

# PERRAN NEWS

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June 2020 "Lockdown 2"

Vol 35 No 5 Issue 345

Perran News, the village newspaper for Perranwell Station and Perranarworthal is now in its 35th year of publication.

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During this challenging time, whilst working on cars we will be taking all the necessary precautions to ensure that our customers and staff are kept safe from infection. This will include working to minimise any person to person contact and when returning cars ensuring all the main touch points are sanitised carefully.

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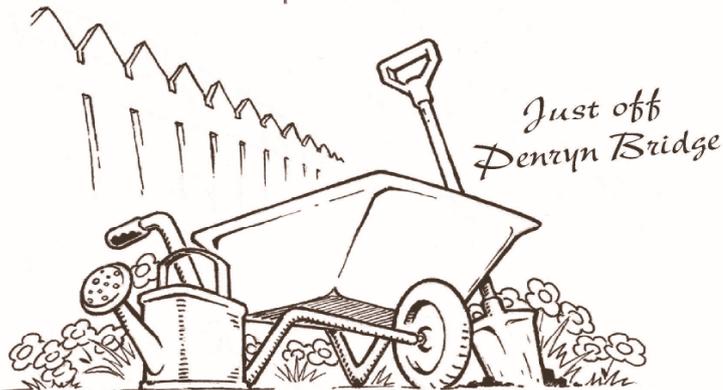
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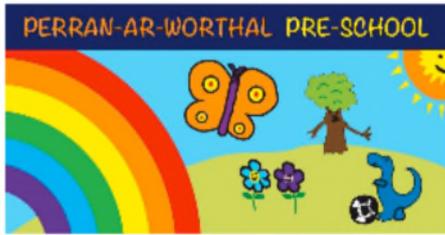
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or simply come along on a Sunday afternoon and say

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## EDITORIAL

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I hope, readers, you are surviving lockdown and are continuing to avoid Covid-19. It sounds like a postal district of a large city, doesn't it? I am pleased to be able to produce a paper issue for Lockdown 2, albeit with rather sparse content

The front cover pictures have been sent in by several readers showing VE day celebrations in the village. A good effort for what was an unavoidably lost opportunity to have a party. Thank you all. I particularly like the splendid effort to recreate the spirit of the 1945 black and white photo shown, replicated in 2020 at Tredrea. Great stuff.

I still have more of the great aerial photos for future covers, but the VE day photographs and the opportunity to have a topical cover border are timely for this month. I hope a lot of readers were able to look at and enjoy last month's online version. For readers without the internet I hope this will make amends.

The Perranarworthal Emergency Plan team, the various community wardens led by Louisa Inch, continue to do an outstanding job. I make no apology for putting eight pages of their valuable work and information in this issue, a remarkable achievement team. The Emergency Facebook page continues to be updated often and is well worth a regular look. Thankyou Louisa and Co.

I will be keeping my fingers crossed we don't have a "second peak" and a retightening of lockdown to prevent a print edition in July. I am hoping to produce a paper copy and that some more contributions will be forthcoming. Thanks to Shirley and the post people for delivering this issue.

In the meantime, keep safe, keep washing your hands and remember not to touch your face.

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.

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](mailto: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**

## PERRANWELL STATION - WEATHER REPORT FOR APRIL 2020

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Average daily maximum temperature:	15.5C
Maximum temperature for the month:	23.5C on 11th
Average daily minimum temperature:	7.7C
Minimum temperature for the month:	0.8C on 1 <sup>st</sup>
Rainfall:	1.68 inches
Sunshine:	206 hours
Wind direction:	Easterly
quarter	



### **Fine and settled**

Weatherwise, April could not have been much better, the very pleasant weather enhancing the Cornish spring. Temperatures were well above normal, with a monthly high of 23.5C on Easter Saturday, the highest April temperature that I have recorded at Perranwell Station in 34 years.

Sunshine hours were above normal, while rainfall was below the April average, with only nine “rain days”. It was virtually completely dry up until the 16th, with around one inch of rain falling in the last few days of the month.

As in April 2019, winds were from an Easterly quarter, and wind speeds generally light.

Nationally, it was the 5th warmest April in the series from 1884. As in April 2019, the highest UK temperature of 26.0C was recorded at Treknow, the small hamlet just south of Tintagel. It was also the sunniest April across the UK in the series from 1915.

We are all going through a difficult time at the moment, but the weather up until the time of writing has at least done what it can to lift the mood.

Mike Hands  
mdh51@btinternet.com

## **PERRANWELL'S LOST HOLY WELL**

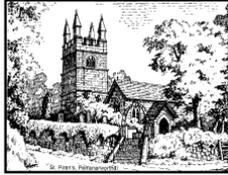
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Did readers know there is another Holy Well in Perranwell? It is mentioned on page 51 of the book entitled FENTYNYOW KERNOW In Search of Cornwall's Holy Wells by Cheryl Traffon.

