

GWENNAP PARISH

NEWSLETTER

AN BLU LANN-WENNAP DERIVADOW

AUTUMN 2022 ISSUE 56



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PARISH COUNCIL MEETINGS

Our Meeting dates for 2022/2023 are:
11 October (Crofthandy Village Hall)
8 November
13 December
10 January

Chair's Blog

I have just returned from a week's holiday in Galloway in Scotland but despite being over 500 miles away, your mind is never far from home. Many of the areas in that County have 'community councils' which are the equivalent of our parish councils and it was interesting to note the state of the roads, the level of litter and the condition of the council notice boards as we drove around.

Some parish councils in England have resolved to change their name to 'community council' and I wondered (as we drove back through the incessant rain on the M5 and M6) whether the residents of Gwennap would prefer to be governed by a council which keeps the traditional 'parish' name or whether a 'community council' better embraces our sense of identity and purpose....and avoids our Clerk being asked what it's like to be working for the Church of England! For some, the name is very important but I concluded that the key thing is that the council reflects the wishes of the community and seeks to serve every resident of our treasured parish.

The two consultation meetings for the proposed affordable housing development in the village of Gwennap were evidence that divining 'the community's' views on this project is not easy. The first stage is to listen to everyone's opinion and I was impressed both by the respectful nature of the debates that took place and the way in which Cornwall Community Land Trust genuinely listened to every individual point of view. Originally, only one meeting was planned but a second was organised in the Village Hall to accommodate those unable to get to the Parish Rooms. The Trust are now considering all the representations that were made with the intention of submitting a planning application to Cornwall Council during November. Updates will appear on our Facebook page and website.

Our GPEG group continues to gain strength and this edition features more of their practical suggestions. The Parish Council continues to explore cost-effective ways in which we can address the climate change emergency and the new furniture and water refill station at the Richard Jory Playing Fields are two practical steps we have taken.

Congratulations to the Parish Church for organising another successful flower festival. The photographs from the event show the creative talent of so many and the joy which stunning flower arrangements can bring. On a similar theme, well done to our Sunflower competition winners all of whom demonstrated great skill and patience!

Finally, everyone has been reflecting on the significant impact of the death of the Queen. The one lesson which will stay with me is how even if you do not seek service and don't consider yourself worthy of the responsibility, if you have the right determination and support, it's amazing what you can achieve.

I hope many were able to enjoy a holiday over recent months and, like me, are now looking forward to the Autumn colours which make our beautiful Parish even more delightful.

Onen hag oll
Richard Williams
Chair

Clerk's Blog

THE QUEEN

I would like to start my blog by remembering the life of Her Majesty the Queen. I am sure we all have our own individual memories of the Queen and for those of us that watched her funeral the splendour of all that we saw on television will remain with us. The Queen had a remarkable life and served the nation with an unrivalled level of dedication and commitment for 70 years and continued to work until days before her passing. I had the immense pleasure of working for the Queen as a footman during the 1980's. Her sense of humour, kindness and love of animals are in the forefront of my memories.

I do look forward to the Coronation of King Charles III and am sure that it will bring the nation together to celebrate.

NEWSLETTER

I do hope you enjoy these newsletters. They are getting more expensive due to printing and postage costs and would appreciate your help in lowering these costs. If you received this edition by post, please consider accessing it online in the future, please email me for how to do this.

Again, if you received this by post, please consider helping us by delivering copies of it in your area. We do have several volunteers who do a wonderful job and we now have about 30% being delivered by our great team. We take this opportunity to thank them for all their hard work.

If you have a business, please do consider advertising with us.

Please email me for details.

PARISH ROOMS AND PLAYING FIELD

Hopefully by the time you read this we will have had a 'Water Bottle Refill Station' installed at the Parish Rooms. Hopefully this will be well used and will reduce the use of plastic bottles.

New Picnic tables have been received and will be installed in the Playing Field soon. These have been made from recycled plastic from the South-West and made in Plymouth.

