

The Stoke Climsland Newsletter

Issue 27 January 2021

WELCOME to the first Newsletter of 2021. We hope that you were able to make the best of a more limited Christmas celebration and that you will find 2021 a good deal happier than 2020. Not that it's got off to a brilliant start with the new National Lockdown announced last night. It came as we were finalising this issue and because of that, there may be some items that have been superseded by the news. Please bear with us on that. We have inserted a new page at Page 2 which summarises the main points of what we can and cannot do. There are some differences from the previous lockdowns, so do make sure that you understand the new rules. We have excellent local support networks which still exist (Post Office and Stores and SCARPER) and you can find their details inside. But it's not all gloom as the vaccination process is being rolled out and should start delivering its benefits. In the meantime, let's take one day at a time and focus on the moment.



Although it does seem a long time ago now, the recent few cold days produced some beautiful winter scenes in the parish. We have been sent a collection of photographs and we're including one here and others on several pages through this issue. We hope they'll provide some light relief and that you will enjoy them. Keep safe. And remember: hands, face and space.

STOKE CLIMSLAND IN WINTER

LOCAL PICTURES
FROM FROSTY DAYS
WHERE WE LIVE

Crocus by Rob Stewart

This issue of the Newsletter is published on The Old School page on Facebook and on www.theoldschoolnews.co.uk where it is easier to download. The next issue is due out on January 20th where we will update information about the lockdown restrictions.

We apologise for mis-numbering the last issue which should, of course, have been Issue 26.

ABOUT THIS
NEWSLETTER

This Newsletter is being produced by Old School volunteers in collaboration with the Parish Council. Please use our contacts to provide information or with questions about the Newsletter. Please do not leave information at The Old School office which at present is not always regularly staffed. Editorial and information for inclusion: Deri Parsons 01579 370319 or derrick.parsons@btinternet.com Advertising enquiries: Linda Ainsworth 01579 370632 or newsletteroldschool@gmail.com Compilation by John Wilmut on 01579 370736 or johnwilmut@btinternet.com

NEW NATIONAL LOCKDOWN: HOW IT AFFECTS YOU

If you want to read the full text of the new government guidance you can see it on line [HERE](#)

At 7.55 pm last night we were finalising this issue of the Newsletter and at 8 pm, the Prime Minister told us that there would be a third National Lockdown. These new regulations are essentially effective immediately, will apply across the whole of England, and are expected to remain in place until, at least, the middle of February. Future issues of the Newsletter will deal with key local matters as they arise but, as a start, we'd like to give you the key points.

We got through the previous lockdowns and we'll get through this one. Remember the local support we have through SCARPER, remember your neighbours and remember – hands, face, space.

What can you do?

You must stay at home and can only leave your house for the following specific reasons:

1. To go to work or provide voluntary or charitable services if you cannot reasonably do so from home – this includes key workers and those in the construction industry.
2. To shop for food and/or medicine for yourself or a vulnerable person.
3. To provide care or help to a vulnerable person.
4. To exercise – Outdoor exercise such as walking or running can be done with your household or bubble, or with just one person from another household. Exercise should be limited to once a day and you should stay in your local area.
5. To seek medical care or an appointment or avoid injury, illness or risk of harm, including domestic abuse.
6. To meet your support bubble or childcare bubble where necessary, but only if you are legally permitted to form one.
7. To attend education or childcare if you are eligible.



Stay home - only leave for work, essential shopping, exercise or medical appointments



Exercise allowed outdoors once a day, in your local area. You can exercise with your household, support bubble, or one other person



Schools closed except for vulnerable children and children of critical workers. Universities and colleges closed



No household mixing indoors or outdoors unless in your support or childcare bubble



Non-essential shops, leisure and entertainment venues closed



Pubs and restaurants closed, but takeaway food permitted

Older and vulnerable people

Close-contact indoor visits in care homes will not be allowed, but visits involving screens, pods and through windows can go ahead. If you are clinically extremely vulnerable, you should only go out for medical appointments, for exercise, or if it is essential. You should not attend work

Education

All primary and secondary schools and colleges will move to remote provision except children of key workers and vulnerable children who can attend in person. A-levels and GCSEs will not go ahead as originally envisaged.