In the book it is described as lost in undergrowth behind a house. As I understand it, the well is situated behind the properties at the back of the Playing Field where the little footpath in a field ends. On two occasions I have searched, without success, to see if anything of the well remains.

It occurred to me that if the exact location could be found, perhaps something indicating this could be erected, such as a small plaque. I suppose it is too much to hope that it could be found and restored. It might be something for the Local History Group to investigate.

***Ann Towsey***



Church services will be cancelled due to Coronavirus restrictions until further notice.

Church will be open for prayer between 10 am and 11 am Monday to Friday and Sunday.

This will continue for as long as possible during this crisis.

Please respect the "distancing" and hand cleanliness guidelines whilst there.

Also, the church website is updated daily. [www.stpiranstruro.org.uk](http://www.stpiranstruro.org.uk)  
Thank you Paul Church Warden



**Perran-ar-Worthal Village Hall**

**Thursday morning  
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# PERRAN AR WORTHAL EMERGENCY PLAN

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## **Message from Louisa Inch – Emergency Plan Coordinator**

First and foremost, I have to thank the Wardens, Anna Pentecost and our Buddy's who are doing a fantastic job in delivering the Emergency Plan in such a professional and methodical way. Without each and every one of you the Plan would not be so successful. It also makes coordinating the plan a lot easier for me.

I walk around the village with my partner Mike, son William and black lab Sammy and it makes me so happy to speak to members of our parish and being told of lovely positive stories about how the Plan has made an improvement to their lives. I am very proud to be part of it and I have a couple of updates that I would like to bring to your attention if I may.

## **Bus Stop Food and Book Swop**

This has been a huge success and I have to thank Lizzie Archer from the Royal Oak for donating the fridge and taking the fridge temperatures for us. I know that she also makes sure the Bus Stop is clean and tidy. Please can I ask that we continue to donate food items on a regular basis and if anyone knows of any businesses who we can ask to donate food items that would be really helpful. Please do not donate anymore books or magazines except for children's books and games. The Parish Council has spent some of the grant from the Cornwall Council Community Chest Fund on purchasing essential food items.

## **PenPal Scheme**

I have had an Inter-Parish Zoom meeting this week and the PenPal scheme was really well received, in fact the PenPal scheme is likely to be rolled out in their parishes as a result. We have children ready to be paired up and I understand that if you are shielded or vulnerable that you may be fearful of receiving post, but perhaps you could open the letters wearing gloves, or leave it unopened for 72 hours before opening? Please register via our email address [pawemergencyplan@gmail.com](mailto:pawemergencyplan@gmail.com) if you are a parent of a child or a shielded/vulnerable resident.

## **Medical Update**

I am very happy to be able to introduce Coast Medics – a charity from Truro who is in the process of securing funding to provide a non-emergency medical service to our Parish. The team of 6 DBS checked volunteer - First Responders and Paramedics will be able to provide a home visit service if you are worried about your loved one. Coast Medics could be used for falls, sprains, burns, checking that an elder member is taking medication or eating etc. Please remember if you suspect you have COVID 19 please phone 111 in the first instance or if you have difficulty breathing or have any other life-threatening incident please use 999.

## **Shielded and Vulnerable Homes**

We will be calling everyone on our list to check in on you over the coming weeks, to see if you have any concerns and to ask whether there is anything that you think we should be doing to better support you. Please talk freely - as positive and negative feedback is crucial in developing the Plan to make it even better.

## **Inter Parish Meeting**

I was privileged to have a Zoom meeting with Feock and Chacewater Parish Council, and two NHS Navigators this week and it was lovely to have a virtual communication between us all. Our Plan has had some lovely feedback about how our Plan is working via the GP surgeries and also from the Parish Councils. We are currently investigating the possibility of forming a cohesive approach between the three Parish Councils which cover the areas of Chacewater, Deveron and Carnon Downs Surgeries. The main concern that we collectively have is mental health and well being and how we can support everyone in our communities.

### **Mental Health and Well Being**

We are delighted that this section of the Plan is now starting to come to fruition. I have been working very hard with Lizzie Marven and Jacqueline Davey who are the Mental Health Wardens and they are now going to be writing a weekly topic surrounding mental health, what to look for, and handy tips on how to change your mindset. We have the dedicated Wellbeing number 07564 066501 which you can call to speak to either Lizzie or Jacqui in confidence. This week is Mental Health Awareness week and we are asking everyone to assess their own mental health and take steps to improve ourselves. Anxiety and fear are high at the moment, whether it is regarding trying to decide whether to send your child back to school on 1<sup>st</sup> June, whether you have lost your mojo at work or scared to leave your own home. There is more information about this in our update. Please listen to yourself, be kind to yourself and do one small thing once a day which will make you smile.

