt in any danger!

<https://phasmidstudygroup.org/index.php/phasmids/uk-phasmid-sighting>

"For over 100 years stick insects have become naturalised in South West England and around the Bay of Kenmare in South West Ireland. There are three New Zealand species, two of which have become widely distributed, and one is found only on the Isles of Scilly. A Mediterranean species has also been found in the Isles of Scilly and on Hayling Island in the last few years.

Other species are kept as pets or for study, and discarded or escaped insects could turn up almost anywhere, although these cannot survive outdoors here.

Unarmed Stick Insect *Acanthoxyla inermis*

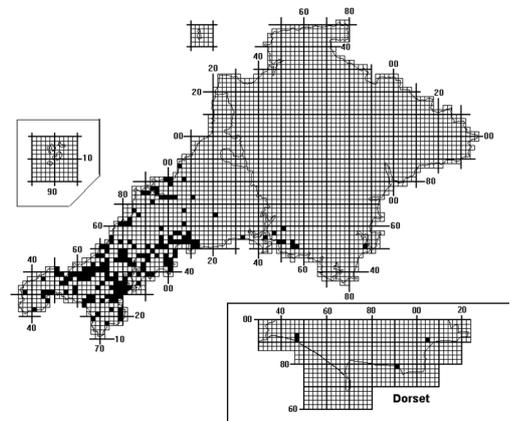
This is our most common species, accounting for 60% of all records. Most sites are in Cornwall but there are now quite a few records from Devon and further east in Dorset. The strongest colonies are found in the Truro, Falmouth, and St Austell areas in Cornwall, and the Plymstock area in Devon. This is also the species found in South West Ireland.

Since 2000, several garden centres in Cornwall and Devon have had this species within their grounds. This may well account for the significant expansion in range over the last decade, as we buy their plants for our gardens and the stick insects come too as eggs in the soil. As a tourist area, our visitors may well make such purchases for their gardens well outside the west country, so there is a possibility of the Unarmed Stick Insect turning up anywhere in the country.

This species has been here since the early part of the 20th century. It was certainly present at Treseder's Truro nursery in the 1920s, having arrived on plants brought over from New Zealand. Treseder's were the first to import Australasian plants commercially from late Victorian times. They also supplied the large gardens in South West Ireland, accounting for its occurrence there.

This is our longest UK insect with the adult body measuring up to 125mm, although about 100mm is more usual. It has a smooth body with just a few tiny bumps on it's back. Colour can be either green or brown, but green is more common. Green ones tend to be a uniform apple green and brown ones vary from a light straw colour through mahogany red to almost black."

MBG



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Organisation	Contact	Telephone	Email
Art Group (Thurs)	Tony Irving	01872 870371	demara111@outlook.com
Avon	Sally Perkins		universally.perkins@gmail.com
Badminton - Tuesdays			
Royal British Legion	Teresa Frost	07717 378603	PerranwellStation.secretary@rbl.community
Bridge Club, Perranwell Village	Malcolm Parker	01872 863170	
	Trisha Willcocks	01872 864550	
Perran Bridge	Jean Boddy	01326 314287	jmboddy984@aol.com
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@taikatales.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	Louise Tee	07914 342946	fops@perran-ar-worthal.cornwall.sch.uk
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	Sue Godfrey	01872 864676	
Methodist Chapel	Beverlie Horton	01872 275874	
Neighbourhood Watch	PCSO Chris Braddon	101	
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	
Perranwell Centre	Public Phone	01872 862144	perranwellcentre.org
Perranwell Centre bookings			hello@perranwellcentre.org
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
Perran News Treasurer	Yselkla Hall	07933 571681	yseklahall@gmail.com
Perran News Distribution	Shirley Christophers	01872 864935	shirleychristophers53@gmail.com
Perran News Website / Facebook	Sarah Smith	07968 366526	afinacommunications@gmail.com
Perranwell Stores / PO	Alister	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	lizzearcher@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	http://www.thewatersidechurches.com/
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	

DIRECTORY
February 2022

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

News from The Royal Oak
Hello Everybody!



Well, it's been a bit of a winter and at the time of writing I'm hoping that not only does the weather get a bit warmer, but also that by the time this goes to print, Covid numbers are way down so we can all continue to enjoy each other's company. All of our staff are still taking their twice weekly Covid tests and wear masks on duty and we will continue with that until the advice changes - a huge thank you to them for all their hard work and to you for your fantastic continued support.