AND THEN THERE WERE TWO VACCINES

There are now two anti-Covid-19 vaccines approved for use in the UK – those from Pfizer-BioNTech and Oxford-AstraZeneca – and others are in the pipeline. We can be confident that a tremendous effort and enormous resources are now being put into making sure that these are distributed for administration as quickly as possible.

As we have said previously, we can also be confident that all vaccines will have met the extremely strict standards of safety, quality and effectiveness set out by the independent Medicines and Healthcare products Regulatory Agency (MHRA).

The UK has some of the highest safety standards in the world and the MHRA has been monitoring every stage of coronavirus vaccine development. So far, thousands of people have been given a coronavirus vaccine and no serious side effects or complications have been reported. For some individuals there will be genuine reasons for not having the vaccine, but these should not include the, quite frankly, ludicrous anti-vaccination claims you might come across on social media. Check the veracity of what you read before making the decision which is best for you. Having the vaccine could be lifesaving and not having it if offered could have serious consequences.

If you want more information, you can get the facts on the Tamar Valley Health website (<https://www.tamarvalleyhealth.org.uk/>), that of the NHS (<https://www.nhs.uk/conditions/coronavirus-covid-19/>) or the official Government website (<https://www.gov.uk/coronavirus>).



The NHS roll-out of the vaccines has begun and you will be contacted when it is your turn. It is important not to contact the NHS (such as via Callington Health Centre) for a vaccination before then. At first, the vaccine will be offered to people who are most at risk from the virus (people who live in care homes and care home workers, people aged 80 and over, health and social care workers etc), before being offered more widely. The final decision on who will get the vaccine first is arrived at by a careful assessment of vulnerability and will follow advice from the Joint Committee on Vaccination and Immunisation (JCVI).

It is important to realise that, while the vaccine will help protect you, it is still essential that you follow social distancing guidance and any other restrictions to keep each other safe. Hands, face, space!




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CHURCH SERVICES IN THE PARISH

PARISH CHURCH

At the moment, Services are continuing as Normal. 1st and 2nd Sunday of the month is Morning Worship, 3rd Sunday is Holy Communion and 4th Sunday is Family Service all at 10:00. Wednesday between 13:00 and 16:00 the Church is open for Individual Private Prayer.

We are being joined in worship remotely by The Parish of Choppington in Northumberland for the coming month as they are currently in Tier 4 and have closed their church so some of our readings and prayers will include contributions from The Reverend Terry Moat who has visited us several times in the past six years.

All the Services are LIVE Streamed on Facebook and YouTube (Stoke Climsland Parish Church) and recorded for watching later if you prefer. On that point our two Christmas Services attracted over 500 viewers and we are regularly seeing on-line attendances of over 100 viewers for which we are truly humbled.

Our new Rector The Reverend Dr. Joe Lannon, his wife Nikki and son Kenzie move into the Rectory this month and his Installation Service will be held at the Church on the 19th January at 19:00. This Service is limited in numbers and is by invitation only due to Covid restrictions; however it will be LIVE Streamed, again on Facebook and YouTube.

We thank all of you for attending or watching us during these difficult times and both of us are monitoring the Covid situation along with the ever-changing regulations on a daily basis. If the situation changes then we will let people know via the local social media channels, the OSN, the weekly Pew sheet and on the Church of England A Church Near You website.

Rob and Steve. (Churchwardens)

STOKE CLIMSLAND IN WINTER

Stoke Church
by Rob Stewart



METHODIST CHURCH



The scheduled Services for January are:

Sunday 10th January 11 am
Revd David Moss - Covenant Service

Sunday 24th January 11 am
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Thank you to all of the B&B guests who have stayed with us over the last 20 years. We are closed until we feel it is safe to re-open and can offer the level of service we pride ourselves on. We wish to take this opportunity to thank the NHS, our local key workers and the volunteers who have worked to keep our community secure throughout this pandemic. We wish you and the Old School Team a safe and peaceful Christmas and New Year.

Caroline & Peter Hammond
www.updown-cottage.co.uk Tel: 01579 370474
e-mail: updowncott@btinternet.com



A MESSAGE FROM THE VILLAGE STORE AND POST OFFICE

Welcome back and Happy New Year.