### **Chat and Walking Buddy's**

We are asking for some more volunteers to become chat buddy's – so that if you time to spare and are a good listener perhaps you could consider phoning a lonely member within our Parish to check in and have a chat?

We are also aware that once this lockdown starts to ease that there may be some members within our Parish who will be too scared to leave their home or garden. In the same vein we are asking for a call for walking buddy's who would be prepared to assist a resident to take their first walk or walk to the church for example – whilst complying with the self-distancing guidelines.

### **Car Scheme**

Feock and Mylor Parish Council's have a successful car scheme which takes people to doctors or hospital appointments etc and I was wondering what would be the feeling of looking to set something up like this in our Parish? Looking forward I can see that using taxis or public transport would be out of the question for some and it is imperative that appointments are not missed.

### **The Future of the Emergency Plan**

Once the impact of COVID 19 reduces, the Perran ar Worthal Plan will still be in action for other emergencies which may affect the Parish. For example, the Parish Council has just agreed to fund a real time water level and rainfall sensor (supplied by METOS UK) which will be fitted by Premier Water Solutions 10 Ltd (at no cost) onto the upstream bridge (subject to approval from Highways) by the Perranwell Garage. This will be essential in providing real time updates & to be able to initiate the Flood Warning and Evacuation Plan for the centre of the village. Data provided at the start of the Plan will be kept securely on record and we will be asking for a call for Flood and Snow Wardens in due course.

### **Feedback**

If anyone would like to bring anything to our attention to enhance the Plan, or tell us whether there is anything wrong with the Plan then we would be pleased to hear from you. This Plan was set up very quickly and we have learnt a great deal along the way, but I also acknowledge that we are not COVID 19, Medical or Social Professionals. Any feedback would be great.

### **Information to Buddy's:**

Thank you so much for your kindness and community spirit. By now you will all have got the skill of shopping for multiple people off to a fine art. You are all so appreciated, and not just by the 138 people you're supporting. The Emergency plan is so grateful to you all.

Some of you may well be starting back at work, and possibly be in occupations that put you more at risk of catching the virus than others. There is no reason that you cannot continue to be a buddy, just keep sticking to the guidelines (WE MUST NOT ENTER HOMES, KEEP WASHING HANDS WITH SOAP AND WATER, OR USE SANITISER WHEN THIS ISN'T POSSIBLE). If you feel you cannot manage both working and being a buddy please let us know as soon as possible, and immediately, if you, or any members of your household become unwell. Your health and mental wellbeing matters too! We have a number of volunteers who can take over from you quickly, and easily.

Over the weeks you will have formed bonds, and in many cases genuine friendships with the homes that you've been assigned to, and as the restrictions become eased (hopefully), there is likely to be higher levels of anxiety in some people. Can we ask you all to keep an eye out for this in the homes you're looking after, and let us know if you have any concerns over changes in behaviour, no matter how trivial they may seem, please? That's what we're here for.

**To those we are Buddying:**

We have a team of 56 volunteers looking out for you, and doing all we can to ensure you're fed, have your medications, or just being someone at the end of a phone and a stones' throw away should you need them. They are all pleased to be able to support you and our community. If you know of anyone that might need a buddy, please pass the Emergency Plan's number **07564 066467** to them.

If you haven't already registered, we have a village pen pal scheme where you can be paired up with a smaller member of the parish who will send you letters/pictures to brighten up your day (and maybe afterwards your fridge door) then you can share something of your life back with them. There are quite a few children poised with colouring pens and paper, all ready and waiting for you. The number to register is: **07564 066467** email: [pawemergencyplan@gmail.com](mailto:pawemergencyplan@gmail.com)

Finally, over the next days someone from the buddy team may be contacting you to get your opinion on the scheme, to find out if we can improve it, and if so how. We'll be publishing the feedback, good or bad (I promise). Be kind to yourselves.

**Written by Helen Pettett and Richard Holman – Buddy Wardens 01872 862667**

**PERRAN AR WORTHAL  
EMERGENCY PLAN**

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**Are you at home self isolating?**  
Are you struggling to find things to do ?  
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Would you like your child to write to an older person and send colourful pictures to make their day?

**IF SO**  
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# PERRAN AR WORTHAL EMERGENCY PLAN

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## **Mental Health Weekly Topic – Isolation and Loneliness**

This week's focus will be on the effects of social isolation and loneliness on peoples mental and physical health as we continue the lockdown period. Loneliness and social isolation are different but related concepts, one can lead to the other or both can occur at the same time. Social isolation can be seen as objective, impaired social isolation from normal social networks, whereas loneliness is a subjective, distressing and unpleasant emotion.

