

THE OLD SCHOOL NEWS

Issue 264

July/August 2025



ESCAPE ROOM EVENING

AT THE OLD SCHOOL
STOKE CLIMSLAND

THURSDAY 21ST AUGUST
@ 6 PM

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or contact The Old School Office 01579 370493



Stoke Climsland Show 2025

Save the Date!

Saturday 9th August

Time to start planning your entries!



Show Schedules available from
Stoke Climsland Post Office
or download from:

<https://stokeclimslandshow.wordpress.com/schedule>



WHAT A NIGHT

OPEN MIKE NIGHT LIT UP
THE OLD SCHOOL

Jamming in your bedroom
or rehearsing in your
kitchen?

Join us next time on
Friday 5th September



This News Sheet has been produced by the Trustees of The Old School, Stoke Climsland, Callington PL17 8NY. All enquiries should be made to the office at The Old School, tel 01579 370493 or by email at theoldschool78@gmail.com

The News Sheet can be viewed on The Old School Facebook page and is available for download at www.theoldschoolnews.co.uk

For more information about The Old School go to www.oldschoolstokeclimsland.co.uk

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PARISH CHURCH JULY\AUGUST 2025

July 5	3 pm	Messy Church in the Old School
July 6	8 am	BCP Morning Prayer
	10 am	Morning Worship
	2.30 pm	Remembering God
July 13	8 am	BCP Morning Prayer
	10 am	Holly Communion
July 20	8 am	BCP Morning Prayer
	10 am	Family Service
July 27	8 am	BCP Morning Prayer
	10 am	Morning Prayer
August 3	8 am	BCP Morning Prayer
	10 am	Communion
	3.20 pm	Remembering God
August 10	8 am	BCP Morning Prayer
	10 am	Service on the Green
August 17	8 am	BCP Morning Prayer
	10 am	Family Service
August 24	8 am	BCP Morning Prayer
	10 am	Morning Worship
August 31	8 am	BCP Morning Prayer
	10 am	Cluster Communion Service Further details to follow

PARISH HALL JULY\AUGUST 2025

Regular Events:

Monday	7 pm	2 nd week only	CIO (back room)
	7 pm	3 rd week only	PARISH COUNCIL
Tuesday	9 am - noon	Weekly	POP-UP CAFÉ
	7:00 pm	2 nd week only	W.I.
	7 pm	Weekly except 2 nd week	SHORT MAT BOWLS
Wednesday	4.00 - 6:30 pm	Weekly	SJS DANCE
Thursday	9:30 - 11 am	Weekly	KEEP ACTIVE
	4 - 7:30 pm	Weekly	SJS DANCE
	8 - 10 pm	Weekly	CALLINGTON GOSPEL CHOIR
Friday	7 - 10:30 pm	Weekly	BRIDGE
Saturday	9 am - noon	1 st week only	TABLE TOP SALE
	2 - 6 pm	2 nd & 4 th week only	SEWING GROUP

PLEASE NOTE Some events are subject to change due to holidays etc. Please check with individual events if unsure.

Together with:

July 6	all day	SJS Dance Practice
July 9 - 11	all day	RAD exams
July 13	all day	SJS Dance Practice
July 28	7 pm	Parish Hall AGM
August 4	6 pm - 10 pm	SHOW ENTRIES
August 8	Noon onwards	Show set-up
August 9	All day	VILLAGE SHOW
August 17	8 am - 1 pm	Bridge set-up
	1 pm to 6 pm	BRIDGE
August 18	7 pm	Parish Council

From the 19 August to 1 September the Hall will be closed

For further information regarding bookings please contact: Sue Watts 07836 202212 or email sue-watts@btconnect.com

OLD SCHOOL JUNE\AUGUST 2025

Weekly Events:

Mondays	9 am	ACUPUNCTURE (by appt)
	8:30 am	PILATES (RUTH NEVILL) Break after 21 July
Tuesday	1:30 pm	MAHJONG
	1:30 pm	LOVE TO MOVE
Wednesday	10 am - 3 pm	CROSS BORDER ARTS Not in 23 & 30 July
Thursday	11:20 am - 12:20	MATURE MOVERS DANCE CLASS
Fridays	9 - 11:30 am	TODDLER SINGING GROUP
	12 noon	FRIDAY LUNCH all welcome - please book in advance. 01579 370493

Together with:

