

GWENNAP PARISH NEWSLETTER

AN BLU LANN-WENNAP DERIVADOW

WINTER 22/23 ISSUE 57



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PARISH COUNCIL MEETINGS

Our Meeting dates for 2023 are:
14 February
14 March
11 April
9 May

Chair's Blog

It's the time of year when we make resolutions intended to change our lives for good! Thinking about what I might like to improve in 2023, it struck me that most pledges are about making things better for ourselves as individuals.....eat more healthily, give up alcohol, join the gym ...the list goes on. It's not often that we resolve to do something that will make life better for others: I'll send money to that charity each month, I'll visit residents at a local care home, I'll mow my neighbour's lawn because they're not so mobile these days.

At a recent meeting of Mining Villages parishes, we received a presentation from someone seeking to establish a list of 'practical people' within their community.....not necessarily DIY experts but those who would be happy to give their time for free to assist with small jobs, especially the tasks which would help save money and preserve the planet. An example given was maybe helping an elderly resident to change all their light bulbs for low energy equivalents or making and fitting curtain linings for them to keep more of the heat in and the cold out.

I can think of people in our community who I won't name as they would be embarrassed. They would and do help out when asked and expect no thanks for it but in these times of hardship, we need more and we need to be proactive. Some people are too proud to ask for help but would be grateful for it, if offered. As I squeezed into the Cornish Arms for the carol singing after the drama of Squidgy the pony devouring a wine glass, I looked round and two things struck me. We are a strong community and we have a tremendous resource. How radical would it be when putting all the birthdays and key dates in our 2023 diary, if we were to put in 3 hours to volunteer once a quarter. That's the same as three episodes of the Apprentice or going out for a meal one night.

We are launching our 'Unsung Heroes' awards again this month as it is important to recognise those who already make sacrifices for others which go unnoticed. Hopefully the nominees will inspire all of us to consider whether we could do more.

The Parish Council is meeting informally to make our 'resolutions' for the next two and a half years...until the May 2025 elections. Unlike individuals, the Parish Council only exists for the benefit of others. If all we are is a self-perpetuating body which focuses on our own needs and wants, we have failed. Yes.. we have meetings, agendas and minutes but these are only valuable to the extent that they help us take forward actions and initiatives that will make life better for you the residents.

I was speaking to someone who told me a story about a recent Prime Minister of Australia. After years of battling for the top job, they had finally made it. Someone asked, 'What are the 3 things that you want to achieve in your time in office?' Not a difficult question, you might think but the Prime Minister was unable to answer. That resonated with me. If you are in public service, you must know what you are there for and what you are trying to accomplish.

Maybe we need to think about that in our personal lives. What do we want our legacy to be? A very close friend of mine died suddenly prior to Christmas and all the many tributes paid to him brought to mind that quote from Maya Angelou: 'People will forget what you said, people will forget what you did, but people will never forget how you made them feel.'

Maybe doing more things to make people feel better about us is not a bad resolution - either for individualsor the Parish Council!

Richard Williams
Chair
Onen hag oll
Richard Williams
Chair

Your Parish Council

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Gwennap Parish Council
Gwennap Parish Rooms
Richard Jory Playing Field
Pulla Cross
Truro
TR4 8SA

UNGSUNG HEREOS

Many of you will recall that, at the end of 2021, we launched our first 'Unsung Heroes' awards to recognise those within our Parish who had gone the extra mile to provide support for others within the community.

All those who were nominated were presented with a Certificate to acknowledge their contribution to making people's lives just a little bit brighter, whether it was a one-off act of kindness or something more sustained. All recipients were grateful and humbled to be recognised and the Vice-Chair and I had great pleasure in making the presentations....even when we spelt a name wrong and had to do the ceremony twice!

Although it was the problems that were caused by the pandemic which prompted the awards, the Parish Council felt that this initiative should become an annual event so I am delighted to say that we shall be accepting nominations for Unsung Heroes of 2022 until Tuesday 28 February 2023 at 5 pm.

We want to keep the process simple. Please send an email with details of your nomination to the Clerk and we will do the rest. There are very few criteria. The nominee can be of any age. They must live in the Parish but, this year, their selfless service does not have to be for people living within the Parish. We know that there are many residents supporting people or causes beyond Gwennap, outside of Cornwall and even beyond the UK. The focus of the awards is to celebrate all those within our Parish who try and make a difference to the lives of others.....wherever they may be!

If the nominee is willing, we might tell something of their story in future editions of the Newsletter.

So please help us to shine a light on the kindness of Gwennap parishioners. We know that these people don't give their time and/or money for the plaudits they receive but they are the lifeblood of our community and their selflessness should be recognised and celebrated.

Thank you!
Richard Williams, Chair

Carnon Downs Memory Café

The Carnon Downs Memory Café has once again been active. It takes place on the 1st and 3rd Thursday afternoons each month in Carnon Downs village hall for those suffering from dementia and their Carers. We provide a warm and friendly atmosphere, with tea and cake, in the village hall in Carnon Downs between 2 – 4 pm.

On arrival there is a variety of games such as puzzles and word searches to stimulate conversation. This is followed by a visiting speaker covering a variety of activities such as chair exercises, talks about places of interest and singers. We always end with the raffle prizes after playing bingo, hangman or balloon tennis during the washing up.

The MADE theatre Company paid us their 3rd visit in November. They passed round vintage items including a Bakelite hair drier, an iron and rayon frocks. They had us on the move to different musical styles from classical, ballet and swing to rocking to Elvis!! They finally managed to get some of us to produce mimes of our idea of a good day out. We certainly hope to see them back again soon. Andy prompted members to describe past bonfire night experiences, many of which were being afraid of fireworks when very young. Lianne and Par from the theatre company displayed vintage frocks getting us up on our toes to move to Glen Miller's "In The Mood".