With Electric Vehicles are becoming more popular and I am currently investigating having EV Charging points installed in the carpark. These would not only benefit users of the Playing Field and Parish Rooms but also local residents who are unable to install their own charging point.

Chris Ring
Parish Clerk



SUNFLOWER COMPETITION



Congratulations to all
the Entries:

Daphne 191cm

Leo 120cm

Jill 125cm

Cameron 145cm

Flora 250cm

Ella and George 256 cm

Julie 330cm

Julie and David 250cm





Cusgarne and Frogpool Women's Institute

Our members have been saddened by the news of the death of Queen Elizabeth II who was a long standing member of Sandringham WI and attended their January meeting every year.

Several members of the Royal Family belong to the WI and have occasionally been present at National Federation Annual Meetings. Most recently at the 2021 meeting the Countess of Wessex spoke about bereavement and loneliness linking her experience of losing her mother to one of our resolutions that year. One of our past Presidents, Nina Cooper was invited to represent our WI a few years ago at a garden party held by Her Majesty and thoroughly enjoyed the special day and the excuse for a new outfit and hat.

The summer is always a busy but enjoyable time for our group.

There was certainly a lot going on. At our July meeting we had a floral art demonstration. Some of our members are interested in flower arranging and were determined to go home and practice the methods we were shown. This led to our WI entering a competition at the Stithians show which included a floral display, cake, a crocheted corgi and hand made card all based on the theme of the Platinum Jubilee which drew some very complimentary comments from the judges. Thank you to Gerry, Liz, Sandra and Sue for their hard work and we look forward to next year's theme.

We are also grateful to Susan who created a stunning floral arrangement depicting St Francis of Assisi as our entry in the Gwennap Church Flower Festival in September. Susan deftly incorporated a small statue of St Francis and a pair of white doves amongst her white flowers which were displayed in the entrance to the church.

Trevor Smitheram visited us for our President Sue's At Home in August. Members provided a delicious buffet tea and Trevor told us several tales in Cornish dialect, some of which were very tall tales but all the more amusing for being so.

We needed two tables for our produce donated by members for the annual harvest auction in September. With President Sue as our auctioneer we were persuaded to keep bidding and over £80 was raised to split between our two chosen charities this year which are Blood Bikes and Cornwall Hospicecare. There must have been some strange combinations at mealtimes in the following few days judging by the goods people bought.

As I write this in September we are looking forward to our very own Parish Council Chairman Richard Williams as our speaker in October. Richard is a Trustee of the Hall for Cornwall and is going to tell us all about the recent changes to the venue. In fact it is a year in October that the HFC opened again after its refurbishment as the Cornwall Federation Annual Meeting was one of the first events held there last October so it is very fitting that Richard should visit us next month.

Some of us will be attending this year's Federation Annual Meeting where the speakers will be Anne Jones who is the National Federation Chairman and Dr Annie Gray who is an historian, cook, broadcaster and writer specialising in the history of food and dining and can be heard on the Kitchen Cabinet on radio 4. The Rock Choir will also be entertaining us and we are looking forward to the day.

Gerry, our "events manager" is arranging a trip to Mabe to the donkey sanctuary in October and members have also enjoyed a CFWI trip to Dartmouth with Clarks Village also on the agenda in the near future. We are hoping to put Cusgarne and Frogpool WI on the map again at the annual CFWI quiz, this time for all the right reasons.

Our November speaker will be another "local" and that is Lesley Robinson and her topic is "Shopping – love it or loath it?". We always look forward to seeing Lesley as she presents history in a way that is relevant to today's lifestyle.

By the time you are reading this Christmas will no doubt be upon us and our group will celebrate Christmas with a party and a buffet. It will mark the end of a year in which we celebrated the fiftieth birthday of our group and provided over two hundred free cream teas to Gwennap parishioners at the celebration of our late Queen's Platinum Jubilee celebrations.