July 1	10 am - 1 pm	RAGS ART GROUP
July 3	1 - 4 pm	U3A
July 5	9 am	VILLAGE MARKET
	2 pm	MESSY CHURCH
July 8	1:30 pm	LOOK GROUP
July 10	3 - 4:30 pm	LEGO CLUB
July 11	7 pm	FILM CLUB
July 15	9:30 am	BOOK CLUB
July 17	1 - 4 pm	U3A
July 31	1 - 4 pm	U3A
August 2	9 am	VILLAGE MARKET
Aug 8 & 9	All day	VILLAGE SHOW & SET UP
August 14	1 - 4 pm	U3A
August 19	7pm	VILLAGE SHOW MEETING
August 21	6 - 8:30 pm	ESCAPE ROOM EVENING
August 22	7 pm	CAFE EVENING BRIDGE CLUB
August 28	1 - 4 pm	U3A
	7 pm	INVESTMENT CLUB
August 29	7 pm	CAFE EVENING BRIDGE CLUB

METHODIST CHURCH JULY 2025

Sunday Worship 11am (unless stated)

July 6	Rev Tim Wilkinson - Holy Communion
July 13	Local Arrangement
July 20	Alan Libby
July 27	Local Arrangement

TEA IN THE AFTERNOON

Wednesday 30th July - 3:30 to 5pm

Bring and Buy Stall - Proceeds to Charity

OLD SCHOOL 200 CLUB WINNERS

May 02	L Harvey	May 09	R Nevill
May 16	P Palmer	May 23	L Galer
May 30	L Galer		

News, diary and other information should be sent directly to: osneditor@gmail.com
All advertising enquires should be sent to: gillhiscott@hotmail.com

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Letter from the Editor

As a Police Sergeant in London one of my duties was to train new Constables just out of Training School. Quite regularly, when out walking with one of them, we would see groups of youths hanging around on street corners and almost without exception the first reaction I would get was, "Wonder what they're up to?" At which point I would continue walking and say, "They are young people meeting friends - and probably getting into scrapes - but you were that age once and, until we know different, we'll leave them alone."

In this edition there are two examples of young people wanting to improve themselves and do something for others. I am sure that if I asked I would be showered with other examples of young people who care - Scouts, Duke of Edinburgh's Award, Community Action to name just a few. Because of social media we hear, all too often, of youth misbehaving (and where it is warranted we should be told) but it is well to remember that children and young people only reflect what they are taught and we must treasure them.

And I did hear a whisper that a member of the SCS&SC committee was a Queens Scout in her/his youth.

Editor: Hamish Johnston

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AGM
11TH SEPTEMBER 2025
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Have your say & get involved
We need your help! If you are interested in becoming a trustee or volunteering at The Old School, we would love to hear from you.
Email: theoldschool78@gmail.com
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**On Saturday
27th September 2025
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Or contact Vivienne Davis on 07798751337

Ailsa Weaver

It is with deep sadness that we announce the passing of Ailsa Weaver, an extraordinary woman whose life was devoted to others and who touched the lives of everyone she met.

Ailsa's caring nature was rooted in her long and dedicated career in nursing. She began her training in Worcestershire, gaining experience across a wide range of hospital disciplines, including the demanding environment of A&E and orthopaedic theatres. Later, when relocating to Cornwall, she provided compassionate care to the elderly. Her warmth, empathy, and professionalism left a lasting impression on both her colleagues and the countless patients she cared for over the years. Beyond her professional life, Ailsa embodied the spirit of Scouting. Her Scouting journey began in Somerset, when her eldest son, Damian, wanted to join Cubs but found that there was no space available. Ailsa set about opening a new Pack, running a successful section giving children the opportunity to experience the joys of Scouting.

After relocating to Cornwall, Ailsa joined the Tamar Valley group, where she assisted the Cub pack and created countless cherished memories such as famously sliding down the banister at Baden Powell House. Later, she moved to Stoke Climsland to serve as Group Scout Leader, where she played a pivotal role in revitalising the group and laying the strong foundations that continue to support its success today.

Her passion for hospitality was legendary, especially when catering for groups. Whether at District camps, Jamborees, or community events, she was truly in her element, effortlessly preparing meals for over 100 people.

Ailsa's commitment to the values of Scouting over her 44 years involvement were unwavering. Her influence extended far beyond Stoke Climsland. Ailsa was a driving force in the wider Scouting community, making a lasting impact across District and County. She ensured every Scout had the opportunity to participate in adventures, camps, and life-changing experiences. Known for her warmth and dedication, she became a mentor and friend to countless Scouts, leaders, and families, a true Scouting Mum to all.

Her legacy is woven into the very fabric of the community and the feet on the Beaver's River of Fame blanket. Her influence can be felt in every badge earned, the joyful rendition of "We're Going on a Bear Hunt" sung around a campfire and in every life that she helped shape along the way.

Faith was a cornerstone of Ailsa's life. As a devoted Catholic, she found joy in combining her love of flower arranging with her commitment to the Church, ensuring the Catholic Church in Tavistock was always beautifully adorned. Life was always busy for Ailsa from judging cakes at the village show to making jam for fundraising.