Whatever this year brings we will be here to support you.

The Post Office counter is open 9 am - 5pm Monday - Friday, and 9 am - 12.30 pm Saturday.

The shop is open: 8 am- 6 pm Monday - Friday, 7 am - 12.30 pm Saturday and 9 am - 11 am Sunday.

For those who prefer, we also offer a 'call and collect' service. And we will continue to deliver to those vulnerable or self-isolating customers in need.

Social distancing at 2m will continue to be in force, which means limiting the number of people in the shop at any one time. Please bear with us. And, in line with current guidelines, all customers must wear a face covering unless exempt due to health, age or cognitive disability.

FOR ORDERS: please call us on **01579 370201**, or email **sue-watts@btconnect.com**

We take payment across the phone and aim to deliver the next day if you order before 4 pm. Minimum order £10, no delivery charge .

Thank you to all our customers old and new, our amazing staff and wonderful volunteers, we couldn't do it without you. Please share and thank you for your support .

(Editor's Note: On behalf of us all, a big 'thank you' to Sue, David and those who work at the Shop and Post Office for all that they are doing for the community. It is much appreciated and I hope that this appreciation is reflected in our continuing custom)



STOKE CLIMSLAND IN WINTER

Top: Frosty Lane by David Price;

Below: Cobwebs by David Price

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The Tier 3 restrictions are such that it will be impossible to hold the Market at The Old School on 9th January, as advertised in the last Newsletter. We're sorry about this but hope that it will be possible to resume the Market a little later in the year, particularly when the weather makes an open-air market more practicable. We will advertise the return of the Market in the Newsletter. Other events and services are as follows but, if in doubt, please call 01579 370493 or email theoldschool78@gmail.com

THE ACUPUNCTURE CLINIC continues on Mondays at The Old School but only by prior appointment. Contact Michael Clements on 01752 770998 or 07711 934845.

THE CHIROPODIST will hold an appointments-only clinics on Thursday 7th January. Please check for dates of further clinics

THE LIBRARY will only be accessible by prior arrangement; we are awaiting advice from Cornwall Council. Please contact the office (details above).

FRIDAY LUNCHESES are cancelled until the current restrictions are lifted..

The **BOOK CLUB** continues as a Zoom meeting on the third Tuesday of each month at 9-30 am at The Old School. The next meeting is on 19th January when members will be each introduce a book that they have read. You would be very welcome to join the meeting; please email Helen Cadiot on helen.cadiot@outlook.com who will arrange for you to get the logon details for the Zoom meeting.



The good news is that **TAKEAWAY MEALS** will resume in February whether there is a Market or not. Edah is planning an African meal of Peanut Chicken, Jollof Rice and Vegetable Stew to be available from the car park kitchen door from 6.30 pm on 6th February.

We haven't been given a price but we expect it to be £7-50 per meal as before. You will need to book in advance by calling or leaving a message at the office (details above).

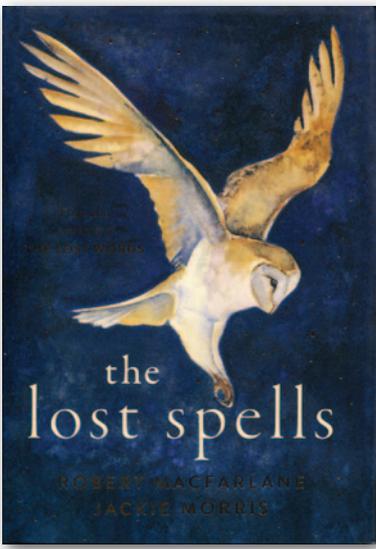
For all visits to The Old School you will need to maintain social distancing, use the hand gels provided, wear a face covering and provide your contact details. Please help us to keep everyone as safe as possible - it's a small price to pay.