If you are interested in finding out more about Cusgarne and Frogpool WI you would be very welcome to join us.

We meet at 7pm on the first Tuesday of every month (except January) at The Parish Rooms, Richard Jory Playing Field, Pulla Cross, TR4 8SA.

We welcome anyone who identifies as female and the first three visits are free. After that we would offer membership. Contact cusgarneandfrogpoolwi@gmail.com.

Please keep an eye on the Frogpool and surrounding villages face book page for further information about our activities and up coming events are advertised on notice boards around the Parish.

Sandy

Photos below:

1. Susan's representation of St Francis of Assisi
2. Cusgarne and Frogpool WI entry in the WI competition at Stithians Show



Defibrillators



There are 5 Defibrillators (AED's) in the Parish:

The Cornish Arms, Frogpool.

The Parish Rooms at Richard Jory Playing Field.

Croft handy Village Hall.

Gwennap Church Hall

Bissoe Bike Centre.

Many thanks to Ray Humble for looking after the AED's and to Cornish Metals for a grant to replace the batteries.

GWENNAP FLOWER FESTIVAL

9TH-11TH SEPTEMBER 2022

What a weekend! No-one could have predicted the devastating news that we as a country and commonwealth heard last Thursday evening.

The church had, that day, been decorated and adorned to look its best, bestowed in all its glory for a weekend of celebration.

Through my mind went all sorts of questions about how the flower festival would be received after hearing about the death of our incredible Monarch. It was agreed that the timing was perfect; people could come to the church, to quietly contemplate. Pray. Pay their respects. Just be present.

St Wennapa was resplendent, colour and beauty in every corner.

It was compelling to hear the bells tolling for an hour at noon on the Friday; in memory of our Queen. Another reminder of solidarity all over the land that we are entering a period of national mourning.

So many Saints had been represented, 27 in total. Some local to our beautiful Cornwall, others much further afield. Important and impressive in their legacy and stories.

We had saints that are familiar to many of us in our every day lives such as St Piran, St Nicholas, St Agnes, St Day and many more. Some less well-known St Fiacre, St Buriana, St Kateri Takakwitha, St Seleven and St Vincent Ferrar.

Fascinating to read and uncover the stories behind each Saint. Displays interpreted their Saint however they wished, a more detailed description, photographs of statues, flags, tools used from lobster pots, swords, to cart wheels and falcons.

Many saints had made pilgrimages across dangerous seas, some escaping persecution. Overcoming difficulties and differences. Kindness to people or animals.

We hope if you managed to visit over the weekend that you thoroughly enjoyed the show stopping scenes.

Thank you to everyone, especially Vanessa who made the event achievable. We hope you enjoy the images of the creations. They don't do the arrangements justice but give you a flavour of the hard work that went into creating them. We hope that if you weren't able to join us on this occasion that you can in the future. The summer concerts, fetes, quiz nights etc are an excellent way of meeting new people from our community as well as contributing to the maintenance and upkeep of our heritage buildings. Thank you.



Frogpool Methodist Church

Minister Revd. Elizabeth Harris
Tel: 01209 820077.
elizabeth.harris@methodist.org.uk

Sunday Morning Services 10.45 a.m.

Please check the Notice boards for further information.
Currently face coverings are optional and sanitizer is provided on entry. Please be considerate of each other.

Coffee Mornings

are held in the Sunday School hall from 10.30 a.m. to 12.00 noon each month

Thursday 27th October for Church funds
Thursday 24th November for Church funds
Thursday 15th December for St. Petroc's

Come and enjoy a cup of great coffee or tea, a slice of cake and meet other members of your community.

Bring & Buy Stall.

These are social events where you can come and enjoy a cup of great coffee or tea, a piece of cake and have a chat.

Bring & Buy Stall.

The Women on Wednesday Group

is meeting at 2.30 pm on the following Wednesday afternoons.