Whilst it is normal to feel stressed when staying in, interacting less and with the added worry of contracting the virus, it is important to recognise that whilst lockdown measures and social distancing are in place to protect everybody, losing social connections comes with psychological and physiological costs which will rise the longer the measures carry on. Elderly people may be particularly at risk of loneliness and social isolation as they are at a higher risk from being seriously ill from the virus, meaning they have to self-isolate and some will not have access to the internet which is keeping many people connected.

It has been identified that being under quarantine negatively effects 3 key elements of our mental health: autonomy, as we have no control over it, competence, we may feel our efforts for work or home schooling children aren't good enough, connectiveness, we have lost many of the day to day connections that we are used to, Quarantines which last more than 10 days have also been linked to Post Traumatic Stress Disorder.

When social connections are cut dementia, high blood pressure, alcoholism, accidents, depression, paranoia, anxiety, and suicide all become more prevalent.

Short- and long-term mental health problems caused by social isolation include stress, depression, anxiety, insomnia, sense of hopelessness, emotional exhaustion and substance abuse, studies show after isolation during the SARS outbreak alcohol misuse increased threefold.

### **What can we do?**

Whilst it is challenging to find ways to maintain social connections under lockdown restrictions and it is recognised modern technology is no substitute for human contact such as hugging there are things we can do for ourselves and others.

- 1) There are various ways we can stay in touch online, zoom, skype, Facebook and House party all have video functions which allow you to see one or multiple people at a time. If you have a family member who may be isolated or lonely try to include them in family events, remember many older people will be reluctant to reach out because of the stigma attached to loneliness and the fear of being a burden. Scheduling a time to video conference or call them rather than leaving it up to chance and encouraging other family members to do the same may give them something to look forward to. Some elderly people may find technology challenging, there may be a younger member of the family who can help with this.
- 2) Pick up the phone and call someone, taking time to listen to what they say, talking to someone is the next best thing to normal social interaction.
- 3) Use 'snail-mail', sending someone a letter or card to show you are thinking about them, making cards can be done completely online if you are unable to get to the Post office (just need to remind people to wash hands after touching mail).
- 4) Support others, reassure a friend who may be stressed, you may notice this through messaging a friend or their posts on social media, they will appreciate your concern.
- 5) Use Apps such as words with friends or hold virtual trivia or game nights with friends and family.
- 6) Start a virtual book club with friends, read the same book and check in at a regular time to discuss it.
- 7) Take a walk down memory lane and email/WhatsApp old pictures to friends and family.

- 8) Share simple pleasures, such as links to music, uplifting photos, pictures of what you are doing (DIY, cooking, crafts).
- 9) Religious institutions should continue to treat people as congregants even though they are unable to attend church, by calling them and checking in with people.
- 10) If you are struggling with loneliness or social isolation do something meaningful, this could be an online course or creating a family tree on a genealogy website.
- 11) Get plenty of exercise, this could be a walk, run, cycle or online exercise. The NHS has a free exercise videos to suit everyone <https://www.nhs.uk/Conditions/nhs-fitness-studio/> or you may be able to carry on with your previous exercise class online.
- 12) Start a writing project such as a journal or an art, craft or DIY project.
- 13) Stay calm, using mindfulness, meditation, yoga, breathing exercises or spending time with pets can help you relax.
- 14) Whilst it is important to stay up to date with changes and news around lockdown measures and Covid19 continue to limit information intake if you find it overwhelming.

The Coordinator and the Wardens of the Emergency Plan have done a brilliant job of keeping people connected and enhancing a sense of community by looking after residents through its 'buddy' system, promoting intergenerational social links through the pen pal scheme raising community spirit through the VE day celebrations. The clap for carers on a Thursday night also promotes a sense of community cohesion and togetherness that can enhance feelings of social connection.

A 'chat buddies' scheme is in the process of being organised, anybody wishing to volunteer please contact Louisa Inch or Lizzie Marven. The **Wellbeing line** 07564 066501 which is now operational, anybody calling this number will be given advice or signposted to where they can get help on any aspect of wellbeing, let us know if they would like to be linked with a 'chat buddy' or let us know what other support would be valuable.

The support and sense of community shown in Perran-ar Worthal throughout this pandemic has been outstanding, it is in all our interests and could be considered our collective duty to look after our friends, family and community at the moment, please everyone continue to do so, even small acts mean a lot at the moment.

A few other numbers that might be useful:

**AgeUk** adviceline 08001696565, open every day 8-7, can provide advice and details of telephone befriending service.

**Samaritans** 116123 open 24 hours a day, somebody will always be there to listen confidentially to any problem.

### **Pegasus Wellbeing Centre**

Six free counselling sessions. Corona Voice Project supports every gender, race, and religion for = COVID-19 related Anxiety, Isolation, Depression, Burnout, Cabin fever, Distress.