STOKE CLIMSLAND IN WINTER

Old Town Sprout Display by David Price

I HAD A BOOK FOR CHRISTMAS



Well, it's better than more socks. And it was a book that I had coveted. A small book, almost a pocket book, and by an author that I have long admired for his insights into our relationship with our environment. It's called *The Lost Spells* and it's by Robert Macfarlane (the author of the spells) and Jackie Morris (responsible for some exquisite illustrations). It's also a book where the designer has rightly

been credited: Alison O'Toole has produced the sort of book that does a credit to modern publishing through her choices of paper, fonts and layout.

Now I'm not really into spells - at least, not in the sense of conjuring up ghosts and demons. But spells can enchant, and some of the poems (for these spells are poetic) are a follow-up to Macfarlane and Morris's earlier and highly praised work that explores (particularly for children) the relationship between language and environment through their books, card games, songs and postcards. There, and in other books such as *Landmarks*, Macfarlane mines, describes and uses both ancient and contemporary language that people have used to describe the world around them.

Since this is beginning to sound like the blurb that you read on the back of every 'Number One Bestseller' in Waterstones, I need to say that not every spell in this little book worked for me. One or two were, I think, too long and not sharp enough, sometimes seeming to play with words for their own sake and sometimes verging on sentimentality. But others were a delight; I wish that I could write and paint like that.

To give a flavour of this book I've reproduced one spell and a part of the illustration that goes with it. It seemed to me to reflect the abrasive environment that has come out of Covid and the human reaction to it. Whether it was written with that in mind I have no idea but, for me, it lightened a gloomy day. When the gorse comes out I will remember it.

John Wilmut

Gorse

Good luck trying to force your way through Gorse! Better setting out across a field of spears, a lake of pikes, a sky of hawks, a hundred winters; better getting dealt a thousand scratches by a million splinters!

Out of crags and in edges, cliffs and ledges, Gorse jags, spikes, crackles; raises hackles, speaks sharply: *Keep out! stay back! Get Off my land!*

Room is made by Gorse, though – space is braced for redstart, rabbit, wheatear, plover; quiet life is harboured in its criss-cross places.

See into Gorse, get past its guard and pick a path towards its well-defended heart, the secrets kept within its limits.

Each of us is partly made of Gorse, of course, prickly, cussed, hard to parse and tough to handle, all helter-skelter points and angles - but only ever really seeking love and giving shelter.



STOKE CLIMSLAND'S NEW PARISH WEBSITE

In earlier Newsletters we announced the new website that was commissioned by the Parish Council and that has now gone live. As well as providing basic information about the Parish the website

is specifically designed to offer a free page for any local club, group, or facility to advertise their events and attract members. The usefulness of the website will only be realised if these free pages are widely used so, if you belong to a local group or club, help to run a local facility, or any other resource in Stoke Climsland which could make good use of a free webpage, please contact the Parish Clerk and ask to be included: parishclerkscpc@gmail.com

NEW WEBSITE LAUNCH



"On the internet, no one knows you smell."



STOKE CLIMSLAND IN WINTER

Two pictures by
Deri Parsons
Top: Kit Hill
Right: Roos Tor



ON COMMUNITY COMPOSTING

Composting need not be serious – just think of making a delicious birthday trifle for the worms! So we're following on from the article in the early December Newsletter which mentioned that "food waste can be composted at source". It's layer upon layer of a variety of vegetable peelings and left-overs and grass cuttings and weeds and what you do with your left-over Brussels sprouts. The worms will love them!

Within the parish we are looking for sites that could be suitable for community composting. Now could be the

time to start up your own composting area or, perhaps one in the locality and available to all your neighbours. For convenience it would be best to be easily accessible and always open. Contact Sarah Ross (srossscpc@gmail.com) if you have a space that you are prepared to offer. To roll this out, Venterdon is likely to be the first of several Community Composting sites within the parish.

Advice on 'how' to do it will follow in future ... watch this space!

Mel Guy and Sarah Ross

NATURE NOTES

Grabbing a short window of clear dry weather at Christmas, we went to have a look at the two fields just north of Rezare which apparently had been sown to fodder radish two or three years ago and have subsequently been uncultivated. Looking at them in the autumn, the radish was persisting, together with a mix of arable weeds including a profusion of spear thistles, all promising well for winter bird feeding.