5th Oct., 19th Oct., 2nd Nov., 16th Nov. and 7th Dec.

We are currently creating poppies for a frieze for our railings.

Harvest Festival:

Sunday 26th September

Morning Service at 10.45am. will be led by Miss Amanda Jenkin.

Monday 27th September

Harvest Pasty Supper including a sweet at 6.00 p.m.

Followed by an Auction of mainly perishable produce not donated to the Foodbank.

Proceeds for Church Funds.

We offer a warm welcome to you throughout the weekend. If you wish to attend the Pasty Supper please book through Mary Richards 01872 863143.

Preliminary Notices

The Annual Carol Service will be held on Sunday the 4th December at 3.00pm

When it is hoped Cusgarne School children will be in attendance. Collection for charity.

Community Carol Singing

& village Christmas lights switch on

Will be outside the Cornish Arms 5th December at 6.00 p.m.

To be followed by Carols inside at 7.00 p.m.

Christmas Day Service 10.30 a.m. led by Mr. James Rimmer.

The Church has a large selection of jigsaws available to hire. These are available on Coffee mornings

St. Wennapa Church Gwennap

Regular monthly Services at 11.00am

1st Sunday Holy Communion (Book of Common prayer)

2nd Sunday All age Worship

3rd Sunday Holy Communion (Common Worship)

4th Sunday Matins (Service of morning prayer)

5th Sunday Holy Communion (Common Worship)

Sunday 9th October 11.00 am HARVEST FESTIVAL

Sunday 13th November 10.45 am REMEMBRANCE SUNDAY

There will be no service at Gwennap on Sunday 30th October but there will be a combined Service at Chacewater at 9.45am for all five churches in the cluster.

CHRISTMAS SERVICES in DECEMBER

Sunday 11th Christingle Service particularly enjoyable for children

Sunday 18th 11.00am Service of NINE LESSONS AND CAROLS

Sunday 25th 10.00am CHRISTMAS DAY. Holy communion

Gwennap Ladies Guild

We meet on the fourth Tuesday of the month at 2.30pm (no meeting in December) in Gwennap church hall.

October 25th it will be crafts within the group .

November 22nd Ian Facey Macleod demonstrate Floral displays .

A good interesting program to look forward to. Do come along and join us . New members are always very welcome

Our secretary:

Vi McPherson 01872 862151 if you would like to contact her.

Message from Vanessa Stone.

Gwennap Church Flower Festival

I want to thank Carriad Cockcroft publicly for her help and flair in producing the beautiful leaflet which all the visitors had, and her report and photos which appear in this magazine. We raised £1021.17 for the church.

My thanks to everyone who helped. We dedicated the event to the memory of our beloved Queen, in the Condolence Book.

Gwennap Lunch Club

I am no longer able to organise and cook for this event. Will someone step up for this monthly lunch which runs from October-March.

Vanessa.



THE COFFEE STOP

We continue to meet every Tuesday morning 10-11.30 in the Parish Rooms and welcome new comers.

Coffee tea and biscuits and chat. Open to everyone.

Each year we support a Cornish charity, all money is from donation for our coffee etc.

We hope to hold our postponed Coffee Morning for Ukraine in November. Watch out for posters.

Vanessa 01209820355

Future changes to rubbish and recycling collections.

Information from Cornwall Council

To help you recycle more and reduce your rubbish, Cornwall Council will be making changes to your household waste collection services. Cornwall Council will introduce these changes area by area in stages across Cornwall starting in 2023.

- Cornwall Council will provide a new separate weekly food waste collection service. Rubbish and recycling collections will be fortnightly.
- Cornwall Council will give most households a wheelie bin to protect their rubbish. If you don't have anywhere to store or put a wheelie bin out for collection, Cornwall Council will give you a reusable protective sack instead.
- To help you recycle your food waste Cornwall Council will give you a lockable food waste bin to store it in.
- If you live in a flat, apartment or property with shared bins, Cornwall Council will be looking at your current collection arrangements and making any changes with your particular circumstances in mind.