We miss her.

Loved and missed by all who knew her, Ailsa leaves behind a legacy of kindness, service, and inspiration. Her family, friends, the Scouting community, and all who had the privilege to know her mourn her deeply but celebrate the extraordinary difference she made. Her spirit will live on in the hearts of all she touched.



OLD SCHOOL FARMERS MARKET

July 5th & August 2nd - from 9:30am

Polmarkyn Dairy - Goats Cheese & Milk - 07891 338213
 Jeremy Daw - Butcher - 01579 350410
 Karen Cooper - Cards - 01579 370536
 Chris George - Wood Turner- 01579 370654
 Helen Webb - Skin Care Products - 01579 683471
 Linda Losty - Aprons, Masks etc. - 07494 939086
 Sandra Jane - Leather products - 01579 370966
 Sue Cook - Plants & Glass Ornaments - 01579 383885
 Val Kidman - Preserves & Cakes - 01579 370297
 Suzanne Shone - Felting - 01579 386992
 Vervan Barneby - Jewellery - 01579 370680
 Kendale Courts - Local Fresh Vegetables - 07813 157961
 Rosemary Hambly - Action for Children - 01579 383773



JOIN US
FOR
BREAKFAST



Stoke Climsland Show

Saturday 9th August 2025

It's nearly that time of year again, the huge marquee appears on the Green and we all know that it's Show Time! So, what can we look forward to this year?

Once again the Show promises a really good day out for all the family, though we can't promise good weather. The Show is spread out in 3 village venues to provide lots to enjoy undercover as well as an ice cream in the sun if we are lucky.

Callington Town Band will strike up the music at 1.45pm and the Show starts officially with a grand opening at 2.15 pm - this year by Show President, Louise Power, well known to many of us. Louise and her family are long-term supporters of the Show. Louise, assisted by Sarah Ross, our Show Chairman, will present cups to the worthy winners of the many show classes: it's time to see who has won the prizes this year.

Afterwards the Marquee and Parish Hall will be open so that the many wonderful exhibits can be viewed, and you can then judge the results for yourselves - the results of many hours of hard work by villagers and competitors who often travel miles to take part.

Refreshments, including cream teas, will be on offer in the Old School where the colourful entries for the School Art Competition can also be viewed. On the village green there will be a wide variety of stalls and a play area with inflatable attractions for the children and 'adult children'! Stalls will include local artists and craftspeople as well as charities and local organisations.

Next to the Marquee on the Green, the Sports and Social Club will run a licensed bar offering refreshments in the afternoon. Not to be missed is this year's Evening Entertainment organised by the Sports and Social Club. Come from 7.30pm to enjoy a live band, disco and BBQ. The Band this year will be Smooth Criminals, a lively electro-acoustic guitar/vocal and Cajon duo.

2025 Show Schedules including Entry forms are available in the Post Office, or can be downloaded

<https://stokeclimslandshow.wordpress.com/schedule/>



The Parish Hall Trustees are pleased to report another progressive year of consolidation. Our AGM will be held on 28 July at 7.30pm in the Parish Hall. Notices will be posted around the Parish and OSN.



Structural issues of the building continue to challenge our limited budget, but essential repair works to the aged, flat roof together with the brick and coping stones, to address water ingress, have been addressed. The installation of an easier-access, external door to the toilet block facilities took place at the same time. Additionally new doors for both emergency exits to the main hall and kitchen area, together with the external side access 'gate' have been installed, with only the main foyer entrance double doors to be completed.

We continue to develop the next stage towards the major refurbishment scheduled for this coming summer with allocated grant awards for the planned internal improvements to the self-serve kitchen area. Also we are looking at remedial work on the external windows and a general painting & decorating programme to tidy up our much valued low-cost parish hall booking office.

Fundraising events throughout the past year have ranged from an ABBA Fest Disco 'Thank you for the Music' Night in the Parish Hall; Music in the Barn at Deer Park Farm with the ever popular 'South East Cornwall Sea Shanty Singers', Bridge Club summer afternoon tea; Children's Christmas Party with the surprise early appearance of Santa; a fascinating evening talk on 'Flying Boats of WWII' by the author; Health and Wellbeing 'Ladies Pamper Days'; and the seasonally popular table-top bric-a-brac/craft fair events in collaboration with the monthly Old School Farmers Market. Our thanks to all who support our varied events through the 'Friends of SCPH' and especially to the loyal band of our fundraising committee for their ever innovative ideas - everyone is most welcome to join our growing band of supporters.

Finally, can we convey our gratitude to all our regular hirers for staying loyal to your parish hall during these ever-challenging times; still we remain most positive and with the full and continued support of our landlords - The Duchy of Cornwall - in seeking a long term solution for the future of a parish community facility. We continue to work in collaboration with fellow groups, organisations and individual venues throughout the Parish & with strong representation through the Community Facility Group.