Despite the difficulties, the village has come together and taken part in some wonderful things, such as our fundraiser Christmas Draw for Perranwell Memory Café and lovely carol singing led by our very own Head Teacher, Rachel Heffer. It really was magical. We would also like to thank the team who put up the Christmas decorative trees around the village and those who made a special effort with their lights - it was so welcoming!

We're really excited to be starting our Knitting Circle again on the 9th February. It will be on Wednesdays instead of Tuesdays now, from 10.00am to 11.30am. Please pass it on - everyone is welcome.

Our regular First Tuesday of the Month Quiz continues. If you fancy an evening of fun and challenge, just give us a call to book. We put on a special Quizzers' Curry to feed the brain cells!

We advertise all our events on Facebook and our website so do follow us if you can. We also put out posters in the village notice boards so please cast an eye as you're passing. Don't forget, we are open all day, and you can pop in for a drink (hot or cold!) and a chat at any time. We also have space for get-togethers, both inside or outside so give us a call if you would like to arrange something.

Otherwise, wishing everyone a really good February!
Very best wishes,
Tim, Lizzie and all of us at The Royal Oak

GUIDANCE FOR ADVERTISERS 2022

Perran News is dependent on advertisers to keep going as a free village newspaper. We have a group of loyal advertisers to whom we are most grateful for support. Despite being an amateur production most people feel that **Perran News** provides very effective good value local advertising.

Perran News is a non-profit making organisation whose staff is unpaid, and I would stress, again, are amateurs.

These prices are changed for the first time since 2010. These are the costs per issue for all adverts which do not require changing through the year or complicated artwork. There is a small pro-rata discount for all but 1/12 adverts for a full year. It still represents exceptional value for advertisers. (No Issue in September or January)

2022

1/12	A4 page	per issue	£6	per annum (10 issues)	£60
1/6	A4 page	per Issue	£12	per annum (10 issues)	£110
1/4	A4 page	per issue	£16	per annum (10 issues)	£150
1/2	A4 page	per issue	£32	per annum (10 issues)	£300
Whole	A4 page	per issue	£64	per annum (10 issues)	£600

We are happy to advertise village organization events, public notices etc, which are one-off and non-commercial for free. However, it is too expensive to give free whole page advertising, so the size of adverts will be dependent on space and where they can be fitted in. We will always try and be reasonable and accommodating as far as space and time constraints allow. The compilers and advertising coordinator reserve the right to arbitrate on these matters; donations to **Perran News** in support of such advertising are always welcome.

Plain black and white line drawings reproduce best in **Perran News**. If you have a fancy graphic which will need scaling then a good quality proof art-work will be necessary, **Perran News** needs to be contacted to see what is workable with the printers. We do not have the resources to provide sophisticated graphic manipulation. Copies of newspaper adverts from other newspapers are impossible to reproduce well, and photographs, particularly if they are dark, are also often difficult to get a good reproduction. Anything submitted on other than white paper will give a muddy background appearance. If a poor original is sent for scanning, then it will look even worse when reproduced. The best way to submit an advert is as a .jpg file or .png or .tif file by email. These are then reproducible and scalable to fit easily. **Please could you also identify the graphic file and email with the name of the advertiser and the month.**

If time and extra work is required by the printers to accommodate particular desires of advertisers an additional charge will be levied to cover the costs. I suggest that all potential advertisers look at a recent issue of **Perran News** and see what looks good and what doesn't. The simple graphics with clear black type seem to be the most effective. They can be seen on line at www.perrannews.org.uk

Perran News people are listed in the directory.

Yselkla Hall is our treasurer and also our advertising coordinator. Yselkla can be contacted on perrannewsads@gmail.com Her phone number is **07933 571681**

Cheques should be made payable to **Perran News** and sent to:
Yselkla Hall, Wintree, Wheal Clifford, St Day TR16 5HZ

They deadline for adverts is the 12th of the month preceding publication.
If the advert is in .jpeg format and of appropriate proportions for the size required, we may be able to allow a couple of days extra over the deadline and fit things in.

This however cannot be guaranteed, although we always do our best to help if we can.