I

IS FOR...



ICE CREAM TUB

Search Cornwall's new A-Z of recycling...

cornwall.gov.uk/recycling



**No bin?
Keep it,
bin it later!**



Cornwall recycles
Kernow a wra eylgyghya

Cardboard boxes, plastic bottles and paper packaging can all be recycled

#SustainableSummer



Cornwall recycles
Kernow a wra eylgyghya

www.cornwall.gov.uk/recycling

L

IS FOR...

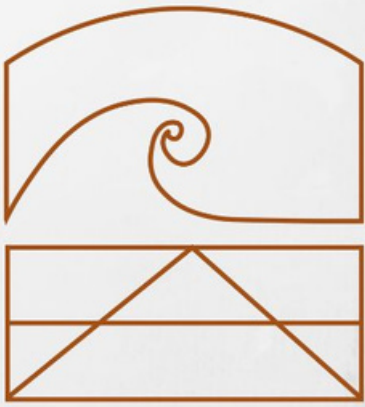


LIGHT BULB

Search Cornwall's new A-Z of recycling...

cornwall.gov.uk/recycling

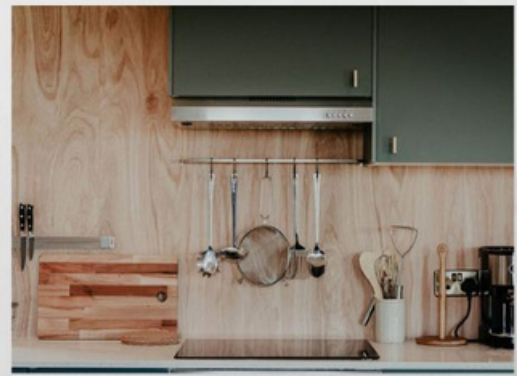




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CHICKEN BREASTS WITH ITALIAN HAM, MOZZARELLA & TOMATO SAUCE **(Serves 4)**

This is such a simple dish to prepare but it is always popular in our house.

4 large skinless, boneless chicken breasts
1 ball mozzarella, cut into 8 slices
4 slices prosciutto or parma ham
8 slices Italian salami
1 400g tinned tomatoes
½ jar (approx 8) sun-dried tomatoes in oil,
drained
Black pepper
Fresh basil or oregano leaves to garnish -
optional



Large shallow rectangular ovenproof dish
Foil

Preheat oven to 180°C fan/190°C conv /375°F/Gas 5

Lay chicken breasts on a wooden board, rounded side up. Make a pocket in each of the breasts by cutting horizontally along the length of each one taking care not to cut through to the bottom. Place two pieces of mozzarella and 2 slices of salami in each slit.

Using a stick blender, whizz the tinned tomatoes with the sun-dried tomatoes. Season with black pepper to taste. Pour into the ovenproof dish. Place the filled chicken breasts on top and add a slice of the ham on top of each one.

Cover the dish with foil. Place in the preheated oven and cook for 50 – 60 minutes depending on the size of the chicken breasts.

Garnish with the basil or oregano leaves and serve with broccoli or green beans and pappardelle pasta or sauté potatoes.

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Nigel Nicholls is a qualified member of The Institute of Professional Willwriters



None of us want to think about climate change. The warnings from the scientists are frightening and the evidence is here after the hottest summer on record and the first hosepipe ban in Cornwall for 26 years. Ignoring the problem won't make it disappear. If, like many people, you feel very worried and that no one is doing enough about this, don't be overcome with feelings of powerlessness. Instead, be determined to step up and make a difference.

What can WE do about it ???