<http://pegasusmenswellbeing.co.uk/whats-new-coronavoicproject-anxiety/>

To access, please email [rachel@pegasusmenswellbeing.co.uk](mailto:rachel@pegasusmenswellbeing.co.uk), put – CORONA VOICE PROJECT – in the subject box and your request to use the service in the main body of the email OR call: 07817 261494

### **Borrow Box – Cornwall Libraries**

Library services in Cornwall are closed but you can access the Borrow Box to download eAudiobooks and eBooks on your tablet, smartphone, PC or Mac. You'll need to download the BorrowBox app to read them on your smartphone or tablet. Website: <https://www.cornwall.gov.uk/leisure-and-culture/libraries/your-library-online/ebooks-eaudiobooks-and-emagazines/borrowbox-ebooks-and-eaudiobooks>

**Cornwall Council – Mental Health Safety Plan A Mental Health Safety Plan** is a preventative tool designed to help support those who struggle with mental wellbeing. It may be difficult to think clearly when you're feeling really low, or feel incredibly overwhelmed, and it may be difficult to ignore these feelings. Safety plans are best created when not in crisis. By having a safety plan, you're making sure that there are strategies you can use to keep yourself safe and can help you feel more in control when everything feels out of control. Think of your safety plan as your 'mental health first-aid kit'; it includes different things that will help you through a crisis.

<https://www.cornwall.gov.uk/health-and-social-care/mental-health/mental-health-safety-plans/>

**Corona Cornwall** A website connecting people and signposting to local services and information to provide support during this challenging time.

Telephone: 01566 788865 Website: <https://coronacornwall.org>

**Written by Lizzie Marven – Mental Health and Well Being Warden**



**Coast Medic:**

Coast Medic is a local charity that provides pre-hospital emergency care to the marine community. Their voluntary paramedics and doctor support marine based events with medical cover from onboard their ambulance boat. The charity has also worked with other local organisations to made over 120 thousand pounds worth of public access defibrillators available in the local community and delivered free community training in their use.

During these unprecedented times, the charity has decided to further it's support by offering a medical and social response to vulnerable members of the village through the Perran ar Worthal Emergency Plan. The service is accessible through the Perran ar Worthal Emergency Plan telephone number 07564 066467.

"The charity is not replacing the ambulance service, in the event of a medical emergency you must call 999 and ask for an ambulance..." explains Luke Tudor, charity chief executive and Perranwell resident, "however if there are concerns that a vulnerable member of the community is not coping, require help getting up after a non-injury fall, or there are significant concerns for their welfare, our group of voluntary paramedics and responders maybe able to help".

"We are currently operating on very limited funding as we have reduced donations from our marine support and have not successfully secured any government or grant support. This means we are unable to offer 24/7 cover at the moment, however we aim to increase our support as further funding is identified" explains Tristan Burgess charity trustee.

Visit [www.coastmedic.org.uk](http://www.coastmedic.org.uk) for further information regarding the charity or follow us on facebook.

**Written by Luke Tudor – Medical Warden**

# PERRAN AR WORTHAL EMERGENCY PLAN

07564 066467

[pawemergencyplan@gmail.com](mailto:pawemergencyplan@gmail.com)

## Support from – and for – our local businesses

Whether it's the garage providing car servicing for key workers, the pub taking on the challenge of takeaway meals and ales and running such a slick operation, or the shop and lay-by veg stall sorting orders by phone so that residents who are shielding can still get their shopping, local businesses have been absolute stars over the past 8 weeks (and counting).

They've been managing the stresses of keeping things going in truly unusual times, and helped the rest of us maintain some degree of 'normality', especially in the early panicky weeks of lockdown (how long ago they seem now). And while there hasn't been an egg to be seen at the supermarket the last few times I've been (maybe I just pick the wrong time?), Colin Carter is keeping the village shop stocked for all that lockdown baking!

Please continue to support your local businesses who have responded magnificently to this unique challenge. Details of opening hours and other information (correct at time of writing) are below.

People have responded in their own ways in the community too. I don't know about you, but at a time when actual human interactions have been pretty limited, it's been so nice to see things popping up around the village as a reminder that we are still here and still a community – the teddies and rainbows in people's windows, the impromptu plant stalls and 'thank you' and 'stay safe' signs for key workers, the Easter egg hunt through the village, the bus shelter food swap and Greenwith Cross book stall, the VE Day decorations and celebrations.