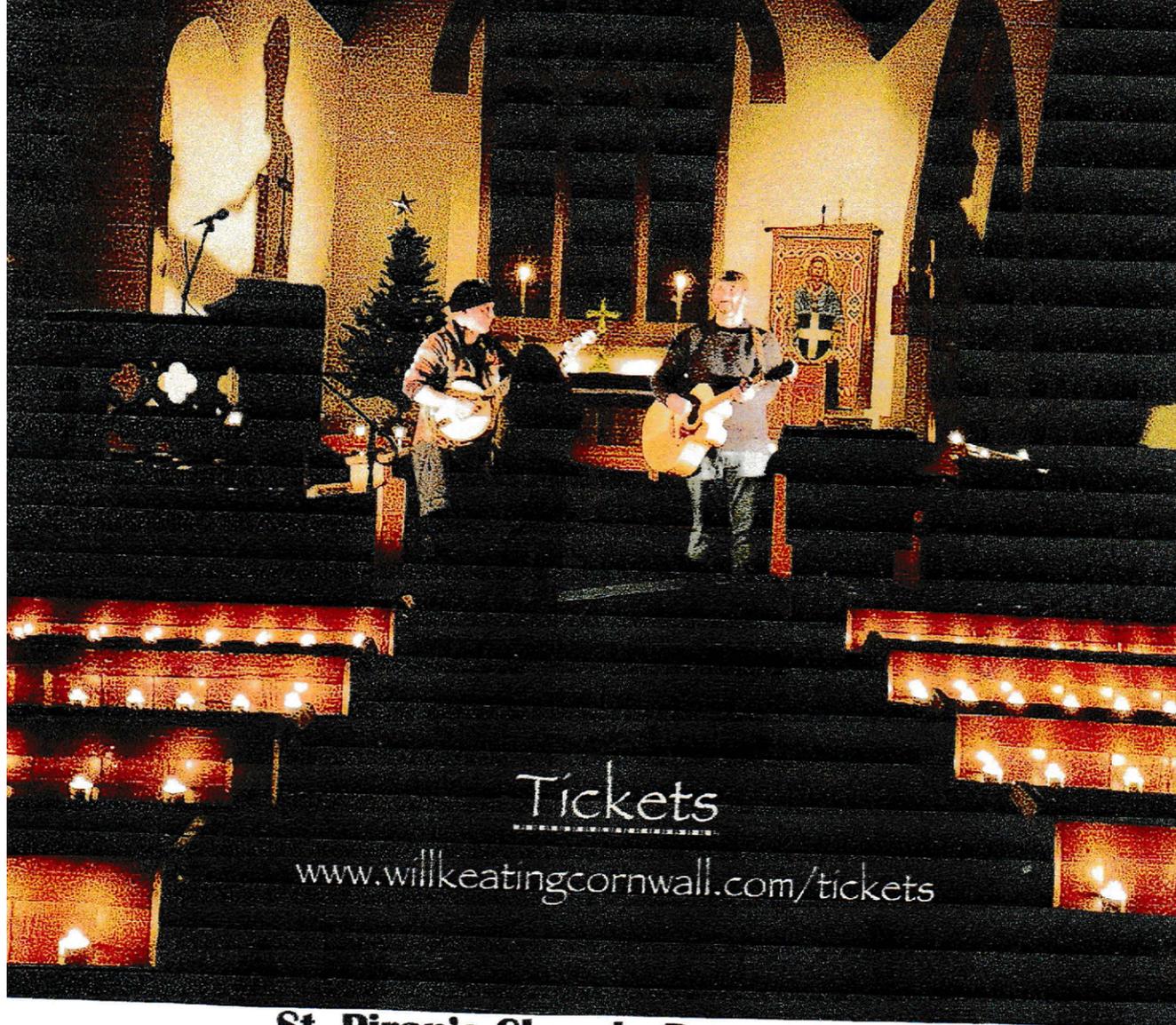
Thank you.

Mark Gripper

Candlelit Concert Tour

John Dowling

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www.willkeatingcornwall.com/tickets

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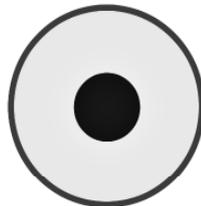
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Dan CB

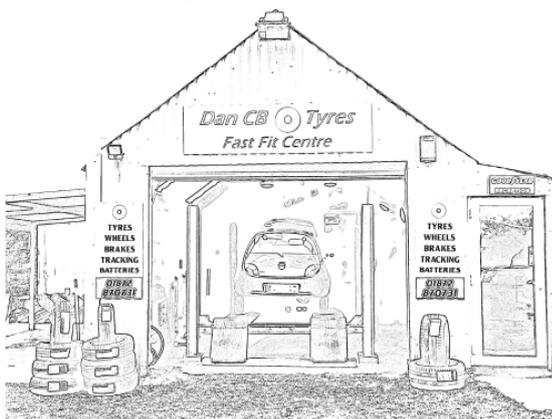


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