1. The most sustainable objects are often the ones you already own!

There are choices we can make as individuals to reduce our carbon footprint. There is a brilliant book by Dr. Tara Shine entitled "How to Save Your World, One Object at a Time". The core message of the book is that the most sustainable objects are often the ones you already own!! Any object made uses raw material and energy, so living without any impact is impossible. But making less stuff, using green renewable energy and designing things to last and then have another use at the end of their life can reduce our impact on the planet. This is the circular economy, the opposite of the take, use and dispose economic model.

2. Give up or cut back on your meat and dairy consumption!

There is much in the news about the huge carbon footprint of the meat and dairy industry, especially in the intensive farming that supplies supermarkets. Cutting your consumption of meat and dairy will reduce your carbon footprint, and sourcing it from local, seasonal producers will help both the environment and your local economy.

3. Drive Greener!

If possible leave the car at home and walk, cycle or take public transport. Research "driving in a greener way" to reduce emissions and save money on fuel. Talk to your neighbours about car sharing if you don't have time to wait for a bus.

4. Join a Climate Action Group!

You could become part of the solution by joining with other concerned people in local climate action groups, be it Greenpeace, Friends of the Earth or Extinction Rebellion. Or even our very own Gwennap Parish Environmental Group! Play your part in saving the planet both for yourself and your loved ones as well as for future generations.

Since COP 26 in Glasgow last year the Government has given the go ahead to several fossil fuel projects. About 50 schemes are thought to be "in the pipeline" between now and 2025 despite the Government's climate pledges.

If we all stopped using cling film, went vegetarian and converted to bamboo toothbrushes we couldn't save the planet!! For effective, rapid and meaningful change it HAS to be the government that steps up its commitment to fight the climate crisis. We can join together and be a part of the critical mass of public opinion that makes government act.



Don't bin that pumpkin flesh from Halloween, turn it into something yummy...!

Thai Pumpkin Soup

- 1 tbsp vegetable oil
- 1 onion, chopped
- 1.2kg pumpkin, peeled, chopped
- 300g potatoes, peeled, chopped
- 2 garlic cloves, crushed
- 50g Thai red curry paste
- 750ml stock
- 400ml can coconut milk
- 2 tbsp unsalted roasted peanuts, finely chopped
- 2 tbsp fresh coriander leaves, chopped
- juice of one lime

Heat oil in a large saucepan over medium-high heat. Cook onion, stirring occasionally, for 5 minutes or until softened. Add pumpkin and potato. Cook, stirring for 5 minutes. Add garlic. Cook, stirring for 1 minute or until fragrant.

Add curry paste to pan. Cook, stirring for 2 minutes, to coat vegetables all over. Add stock, stirring to combine. Cover. Bring to the boil. Reduce heat to low. Simmer for 15 minutes. Remove lid. Simmer for a further 15 to 20 minutes or until vegetables are tender. Remove from heat. Stand for 5 minutes.

Using a stick blender, blend soup until smooth. Return to medium heat. Stir in coconut milk. Season with pepper. Cook, stirring occasionally, for 5 to 6 minutes or until heated through.

Combine peanuts, coriander and lime juice and use to garnish.

Pumpkin traybake

- 300g self-raising flour
- 300g light muscovado sugar
- 3 tsp mixed spice
- 2 tsp bicarbonate of soda
- 4 eggs, beaten
- 200g butter, melted
- zest 1 orange
- 1 tbsp orange juice
- 500g (peeled weight) pumpkin or butternut squash flesh, grated

Icing

- 200g pack soft cheese
- 85g butter, softened
- 100g icing sugar, sifted
- zest 1 orange and juice of half

Heat oven to 180C/fan 160C/gas 4. Butter and line a 30 x 20cm baking or small roasting tin with baking parchment.

Beat the eggs into the melted butter, stir in the orange zest and juice, then mix with the dry ingredients till combined.

Stir in grated pumpkin then pour into tin.

Bake for 30 mins or until golden and springy to touch. Cool in tin while you make icing.

To make the icing, beat together the cheese, butter, icing sugar, orange zest and 1 tsp of the juice till smooth and creamy, then set aside in the fridge.