Martin Howlett

(Chair of Parish Hall Trustees)

Notice of the Stoke Climsland Parish Hall CIO AGM

Kingston Road, Stoke Climsland, PL17 8NY

A Public Meeting will be held at 7.30pm on Monday 28 July 2025 at the Parish Hall called by the Company Secretary & Trustee, G. Giles, Nominations are invited for new Trustees, please submit your application signed by your proposer and seconder, by Monday 14 July by 6pm to the Parish Hall secretary.

App[lication forms can be obtained from the Company Secretary.

Stoke Climsland Parish Hall

Email: secretaryscph@gmail.com



Stoke Climsland Scouting Group

What a whirlwind of adventure and achievement it's been for our Group this month.



Duke of Edinburgh

Recently, a team of young people successfully completed their Bronze Duke of Edinburgh practice expedition. The Practice Expedition involves a two-day trek across Exmoor; the team of four navigated their route, set up camp, and managed all aspects of their expedition, including carrying their equipment and ensuring their safety throughout the journey.

A highlight of their preparation was an evening dedicated to what to cook on an expedition. Cooking outdoors is an essential part of the experience, teaching young people how to use portable stoves, plan simple but nutritious meals, and work together under pressure - they achieved some great results!

Explorers

They did it! The Explorer Scouts have gone above and beyond, completing all the Squirrel Scout badges in an evening; their hard work means they have been rewarded with the prestigious Golden Acorn Award. Well done to everyone involved!

We put our culinary skills to the test during a lively cooking evening, with delicious results all round. The Explorers also navigated their way around the village in a challenging orienteering session, putting teamwork and map-reading skills to the test.

Caradon Hill was conquered in style by the Explorers, tackling the hike with enthusiasm and a great sense of adventure.

Scouts

We said goodbye to three of our older Scouts as they moved up to Explorers - congratulations and good luck on your next adventure!

A village-wide treasure hunt brought out everyone's inner detective, with Scouts working together to solve clues.

Looking ahead, Scouts are set for an exciting four-week rotation of summer activities:

- Climbing;
- Backwoods Cooking;
- Kayaking;
- Air Rifle Shooting.

We can't wait to see how everyone gets on in the next issue!

Cub Scouts

We've welcomed three Beaver Scouts and two new starters to Cubs - an enthusiastic bunch! With three Cubs moving to Scouts, we've also appointed new Sixers and Seconders to lead the way.

Summer Camp 2025 was a roaring success! Our Water Camp was packed with canoeing, archery, rafting, paddleboarding, and much more. The Cubs made memories to last a lifetime.

Great effort has gone into teaching our new Cubs the Promise. We've also been busy learning knots—mastering the clove hitch and square lashing in preparation for an exciting pioneering project (details coming soon!).

Beavers

A huge congratulations to Isaac Francis for completing his Chief Scout Bronze Award before moving up to Cubs, along with two other Beavers. What a fantastic achievement!

It's been a fun few weeks at Beavers! We've covered:

- First Aid: Bandages, recovery position, and seeking adult assistance;
- Basic knots;
- Planting seeds.

Our trip to the woods was a highlight, following tracking symbols and searching for the straightest stick, the most unusual stone, the largest leaf, and a fir cone. The scavenger hunt was a huge hit.

We welcomed three new starters and enjoyed a colourful, messy craft evening—creating something special for the weeks ahead! Well done to everyone for their achievements, enthusiasm—let's keep making Scouting memories together!





EST. 1955

 Follow us on Facebook

Club Secretary: Louise Power
01579 370819 lousepoweraok@msn.com

STOKE CLIMSLAND

SPORTS AND SOCIAL CLUB

OPENING TIMES

Wednesday to Saturday 7:30pm to 11:00pm

 **SATURDAY 5th JULY 7:30pm**
WOMEN'S EUROS: FRANCE v ENGLAND

The club will be beaming The Lionesses' crucial group stage match and we may well flip some burgers too while we're at it so do drop in. Throughout the tournament, we'll happily show the Women's Euros matches that coincide with the opening times above.

 **LIVE MUSIC: AARON JAMES**
Saturday 12th July

Fall in as local boy Aaron returns from his military training and sensitively delivers a set of poignant covers. As is normally the case on live music nights, burgers and chips will be available from 7:30pm. No tickets or bookings - just come on in!

 **DARTS: 2025 STUCKETT CUP CHALLENGE**

Well the good news is we came second..... We won the first leg at Stoke 5-4 but were then defeated at Luckett 6-3, so lost 10-8 overall despite the valiant efforts of all our players. It appears that the Cup is destined to change hands every year! Congratulations to our friends down by the river; we look forward to the 2026 challenge.