If you're not already aware of it, the Emergency Plan facebook page is a useful source of news and updates. And because not everyone is on facebook, we also send a weekly email newsletter – if you would like to receive this in future please email [pawemergencyplan@gmail.com](mailto:pawemergencyplan@gmail.com)

## Written by Ruth Gripper – business and community warden

**Almond's Newsagent:** Have been operating as usual with their friendly and efficient delivery service. Tel: 870477.

**Baker Tom's:** Baker Tom's mobile bread van has become a familiar sight in the village, parking up at the Royal Oak car park on a Wednesday morning 9.30-10.30am. Route and timing subject to change so always worth checking their website for the latest: [bakertom.co.uk/bread-van/](http://bakertom.co.uk/bread-van/).

**Carnon Downs Garden Centre:** Open 8am-8pm (10am-5pm on Sundays) to spread customers through the day and numbers in the garden centre are limited. Click and collect service (minimum order £15) available for people who are shielding only, see website for details. Tel: 863058

**Chyreen Fruit Farm:** Open Monday – Friday from 10.30am, Saturday from 9.30am. Note payment is by cash, cheque or bank transfer only. Please take a bag, basket or box with you. Tel: 862317

**Cusgarne Organic Farm Shop:** open for general shopping on Wednesdays and Saturdays and continue to prepare click and collect orders for people who are shielding. Visit [www.cusgarneorganicfarm.co.uk](http://www.cusgarneorganicfarm.co.uk) for the full list of products and how to order. Tel: 865922

**Flour Power Pizza Van:** deliveries to Perranwell Station on Wednesday evenings 5.30-7.30pm. Call before 3.30pm to place your order. Tel: 07484644170

**Meadowside Nursery:** veggies, plants and groceries available to order via their facebook page for collection Monday to Friday, or just turn up to shop at the weekend.

**Mylor Fish Shop:** free delivery (min £20) or take orders for collection from the shop. See their facebook page for latest availability. Tel: 01326 378441

**Norway Inn:** takeaway and delivery seven days a week. Tel: 309348

**Perranwell Village Stores and Post Office:** open normal hours and payment is possible by phone for people who are isolating. For the safety of customers and staff please keep to distancing guidelines of 2m and wait outside if necessary. Tel: 863059

**Perranwell Garage:** open for servicing/maintenance, repairs and MOTs with a skeleton team. Collection and delivery available locally for people who are shielding/isolating. Tel: 863037 or email [anthony@perranwell.co.uk](mailto:anthony@perranwell.co.uk).

**Perranwell Fruit and Veg Stall:** Open Thursday mornings, Fridays and Saturdays 9-4. One-way system in place at the stall to aid social distancing. You can also phone to order a box for collection. Payment by card or cash. Tel: 07989 949608

**Royal Oak:** Takeaway meals and deliveries available on Friday and Saturday evenings and Sunday lunchtimes. Call 863175 on Wednesday/Thursday mornings or email [lizziearcher@btinternet.com](mailto:lizziearcher@btinternet.com) from Tuesday to book. Draught ale also available Tuesday to Sunday, call Tim on the day on 07794055370.

## PERRAN-AR-WORTHAL PRE-SCHOOL

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Although we have been closed since 23 March, each week we have been sending the children a challenge to complete. For each challenge completed, the children receive a certificate. We have had some great replies and some examples can be seen attached.



It's a difficult time for our little ones, not understanding what is happening, missing their friends and not being able to visit much loved parks, beaches and playgrounds. In line with Government guidelines, we are therefore making plans to



return to pre-school on 1 June. We will be ensuring that all relevant guidance is followed with regard to Health & Safety, risk assessments and Social Distancing (so far as we are able!)

Although we are currently closed, we are still able to take bookings for children to start the new term in September. If anyone would like further information or a prospectus sent to them, please contact us on the details below.



[perranarworthal@yahoo.co.uk](mailto:perranarworthal@yahoo.co.uk)

07974 484841

[www.perranarworthal-preschool.org.uk](http://www.perranarworthal-preschool.org.uk)

# PERRANWELL GARAGE

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## Three Years On

My wife and I took over Perranwell Garage on the 31st March 2017, we have just completed our 3rd year. Whilst we have continued with our affection for Morgans which have a long association with the Garage, we have worked hard over the past few years to try and build a reputation for Classic and Sports cars, as many of you may well have realised when looking in the showroom.

Observing customers getting excited because they are hiring one of our Morgans, or smiling and talking about a classic car in the showroom that they once owned or dreamed about owning is a great part of the job. Having these fantastic cars in the showroom, also I think ensures that our outward appearance is not out of place in the village and local surrounding area. I have always been of the opinion that the garage has synergy with the village and on balance the local community like us being here.

However, there is a down side.....from the outside at first glance, we appear to only cater for the Classic and Sports Car owners, who need work done on their cars. The reality is that behind our showroom we have a large well equipped workshop that can and does carry out servicing, repairs and MOTs on modern cars as well as Classic Cars. The ability to maintain more modern day to day vehicles is a key part of our business and one where we value each and every customer that trusts us to carry out any work.