As we stopped this time in the lane, a few Chaffinches were flying up and down from the fields into a solitary Oak in the hedge. We waited a while and then a big flock of birds swirled up and bounced away, returned, and then swooped into the same Oak. They were Linnets and there must have been at least fifty birds in that part of the flock. They were quickly joined by as many again, and they settled to perch in the sun at the top of the tree, their forked tails showing up as they settled. They are a little smaller than the Chaffinches. What a pleasure to see them. These days apart from the occasional ones mainly on the coast, we seldom see them here these days.

We first saw this event in the same fields back in October '19 but by the New Year the Linnets had disappeared and we only saw Chaffinches and Goldfinches.

Mary Atkinson

Photographs: Top:
Rezare finch field;
Middle: Fodder
radish; Left: Linnet
flocks at Rezare;
Right: Male Linnet



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Editor's note: You may be interested in Mary Atkinson's blog on all things natural which you can find at <https://maryatkinsonwildonline.blogspot.com/> And while we are on the topic of blogs, although it has been 'mothballed' for a few years, David Price's blog is still available at <http://tamar-valley-life.blogspot.com/> It's a great photographic journal of what can be seen in the Tamar Valley throughout the year.

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**STOKE
CLIMSLAND
IN WINTER**

Above: Frost by
David Price
Right: Winter
Landscape by Rob
Stewart



THE NEXT NEWSLETTERS

We will now be producing Newsletters at about fortnightly intervals. The next 4 issues will be published online on 20th January, 4th and 19th February and 4th March.

Please send contributions to Deri Parsons no later than two days before publication.

We will continue to welcome advertisements in the Newsletter, especially from local businesses offering goods or services. Insertions are very cheap: for example a 9 cm x 6 cm insertion in full colour costs only £6. The maximum size is ¼ page. Please contact Linda Ainsworth; advertisements must be submitted no later than two days before publication.

The Newsletter contact details are on the front page.

And this Newsletter only works if it reflects the ideas, opinions, news and activities that are going on in the parish, despite the Covid restrictions. This is part of what keeps our community together and particularly keeps in touch with people who are stuck at home on their own. So please send us your contributions, however small. We will gladly expand the Newsletter to include anything and everything that's fit to publish!



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STOKE CLIMSLAND CHARITABLE TRUST HARDSHIP FUND

We would like to give a big 'thank you' to anyone who has donated to the Hardship Fund.

We will take this opportunity to remind you once again that the fund is still available and all applications will be dealt with in complete confidence; please contact the parish clerk on parishclerkscpc@gmail.com

**A NEW YEAR'S MESSAGE
FROM REVD. DAVID MOSS,
METHODIST SUPERINTENDENT
MINISTER**



Time

A few years ago, I found myself working with Egyptian Coptic Christians. They were labourers on a military base in Iraq. As Christians from another church tradition they traced their history back in the Middle East to around the third century. They asked me if I would be their 'priest' as they didn't have a Coptic Priest available and so I ministered to them.

Leading regular Church Worship I discovered that these men, and they were all men working away from their families, lived with two calendars: the Julian Calendar; and the Gregorian Calendar (they are 13 days different): one for their spiritual life and one for their working life. In Iraq this meant that I had the strange experience of celebrating Christmas and Easter twice. Coptic Christmas is on 7th January by the way.

Time is important, especially as we experience the new year 2021. The news is full of conversations about time; with the vaccines against Covid-19 will we all get them 'in time'? As we live through the pandemic we are aware of time. Many of us are looking forward to the time we can get back to something similar to the time we had before, when relationships included physical touch. Time is important and new years' are often filled with good intentions for what we'll do in the future.

In the Methodist Church we have a special Service of Worship, which marks time. It takes place at the beginning of the year, 'The Covenant Service'. The word covenant means an agreement and during the service we are reminded of God's promises to us as people of faith. Things such as: a relationship with God, forgiveness for the wrong in our lives because Jesus died for us, and the experience of God the Holy Spirit in our lives. At a moment, we renew our personal promise to God, saying: 'I am no longer my own but yours. Put me to what you will ...' and we do this in real time.