Cheers to all who celebrated our 70th anniversary with us at the end of May. We're delighted with the success of the weekend - we had a blast!

SATURDAY 9th AUGUST


JOIN US AFTER THE VILLAGE SHOW FOR...

DISCO AND LIVE MUSIC:

'SMOOTH CRIMINALS'

BARBECUE

From 7:30pm on the Village Green



Film Club

Doors open at 7pm for Refreshments
Film starts 7:30pm

NEW MEMBERS ARE ALWAYS WELCOME

Friday July 11th 2025

"Bridget Jones Mad about the Boy"


Starring: Renee Zellweger, Colin Firth, Hugh Grant, Leo Woodall and Chiwetel Ejiofor.

After jumping back into the dating pool, single mother Bridget Jones finds herself caught between a younger man and her son's science teacher. A bittersweet romcom directed by Micheal Norris gracefully closes the book on Bridget Jones's diary.

"It's rare that romcoms get one sequel, let alone four. And it's even more rare that the fourth installment turns out to be the best."

"Mad About the Boy feels like meeting old friends, warm, cosy and filled with hysterical laughter."

"Entertaining, heartfelt, charming; you might even shed a few tears."



THERE WILL BE NO OS FILM CLUB IN AUGUST DUE TO A CLASH OF DATES WITH THE STOKE CLIMSLAND SHOW. ENJOY THE SUMMER BREAK AND SEE YOU ALL IN SEPTEMBER

At the Palace

A couple from Cornwall who have dedicated over forty years to raising money for charity met HRH The Princess of Wales at a royal garden party at Buckingham Palace on Tuesday 20th May.

Rosemary and Terry Hambly, from Callington, were invited to attend the prestigious event in recognition of their support for the charity Action for Children, which they've been fundraising for through their local Methodist Church since 1983. Action for Children is a UK-wide charity that protects and supports vulnerable children, young people and their families. Originally known as NCH, it was founded by a Methodist Church minister in 1869. The Princess is the charity's patron.

Rosemary's volunteer work has previously been recognised: she received the Action for Children's Stephenson Award - recognising the work of our amazing supporters, volunteers, carers and staff members - in 2020.

Rosemary said: "This was truly a once-in-a-lifetime experience. Supporting Action for Children has been a huge part of our lives and something we are very proud of.

We were thrilled to be invited to the Palace, and to meet the Princess was the icing on the cake! It was a wonderful day, and we were delighted to represent Action for Children, which is very close to our hearts. Its work is vital in helping vulnerable children and families. Most of the money we raise comes through our section of four Methodist Churches in south-east Cornwall and regular stalls at local events such as the Old School Farmers Market, so we were also representing them and celebrating the generosity of those who have contributed to this brilliant cause over the years."

www.actionforchildren.org.uk



Stoke Climsland Parish Archive (has branched out!)

During May and June we have been putting on table-top displays:

So far we were at Lockett Social Club's Craft Fayre and Lockett Duck Day and last weekend we were at the June Village Market in The Old School. It was fun - a great opportunity to talk with people about their interests and to ask about things which are so-far unrecorded in the Archive. We would like to do more - choosing a new topic each time - maybe Old maps? Villages? The Deerpark? Mills, or Mines?...

Now we'd like to tell you about what's coming up:

Practical Archiving Workshops:

To start as soon as we have people ready to take them up, so bring a friend!

You can sign up for as many or as few as you like;

They will be small groups where we chat and work (and drink coffee/tea) at the same time; each one will be on one morning, afternoon or evening a week and can continue for as long as we like.

We'll start with some of these - whichever you choose:

- Artefact labelling (that's things...) - we have quite a collection.
- Sewing girls' smocks and mob caps, or knitting boys' scarves, for the Victorian Classroom sessions here for local schools.
- Digitising the Archive onto The National Archives 'Discovery' database.
- Indexing and filing all the amazing documents we have
- Oral archiving/Memory cafe.
- Researching for people who write in to us
- Writing up your own memories - your house, farm or village.

The great thing is, that you'd learn a good and easy way to make your own personal archive too! - sort out all those letters, photos and little items you inherited - List, index, Photograph, invisibly label and store safely your own collection of precious things - and even tell the stories that go with them (I'm going to do mine!).

Have a go! Phone to book in for some workshops, or just to ask more about them on 07976 727618

Lockett Social Club



By: Geoff Howlett

With the Spring programme coming to a close, members enjoyed celebrating the music of the Eurovision Song Contest on Saturday 17th on the big screen. Sarah & Barry being very enthusiastic commentating on each Countries vocal talents or lack of.... Anyway a highly entertaining evening nevertheless.

Prior to the evening the Club held a Spring Craft Fayre with various stalls. Thanks to everyone who supported the day.