We are competitive on pricing, happy to quote for work, only fit quality parts and have all the required diagnostic equipment and skills to be able to carry out any work as proficiently as you would expect of any modern garage. We are at our heart a traditional type of garage that holds onto the core values of people talking to people and understanding your requirements and meeting your expectations. We actively encourage our customers to talk directly to our technicians, Darcy, Alex or Jack when they bring in a vehicle for work, to ensure they feel confident that we fully understand their needs.

Given the very strange and difficult times we are all experiencing at present, to everyone that has supported us and continue to do so, thank you so much you really do make a difference. To the people that were not aware of our hidden capabilities to work on modern cars and will try use us in the future, we look forward to meeting you and to everyone else that are not able to support us at the present time, thanks for telling your family and friends about us.

Take care and please keep safe.

***Anthony and Louise Scrivener.***

### Looking back through time...

The photos below give a small insight into how the garage has evolved in its appearance over the years in its central village location beside the river. The first photo was taken, we believe in the 1930's and shows the wheelwright that occupied the site before the Garage took over the same building. It can be seen trading as a garage in the 1960s, 1970s, and 1980s. In 1984 Alan and Ann Ireland bought the business and in 1987 undertook a major project to build the workshop and showrooms that are in existence today.

1. 1930's trading as a wheelwright
2. 1960's
3. 1970's
4. 1984
5. 1987 ...as the garage is rebuilt
6. 2019



1



2



3



4



5



6

## CRICKET CLUB NEWS

---

After a very wet winter and then a lovely spring, club members were looking forward to a summer of fine weather, great cricket and croquet, special weekends all enjoying each other's company. A drink or two whilst sharing good memories of the past. That has come to a sudden stop, but life carries on,

It seems unlikely that normal cricket will resume at all this summer, but we hope to make the best of whatever remains of the season post Covid-19. At present we do not have any income at all, but costs are continuing, and facilities still have to be cared for.

Lastly some sad news of good friends lost: I am sorry to report the loss of three great friends, stalwart supporters of the cricket club, who have died in the last year. We will miss Christine James, Denzil Oates and Mike Rees who were all regulars at Tredrea most summer Saturday afternoons. Christine was known and loved by all members of the club, but best by the first team who enjoyed her cricket teas and banter on alternate Saturdays for many years. For some, a lasting memory of the cost of overindulging in her excellent catering before fielding after tea. I am sure you will join me in sharing sympathy to the members of all their families, and also thanking them for lending us their loved one's company on so many Saturday afternoons. **Walter Brotherton** (President)

Many of you will know Walter, who celebrates a big birthday with an "8" in it very soon. Walter has been player, captain, chairman, leading wicket taker, barman, groundsman, president, and beating heart of the cricket club for 50 years this year. A massive contribution to Perranarworthal Cricket Club. Great stuff, Walter. Thank you. **MBG**

## NEWS FROM THE POTTERY, PERRANWELL STATION

*“Ceramics is the cruellest art” - Chinese proverb*

It's true that there are disappointments (to say the least) when a pot doesn't survive a firing or when colours don't come true but the rewards can be tremendous. This is what us keeps us going. I've had a couple of disastrous firings, as far as my own pots are concerned, and these have brought me back to earth, back to basics. Karen, on the other hand, has had considerable success. She has finalised her cut forms and developed some interesting misty glazes.



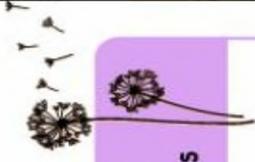
We are 'keeping calm and carrying on' with our new tableware designs. The coronavirus situation means the pottery - and the village - are very quiet these days. Without the big exhibitions we had been working towards the impetus might have been lost but ideas for new shapes and glazes are progressing well. The new range will be ready in summer when there is every hope that life will have begun to return to 'normal'.

Budleigh and Oakley will be more than happy to meet up at the workshop again and to resume their duties as Toll House Pottery Dogs.

**HUGH WEST, KAREN CARLYON**, The Pottery, Tarrandean Lane, opposite Perranwell Station  
[www.hughwest.com](http://www.hughwest.com)

20 things your mum said to you While you was growing up.	
1.	Because I said so
2.	Wait an see
3.	Ask your dad
4.	No pudding unless you finish your dinner
5.	If someone asked you to jump off a cliff would you?
6.	I've told you a thousand times
7.	Say pardon, not 'what'
8.	What did your last slave die of?
9.	You'll take someone's eye out with that
10.	It'll all end in tears
11.	I want, never gets
12.	Close the door - you weren't born in a barn
13.	Don't sit that close to the tv - you'll get square eyes
14.	There is no such word as 'Can't'
15.	Who is 'she'? The cats mother
16.	Carrots make you see in the dark
17.	If you eat your crusts you'll get curly hair
18.	Don't make that face. If the wind changes you'll stay like that
19.	Do as I say, not as I do
20.	Back on my day

# MindWell Week of Kindness Planner

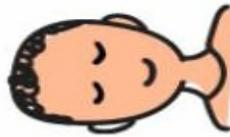


## Monday

Be kind to your mind

Do something that helps you relax or recharge today.