Time is something we need as humans. Yet, it may surprise some to hear that God is outside of time. Humans create calendars not God. Essentially, we are saying that the whole of history is before the Eternal God at once. This means that all prayers from all time are there before God who loves us and is attentive to our lives. In the midst of this pandemic Jesus is there for us. Keep safe!



**STOKE
CLIMSLAND
IN WINTER**

Molly by Jan Parsons

'20-20 Vision' may not, in hindsight, now be as perfect as we were always led to believe. Ironically, the Coronavirus Pandemic has given us all a taste of some of the ways we could well need to change our lifestyles in the coming years. From approaches to our daily commute, adapting to 'working from home', international travel to a different way of socialising. Each may well be dictated by the long-term efficacy of the much-heralded new vaccines and their boosters.

Likewise, the Climate Emergency: measures may well have been put on hold (not helpful in meeting Carbon Neutrality Targets by 2030/40/50), but there was a clear demonstration when the World was 'shut down' of a sudden decline in pollution levels from transport. Many places saw a return to clearer air across major cities, all despite our accused farm livestock maintaining their flatulence whilst continuing to produce meat and milk to feed us all.

But to us in farming, the 'big deal' of 2020 was the approval of the Brexit Deal by Parliament to avoid the cliff edge No Deal and WTO Rules threatening our tariff-free market with our 500 million European neighbours. So typical of EU negotiations, taken to the wire many times in the past 50 years, it was agreement at the 11th hour on Christmas Eve that finally sealed the trade deal. However, whilst broadly welcoming the deal, it is the medium-term measures under the new Domestic Agricultural Policy (DAP) that are both the challenges and opportunities ahead. These are to gear up British Agriculture to meet the growing demand for food security and self-sufficiency whilst delivering environmental 'public goods' and achieving Net Zero. For the consumer, subtle changes in buying patterns toward more seasonal fresh produce and marginal increases in prices at the supermarket or high street counter, will now hopefully see us all through the period of transition.

So, as we look forward to 2021 and a longer-term vision – as a human race determined to overcome Covid or any future pandemic, resume our battle towards Climate Repair and to meet the challenges of feeding the rising World Population whilst maintaining and protecting our environment – the Real Deal lays within everyone's grasp and actions. For our part in farming, both practical science and innovation hold the key. Here's to a happier and healthier New Year from us all 'Down on the Farm'.

Stay Safe, Protect the NHS and Save Lives, plus keep it local – from us all 'Down on the Farm'.



STOKE CLIMSLAND IN WINTER

Sheep by Rob
Stewart

Hello everyone and welcome to 2021.

Oh dear, New Year's Eve and we went into Tier 3. Pubs closed for 'normal' business, no friends meeting in our homes (except for our 'support bubble' family), not meeting more than 6 people out in a public space such as a park etc. Check on local Church and Chapel services as these may be different to national guidelines. Please keep a look on the County Council website or Government website for details (see below). Normally we would have said "A happy and Prosperous New Year" but as restrictions were increased in the last week of 2020 and Christmas plans were disrupted, and businesses forced to close again or be restricted to what they can offer we still face challenging times ahead of us, particularly as we now have higher level of restrictions. As they say 'we are all in this together' or 'a problem shared is a problem halved' we are resilient and can overcome the difficulties that we face. Or as Captain Sir Tom Moore says, 'tomorrow will be good'.

This will be something for us to consider within our community. A recent comment was heard 'there is power in showing kindness' the ongoing restrictions will impact individuals and families in different ways, loneliness, financial difficulties, loss of mixing with loved ones can all affect our wellbeing. Recent 'soundbites' on TV have shown the value of 'friendliness', just being able to ask, 'how are you?', 'how are you doing?', 'you are not alone' can spark a welcome conversation – all within whatever Covid-19 rules are in place at the time.

We have much to look forward to later in 2021: the return of our village show, the annual panto and the much loved 'pop-up' café, as well as our Church and Chapel opening to full services and a 'natter' over tea or coffee and biscuits after the service. Remember that wonderful 'ramble jumble' (or was it 'jumble ramble'?) it was a lovely sunny day, and everyone seemed to be out and about, many saying "hello, haven't seen you since March". Perhaps we should have another one as we must have spent the lock down days sorting out all those things that are 'non-essential'!