The month of May also saw Lockett renew the challenge of the Stuckett Darts matches with Stoke's Sports & Social Club. Having narrowly lost the first away

leg 5 - 4 on Friday 16th we had high hopes of regaining the trophy in the home leg at Lockett on Friday 30th. This year we weren't to be disappointed as we triumphed 6 - 3 on the night and 10 - 8 overall. The hero of the night was Karen Cooper who won the last singles game of the evening. As the trophy seems to change hands each year, now standing at 3-all, who will win it next year? Many thanks to Jenny for co-ordinating the challenge and we look forward to defending the trophy in a year's time.

On the last day of May the Lockett Duck Day took place. Our grateful thanks go to Adrian & Deb Glassborow for hosting the event in such splendid surroundings. Our gratitude also goes to the Wheal Martha Band for performing throughout the afternoon knocking out some harmonious tunes. A massive thank you to everyone who supported the event, helped set up and cleared away and helped on the day itself; without your help and support the day would not have been so successful. One big thank to THE METS on a whistle stop tour of the Parish for entertaining everyone in the evening. With dancing into the early evening certainly rounded off a wonderful day. Thank you to everyone who purchased raffle tickets and ducks.

The Winning duck was no. 328 David Badger winning £ 50, 2nd no. 468 Sonia Green £ 30, 3rd no. 344 Jo Nunes £ 20 and 4th no. 399 Stacey Lee £ 10.

Dates for your July & August diary:

Friday 11 th & 15 th August	Bingo Nights - All the tickets you need for just £5
Saturday 26 th July	Skittles Evening - at Deer Park Farm. Teams of 6 to register at 6:30pm, £12 per team. Teams can be made up on the night if short.. rrophies for the Winners/Runners up. BBQ and Curries available, plus Licenced Bar.
Saturday 2 nd August	Music in the Barn - at Deer Park Farm, Lockett PL17 8NW. Gates open from 6:30pm. Supporting Act RICHARD LONG & GUITAR from 7pm. BLACK FRIDAY at 9pm onwards. Ticket £10 per Adult, Children under 16 free. BBQ and Rolls (various fillings) available, plus Licenced bar. Tickets available on the night or contact Geoff on 07800 994340

For further info visit our facebook page The-Lockett-Social-Club. New members and fresh ideas for programme and events always welcome.

The Wheal Martha Band had an exciting May

Firstly, we played at Callington's Mayfest for the first time. It was both an exciting and scary prospect as it was a little out of our 'comfort zone'. We performed a brand-new selection of popular music at St Mary's Church, Callington, which of course has great acoustics. We didn't need to worry at all because we had a large but very friendly and supportive audience. Our forty-five minute slot just flew by to lots of applause and appreciative comments. We would certainly be pleased to play there again!

Just three weeks later, we entertained our friends and families at the annual Lockett Duck Day - a real village community event - which has been running for twenty-five years. Our numbers were raised to ten, when joined by new member, Rob playing soprano saxophone, who has recently moved to the village. The atmosphere was relaxed and friendly with stalls, a barbecue, cream teams and of course, a duck race! Our popular afternoon sets were followed in the evening by local covers band, The Mets.



Mobile phones and how they can impact our mental health

by Lisa Chaffer

How many of us keep our mobile phone on our bedside table overnight? Do you look at your phone before you lift your head off the pillow? Many of us do this because our phones fulfil so many roles in our lives - alarm clock, diary, photo album, etc. We look at the news headlines or our emails but our brains are simply not designed to deal with this level of input from the moment we wake up.

No wonder we feel stressed!

And then there's social media... The thing about some of the social media platforms is that while we scroll, we get a little hit of dopamine from watching the puppy videos or whatever the algorithms decide we want to watch and that feels nice. Dopamine is known as one of the 'happiness hormones' but our need for more dopamine hits keeps us scrolling.

Dopamine affects our body, brain, and behaviour. It plays a role in how we feel pleasure and rewards; it's a big part of our unique human ability to think and plan. It also helps us focus, work towards goals, and find things interesting.

We have always been social creatures. Being in close contact with others in ancient times gave us the best odds for survival. Being continuously active online mimics this ancestral sociability but it is not calming and it is not good for us. It is becoming well known that mobile phone usage is addictive and we can find it hard to put our phones down but this is exactly why we should try to give ourselves a break from time to time.

Social media can also introduce us to the phenomenon of FOMO or Fear of Missing Out and this can keep us scrolling as we worry about missing 'crucial' information about the lives of friends and family - this can add to our sense of anxiety and stress.