Remove cake from tin, cool on rack then spread icing over top. Cut into squares to serve.

G P E G

wennap parish environmental group

Throughout the year, a small group of parishioners have been meeting to look at ways to help sustain and improve the wonderful environment we have around us in Gwennap and together we would like to suggest some small ways in which we can all help enrich the living world in our back (and front) gardens this autumn.



G is for Gathering - the blackberries came early this year, and I, for one, love the idea of nature's bounty and the joy of a 'free meal'. There will always be a surfeit of berries for the birds to enjoy but some do not become attractive to birds until later in the year, so it is important to restrain the impulse to prune back shrubs and hedges until all the berries have been eaten. I didn't know just how nutritious ivy berries were for our wildlife but they do not become palatable until well into the winter, so if you are tempted to cut back ivy - put those secateurs away until all the little black berries have gone.

<https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/plants/wild-flowers/ivy/>

W is for Winter Wildlife Homes - building a bug hotel for overwintering invertebrates can take many forms, from a simple bunch of hollow stems cut and bound together, to an elaborate construction with many different hiding spaces.

<https://www.rspb.org.uk/get-involved/activities/nature-on-your-doorstep/garden-activities/build-a-bug-hotel/>
<https://www.woodlandtrust.org.uk/blog/2019/09/how-to-build-a-bug-hotel/>
https://www.youtube.com/watch?v=5mv_9vgN39A



E is for Easy Does It - go easy on the autumn garden clearing. Leaving the hollow stems of annuals and perennials provides more shelter for over-wintering invertebrates and leaving seed heads to disperse can give you lots of seedlings for free next year (not always where you may want them, but letting nature take its course can lead to some surprising flower combinations!). Leaving a small patch of the garden to 'go wild' will be welcomed by many little creatures.

N is for Now is the Time - if you haven't already started a compost heap, or installed a compost bin, now is the time to start putting all that green waste to good use. Compost bins are readily available at DIY stores and garden centres. This useful link from Cornwall Council gives more information on composting and recycling green waste.

<https://www.cornwall.gov.uk/rubbish-recycling-and-waste/recycling/composting/>



N is for Nurture Your Soil - adding organic material, such as the compost you make, wood chippings, well-rotted farmyard manure and leaf mould will all help to enrich the soil and lead to healthier plants. Instead of leaving soil bare over winter (which leads to loss of goodness through leaching, and allows weeds to grow) you can cover it with brown cardboard and then a layer of organic material, which will suppress the weeds and enrich the soil as it breaks down over the winter. Sowing a crop of green manure such as phacelia which can be dug into the soil, is another excellent way of keeping the goodness levels up.

<https://www.gardenersworld.com/how-to-grow-plants/how-to-sow-green-manure/>



A is for Add Some Wildflowers - wildflower seeds can be sown in September (into October in mild autumns) or in March and April. This is not easy - I have tried several different ways of adding wildflowers into my garden with varying amount of success. It would be lovely to see some wildflower strips on roadside verges in the parish next spring and summer! This RHS guide deals with larger wildflower meadow establishment but the principles are the same for small patches.

<https://www.rhs.org.uk/lawns/wildflower-meadow-establishment>

P is for Pumpkins - ghoulish Halloween pumpkins can give us more than just a spooky spectacle on October 31st. Use the flesh from inside the pumpkin to make soups, stews or pies and toast the seeds to add crunch to salads and soups. After the candles have died down, the pumpkin shell must be composted or disposed of in garden waste bins but please don't leave them out to rot - they are attractive to eat for hedgehogs in particular, but cause them stomach upsets which can lead to dehydration and death.

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Bamboo Toothbrushes + Eco-Friendly Deodorants.
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YOGA CLASSES WITH CAROLINE



Thursdays 9.30am - 11am
Gwennap Parish Hall
Richard Jory Playing Field

More info call,
Caroline 07554375323