On prosperity: many of our local and independent traders will have had a difficult 2020, sadly some may not survive the ongoing restrictions, let us hope not, but it is up to us to support them wherever we can, whether it be ordering home deliveries from our village store or popping into Callington for more special items or ordering take away meals. All will help in some way. As they say, 'use it or lose it'.

Hearing a Brexit deal has been done will bring cheer to some and not to others who chose to remain in the EU. Just something else to get used to. It will be interesting to see how the details unfold. Again, as they say, 'we are all in this together'.

But we hear that the vaccinations continue to roll out and should not have been affected by the recent blockage of our outbound freight with 'manned' trucks. That issue seems to have been resolved at the 11th hour. We hope releasing the many trucks continues as those poor drivers being cooped up in long queues with limited 'facilities' could not have been pleasant as many were from the EU and wanted to get home for Christmas and their own families.

A recent comment was heard from a virologist "there is light at both ends of the tunnel".

1. There are new vaccines being approved which can be stored easier for distribution and
2. With the longer days coming and, as we head into the summer months, we will be able to spend more time outside and open our windows more often. Roll on those heady days of a warm or hot summer!!

Remember, the vaccines currently being approved are only to protect the individual from becoming ill, they

Callington & Pensilva Seven days to 28 December 2020

Total cases

20 ↓ -14 (-41.2%)

Rolling rate

239.6

Case rate compared to
England average



Altarnun & Stoke Climsland Seven days to 28 December 2020

Total cases

5 ↓ -1 (-16.7%)

Rolling rate

58.8

Case rate compared to
England average



do not kill the virus. It is possible to have been vaccinated but still be infectious. So, ongoing care needs to be taken until many millions of us have been vaccinated.

Recent very heavy rain has caused the local rivers to flood in some way and sadly a few local homes were flooded, we hope that the water was soon cleared away and drying out can commence; not a good time to have this to happen, although there is no 'good' time to have your home flooded. In SCARPER we will try and get some help from local authorities to minimise the future risks if we are to have continued heavy rain as our weather patterns might change. We are compiling a list of useful contacts to be used in the case of flooding and these will be published in due course. In the meantime, the Lightfoot family are prepared to offer some assistance, call Tim Lightfoot on 07779 372606. A useful website is:

www.cornwall.gov.uk/council-and-democracy/contacting-the-council/report-an-out-of-hours-emergency/
SCARPER will continue to work towards developing our emergency plans and would still like to hear from you if you can offer help to us as volunteers with special equipment (water pumps seem to be useful at the moment) or skills such as first aid, dealing with evacuations, traffic control, catering (in the event we have to provide sustenance to the emergency services or those who are evacuated). Please contact our Parish Clerk on parishclerkscpc@gmail.com where your interest will be recorded and passed to one of our group to be registered. Your contact details will be saved within the GDPR requirements.

Tier restrictions can continue to change (up or down!) so please keep up to date by looking at: www.cornwall.gov.uk/health-and-social-care/public-health-cornwall/information-about-coronavirus-Covid-19/ Or www.gov.uk/find-coronavirus-local-restrictions just enter your post code. Full details are available.

Remember SCARPER has a list of our co-ordinators below to contact if you need some help. Do not hold back, whilst we cannot guarantee to help resolve all your questions, we will have a good go, if not we probably know someone who can!!

We continue to offer the prescription collection service. If you need collections due to your medical conditions, or if the situation here gets worse the collection service will be there for you. Please check your prescriptions and quantity of medicines you will need over the Christmas and New Year period, also check on the pharmacy (and doctor) opening times over this period.

Just let us know when your prescription is ready, and we will collect for anyone that needs us please contact Sarah Ross – see details below.

Ren Jackaman (contact: parishclerkscpc@gmail.com or 07878 368857), our 'vulnerable and self-isolating' co-ordinator. Contact Ren if you want to be added to our list or if you know of a neighbour who might be in need of some support.

Sarah Ross (contact: srossscpc@gmail.com or 01579 370521), our prescriptions and medicines co-ordinator. Please contact her if you need help.

Nigel Cooper (contact: njcooperscpc@gmail.com or 07525 351628), our volunteer co-ordinator. Please contact Nigel if you want to help us.