There are ways of getting a dopamine hit that are healthier and cause less stress and include the following:

- disconnect from your phone
- spend time in nature
- laugh with friends
- listen to or play music
- pet your dog or cat
- get some exercise
- read a favourite book
- cook/enjoy a favourite meal
- meditate
- get good quality sleep

How about taking a social media break from time to time? Some people do this as part of their weekend or their holidays. Or putting your phone down and just leaving it be for a few hours? If you notice how much you are itching to pick it up, then all the more reason to put it down for a while.

Consider this quote from Michell C. Clark:

"We weren't designed to process global tragedy at breakfast, respond to work emergencies at dinner, and fall asleep doomscrolling at night. Our nervous systems never consented to this arrangement."

We need to manage our mobile phone usage as part of managing our mental health.



Celebrate Tamar Valley migratory fish with latest Nature Connects podcast.

Nature Connects podcast

The latest episode of Nature Connects podcast has just been released from Tamar Valley National Landscape, celebrating the Atlantic Salmon and Allis Shad, two remarkable migratory fish species found in the River Tamar.

Dr. William Darwall, Tamara Landscape Partnership Scheme Manager and former researcher with International Union for Conservation of Nature (IUCN), shares insights from his work on the red listing of the Atlantic Salmon and the broader implications for freshwater biodiversity. These fish face numerous challenges, including habitat fragmentation and climate change.

Angela Gall, Marine Senior Officer at Natural England and author of the children's book Allis the Shad Who Wouldn't Give Up, also chats with podcast host Ginnette Sutherland, highlighting this lesser known but equally fascinating species that migrates from the sea to spawn in freshwater.

Listeners will hear about efforts being made to protect the Allis Shad, include monitoring populations, improving fish passage and addressing threats such as pollution and habitat loss.

Ginnette explains more, "These species are not only vital to the river's ecosystem, but they also represent the resilience and interconnectedness of Nature. We recorded this podcast in advance of World Fish Migratory Day, a biannual event which raises awareness and engagement around fish migration annually to keep the spotlight on these critical ecological journeys. We hope that this episode helps to achieve these aims, as well as highlighting two of Tamar Valley National Landscape's 17 Special Species, part of our Nature Recovery Plan."

Allis the Shad Who Wouldn't Give Up can be purchased from local booksellers and conservation groups.

Nature Connects was launched in January this year, to bring the benefits of Nature to a wider audience, by celebrating the stories and sounds from Tamar Valley National Landscape, through a series of immersive walk and talk podcasts. Listeners can find all episodes of Nature Connects on podcast platforms, including Spotify, Apple Podcasts and Amazon Music, as well as YouTube. New podcasts will be released at the end of each month throughout 2025. These podcasts have been made possible thanks to National Lottery Heritage Fund supported Tamara Landscape Partnership Scheme, a project of Tamar Valley National Landscape. Thank you to Ross Sinclair and Jim Baldwin from Fotonow for their technical support.

Wildlife monitoring equipment available Through the Tamara Landscape Partnership, we have a range of surveying equipment that you can borrow to find out what wildlife may be visiting your garden or community space. From wildlife cameras and bat detectors, to sweep nets and magnifying glasses, please get in touch to find out more by emailing bryony.james@cornwall.gov.uk.



Down on the Farm

"In-vest in soils - by Royal approval"

By: Martin Howlett

For a second year running a simple but effective field trial experiment of burying a cotton vest garment under 6 inches of topsoil for 6 weeks in various cropping situations leading up to the Royal Cornwall Show was overseen by Cornwall Local Nature Partnership on two local farms - Alren and Deer Park; this was part of the award winning 'Farming, Food and Nature Hub' display stand at the showground - this year honoured by the presence of HRH Prince William - The Duke of Cornwall.

The purpose of the experiment is to evaluate the level of micro-bacterial activity in the soil where the primary purpose is to break down natural materials and improve soil health. By the burying of a cotton vest, soils with the greater presence of such biology will consume the fibres far quicker than those with less activity. Year 1 experiment resulted in the near total destruction, to just shreds of a cotton, the vest at Deer Park within a newly planted Herbal Ley crop. This year, most probably due to drier ground conditions and the bacteria searching moist and deeper havens, the results were less dramatic. However in comparison to vests 'planted' in more conventional arable crops on the farm they, still demonstrated the value of a less intensive system reliant upon artificial inorganic fertilizer and chemical based plant protection products.

Similarly at Alren, recording reduced rainfall levels across May month - just 30mm versus 114mm in 2024, the vests positioned in Herbal Leys did not disintegrate to the extent of 12 months earlier. If lessons can be learnt from such differing years weather extremes it is that of selecting more deep rooted plants such as Chicory within the swards to counter prolonged climatic dry spells.