Take time out for an activity you enjoy or take a moment to breathe and shake out any tension.



## Tuesday

Be kind to your body

Listen to what your body is telling you.

Did you sleep well?

Are you thirsty or hungry?

Do you need to stretch your legs?



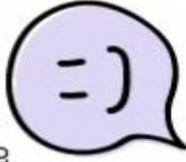
## Wednesday

Talk kindly to yourself

Notice your thoughts today.

How kindly do you talk to yourself? Would you talk to a friend in the same way?

Be your own cheerleader today.



## Thursday

Spread kindness

Find a way, however small, to spread some kindness.

Send a supportive message to a friend and share a positive post online.

Or, think about how you could help or be kind to a neighbour (respecting social distancing).

Don't forget to Clap for carers tonight at 8pm.

## Friday

Be kind and generous to others - it makes you feel good!

Take time to thank and be kind to others today.

If they've given you space to walk past, served you in a shop, delivered your post ... it's good to notice and appreciate others. Or, do a small act of kindness to make someone smile.

☆ ☆ ☆



## Saturday

Be kind to the world

Be kind to the planet today.

Recycle and repair and try to use less water and electricity.



Have a go at upcycling - reuse something old to make something new.

## Sunday

Be kind every day

Which activities did you try this week? How did they make you feel? Decide on one or two that you could bring in to your everyday life - and keep doing them!

Use your mobile to set a daily reminder to do one act of kindness a day - for yourself. What will you do?



## Mental Health Awareness Week

18-24 May 2020

MindWell - the mental health website for people in Leeds

#MentalHealthAwarenessWeek

#KindnessMatters

@MindWellLeeds

MindWell

**Perran News Directory  
June 2020**

Organisation	Contact	Telephone	Email
Art Group (Thurs)	Tony Irving	01872 862115	wild.wing@virgin.net
Badminton - Tuesdays	Tim Booth	01872 863585	timbooth007@hotmail.co.uk
Royal British Legion	Wendy 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@taikatales.com
Cricket Club	Bob Haine	01872 864029	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 865172	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
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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.stpiranstruo.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 Bellingring	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 (Iyengar)	Carol Stephens	01872 870125	carol@tredrea.wanadoo.co.uk
Yoga for Relaxation	Deidre Mason	0209 613488	
Councillors Cornwall Council	Peter Williams	07833 439168	prwilliams@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 Painter & Decorator Interior & Exterior

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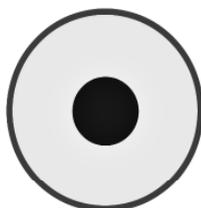
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# Dan CB

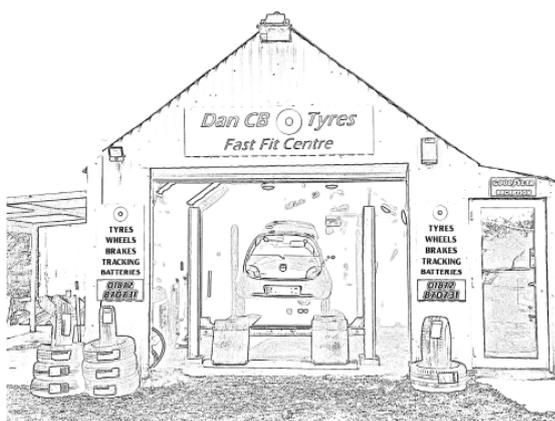


# Tyres

## 01872 870731

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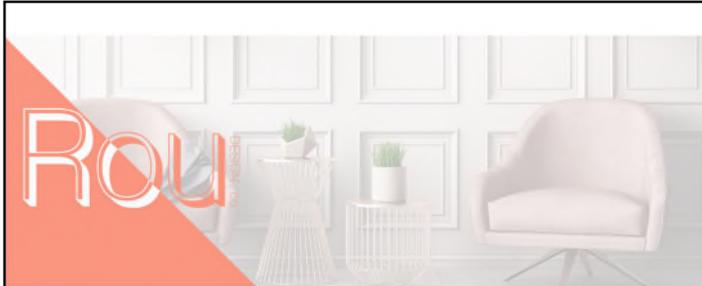
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