Village Store: Sue Watts (contact: sue-watts@btconnect.com or call 01579 370201). Please contact Sue if you want home deliveries of your groceries.

Stay safe, please try, and keep well and continue to follow the Government and Cornwall Council guidelines.

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**AND WHILE
WE'RE ON THE
SUBJECT, DON'T
FORGET THE NHS
COVID APP**



The NHS Covid App is an important part of the Government's strategy to limit the spread of the virus.. For it to work effectively it needs the majority of the population to download it to their mobile phones. If you have not downloaded it yet please do so - it only takes a few seconds and downloading it will be an important step in getting the virus under control. You can get it free from the Apple Store or Google Play.

**Please remember that we would
welcome your advertisements in the
Newsletter. See page 10 for details.**



WHAT CAN I RECYCLE FROM MY PILE OF POST-CHRISTMAS DETRITUS?

With all the extra rubbish generated by Christmas, you may, like us, be wondering what you can and cannot recycle. Here is some useful guidance provided by Cornwall Council.

'Real' Christmas trees

This service is for residential properties only. We will be collecting non-artificial Christmas trees (up to 6ft in height) on normal collection days in the weeks beginning Monday 11th January and Monday 18th January. Collections will be made on your normal collection day on the opposite week to your recycling during this fortnight only.

Please note that the Christmas trees will be collected by a separate crew for shredding and composting so do not worry if your rubbish is collected and your tree is still there – the other crew will be along later in the day to pick it up.

Christmas cards

There are various charity collections for Christmas cards. You can also put them in your cardboard sack as part of your household cardboard recycling collection, please remove glitter, ribbons, and all electricals before recycling.

Envelopes

Envelopes can go in your household recycling collection. White envelopes should go into the paper sack, coloured or brown envelopes should go with the cardboard.

Wrapping paper

We can take wrapping paper that is not coated with foil or plastic in your household recycling collection. Please put all non-shiny wrapping paper in the orange cardboard sack, and make sure you remove any sticky tape, string or ribbons. To check if your wrapping paper is suitable for recycling simply carry out the scrunch test: screw a piece of paper up in the palm of your hand, if it stays scrunched we can recycle it, if it unfolds itself, we cannot.

Cardboard

Over Christmas there are a lot of extra cardboard boxes. Flatten the boxes and put them in the orange cardboard bag. If the boxes are too big, flat pack them, tie them in a bundle and put them out next to your recycling. If you have very large amounts of cardboard, you can either take it to your local household waste and recycling centre or put it out for the kerbside collection over a couple of weeks

Plastic pots, tubs and trays

Do not forget we can recycle plastic bottles, pots, tubs and trays - for example:

- Sweet and biscuit tins
- Mince pie trays (not black)
- Clotted cream pots
- Brandy sauce pots
- Christmas pudding tubs

Kitchen foil

Put scrunched up tin foil into the sack for plastics and cans. Do not forget you can recycle:

- Mince pie trays
- Single use foil trays
- Sheet foil from covering your turkey
- Foil sweet and cake wrappers

Food waste

Many of us tend to over cater at Christmas, and this shows in the amount of rubbish in the New Year. The best way to reduce food waste is to write a shopping list and stick to it. Think about how many people you will be feeding and just buy enough for them. Remember, if you do not like sprouts, you do not have to buy them

Batteries

Residents can recycle most batteries at any of the Household Waste Recycling Centres (HWRCs), including:

- button batteries and
- battery packs from laptops, phones, power tools and remote controls

Car batteries can also be recycled at all HWRCs.

You can also recycle some batteries at supermarkets (Tesco's in Callington does it).

Reducing

Christmas waste

This year, more and more people in Cornwall are thinking about ways in which they can reduce the amount of rubbish they rack up at Christmas. Have a look at our Christmas waste reduction page (<https://www.cornwall.gov.uk/environment-and-planning/recycling-rubbish-and-waste/christmas-waste-reduction/>) to find out how you can too.



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STOKE CLIMSLAND IN WINTER

Top: Trevendon
by Rob Stewart
Left: Alexander
by Jan Parsons