One positive outcome from the experiments, (in conjunction with local independent company - Soil Symbiosis, offering a more in-depth and detailed soil analysis,) once again highlighted the range of micro-organisms present in regenerative managed soils, from the all important nematodes, protozoa, bacilli and many forms of fungi. All play their part in improved soil health. But it is the level of interconnectivity provided by mycelium fungal networks that soil samples from Deer Park's Herbal Leys showed that excited both the soil scientist and The Duke. Lengths of these networks are normally only found in ancient woodland but were now, once again, identified in recently converted arable field locations, proving the simple switch from inorganic fertilizer to farm yard manure nutrient management and companion planting can restore soil health in quick order.

So for many of us managing our land within the parish - through working with Cornwall Farm Carbon Net Zero Group, Stoke Climsland Farm Cluster and also Tamar Valley National Landscape projects, sharing best practices and knowledge-exchange proves that investment in our soils can make a difference in overall farm productivity, food security and nature recovery - now by Royal Approval 'Down on the Farm'.



Young Cooks at the Old School

The Old School 'Lunch' on Friday 30th June 2025 took on a special experience for three young chefs from Stoke Climsland. The young people volunteered to give up their half term Friday to prepare and serve the 'Pudding' course for the lunch.

Under Edah's guidance, they learned how to fold napkins, lay tables, wait on tables as well as cooking and plating up a dessert of banana muffins, fresh summer fruit, ice cream and mint - which was delicious! I know because I was one of the diners.

The young people concerned - Thomas, Rowan and Oliver are all in Year 6 at Stoke Climsland Primary School. They are 3 out of 8 children who have completed a 5-week, after-school cookery course run by the Old School with Community Lottery Funding. They had volunteered to spend a day of their 1/2 term holiday helping to prepare and serve a meal at the Friday Lunch. Unfortunately, not all children were able to make it due to other family commitments. However the three boys did their colleagues proud and were loudly and properly applauded by all who were there.

Included in the applause were the ladies that have been teaching and mentoring the young people throughout the course - WELL DONE!

Custodis quis Custodis



In May we held our annual meeting and we were delighted that Chrissie Le Marchant was re-elected as President for the next year.

Afterwards we went on a wildlife-spotting walk around the village where we saw a variety of wild flowers. Our group are currently working on a WI wildlife project so it was a great opportunity to observe the different flowers growing close by. Our meetings during the summer months will involve looking at ponds, insects, moths and bats in our local environment.

If you are looking for something new to do on a Tuesday why not come and give us a try. We are a friendly group and would love to see some new faces.

Meetings are held on the second Tuesday of the month in Stoke Climsland Parish Hall at 7.30pm

New members and visitors are always welcome. There is a charge of £4.50 which includes homemade refreshments. We look forward to welcoming you to one of our meetings.



Event name and date:
Scorrier 10k - 17th August 25



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NATURE NOTES FOR JULY

We are told that the UK has the most depleted biodiversity in all of Europe - Gloomy news indeed - but in our everyday lives we adjust to that which we know. However, on a recent visit to Brittany, we were forcibly reminded of the contrast between the relatively tree-scarce, carefully manicured and trimmed landscape in Britain and the extensively wooded and luxuriantly-hedged countryside in Brittany with abundant un-managed corners and the air full of birdsong. Butterflies abound on sunny days; insects of a myriad sorts can be heard and seen all around. Every village has Swallows and Swifts swooping between the buildings and Sparrows chirrup noisily from the rooftops.

It's difficult to write these comments without seeming to be gloom-and-doom and negative. But we must remember England has four times the population density of France so there is bound to be more pressure on the land.

1. Luxuriant hedges surrounding small herby meadows form a complicated network giving corridors and connections between different habitats for wildlife.
2. The 237 mile long canal from Nantes to Brest is a wildlife corridor spanning the NW region of France.
3. The many rivers abound with verdant plants along the banks, with clear clean water and clumps and rafts of water weeds punctuating the flow, supporting many fish and gauze-winged damsel and dragonflies.
4. Cream-spot Tiger -moth. Its caterpillar feeds on a wide variety of herbaceous plants. Who said moths are boring brown creatures which eat one's clothes?



STOKE GIRLS GO INTERNATIONAL

5 girls from Stoke Climsland, Amelie, Stella and Bella (all 8 years old) and sisters Darcy (9) and Amelia (10) will take part in the Dance World Cup 2025. They were selected, with their troop from the Moondance Studio in Callington and they will travel to Burgos in Spain for the prestigious international contest which starts on 3rd July. Amelie was also on stage at Plymouth's Theatre Royal earlier this year when she danced in the season's pantomime. Her mother Charly says "She has always loved to dance, from an early age and is very committed. The Moondancers are all working so hard now. The photo shows one of 7 dances being entered for the cup. We wish them well on their journey to Spain and in the competition.

& AUGUST - WILD ABOUT BRITTANY



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