We had a creative Christmas afternoon making angels and tags for presents which everyone enjoyed, it took far longer than anticipated but there was a pleasing chatter around the room!

The Christmas lunch at Truro College Spire restaurant was cooked by 18 students. The food was excellent and enjoyed by one and all. We gave the students hearty congratulations for providing us with a traditional Christmas meal!!

A Christmas party was our last afternoon this year.

Nigel Skewes came along to serenade us with festive songs whilst our guests were offered Pimms and nibbles. Warren Bakery generously provided us with sandwiches, mince pies, scones with cream and jam, sausage rolls and saffron cake to whom we gave our grateful thanks. Andy, dressed as Marlene Dietrich, gave us a humorous rendition of "Falling in Love again" and Father Christmas handed out a presents everyone. It was a successful afternoon.

If you would like to find out more about us please contact
Lynne Begley (chair) on 01872 870241 or
Sally Brocklehurst (secretary) on 864717.

We are sorry cannot offer any lifts to transport people.



Hedgerows and Verges



The Parish Council would like to thank all landowners who are maintaining their hedges and verges that border our pavements, roads and byways. This keeps our parishioners much safer, pedestrians can step on to verges when needed, cars can pull over without being scratched and driver sight lines are much improved.



As a bit of fun, can you identify the well trimmed hedges in the photos below? Is it your hedge / verge is it somewhere you drive or walk every day?

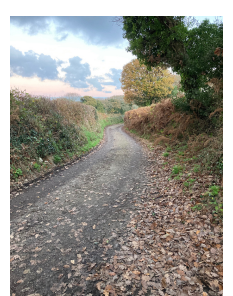


On a similar subject parishioners should be aware that the Parish Council are trying to find a way of killing off the weeds alongside our pavements that will avoid using harmful chemicals. One parishioner pointed out that back in the day this wasn't a problem because a person with a shovel or spade did a much better job. I know some home owners already do their bit by keeping 'their' pavement verge clear so a big thank you to them as well.



Greg Foxwell

Vice - Chair of the Parish Council



Charity



Lottie and Jessica Dunkley decided to sell pre-loved toys and cakes before Christmas to raise money for Charity: Water. There was so much community support on the day, outside the Cornish Arms, which raised an amazing £256.67. Their total raised exceeded £700, proving clean water for life to a small community. We are so grateful for the support of this amazing community, thank you.

Local pony Squidge has been out to the local village Carol concerts, switching on the lights and nativity plays all in aid of Cancer Research.

Squidge lives locally at Pulla Cross and is thoroughly enjoying her new role in the community. She would like to thank everyone for all their generosity.



Cusgarne and Frogpool Women's Institute

It is always a bit special when we can invite local speakers to come and talk to us and in October we couldn't get more local than Richard Williams, resident of Frogpool and Chair of the Gwennap Parish Council. Richard is a Trustee of the Hall for Cornwall (HFC) and told us about the history of the building and how it came to be an entertainment venue. He had many photos to illustrate the timeline of the HFC and questions were asked and the pros and cons of the new layout debated. Many of our members are fairly regular attendees and four of us attended the Cornwall Federation of Women's Institutes annual meeting there in October.

At the annual meeting the National Federation Chairman Anne Jones gave us many words of advice to keep encouraging anyone who identifies as a woman to come along and make new friends and enjoy the variety of events that the WI offers. The afternoon speaker was Dr Annie Gray who is an historian, cook, broadcaster and writer and gave a humorous talk about Winston Churchill's cook of whom he said he couldn't have managed to win the Second World War without her. The Rock Choir were also there to entertain us and gave rousing renditions of popular songs from films. The choir includes many WI members so it just proves that WI ladies are everywhere.

Our second local speaker was Lesley Robinson who is a keen historian and her topic was "Shopping – love it or loathe it?"

Lesley also illustrated her November talk with slides and told us that in the Regency and Georgian periods it was often men who did the shopping even for their wife's new clothes. This was because travelling at the time was dangerous due to the poor condition of the roads and the threat of robbers holding up the carriages.

Our team did so much better in the general knowledge quiz held at Ladock in October. We didn't come last this time and very proud we felt. As you can imagine, the questions were extremely difficult but we did exceptionally well at the "Dingbats". Thanks to Gerry, Judy, Sue C and Sandy who did their best.

Gerry organised a trip to the donkey sanctuary in Mabe and several members enjoyed an afternoon of learning the origins of the sanctuary and petting the donkeys. Tea in the café and trip to the gift shop was timely as calendars and Christmas cards were on sale.

We raised over a hundred pounds for both our charities (Blood Bikes and Cornwall Hospice care) when we held a bingo and pasty evening. The hall was full and most people won something either as a bingo prize or in the raffle. Thank you to our President and her son Jesse for organising the evening and to everyone locally who supported us. This may become a more regular occurrence in the future.

President Sue, Adele, Vanessa and Sandy attended the Remembrance Day service at Gwennap. A wreath was laid for the fifth year running.



We have celebrated Christmas twice by enjoying a meal out with members and their families and with our party at our December meeting. Members once more donated buffet food and we are very grateful to them. Entertainment for the evening was creating origami Christmas trees and a Santa.

The task was fairly easily achieved and our nimble fingers turned them into decorated Christmas cards.

We are very lucky to have a projector and screen at the Parish rooms to enable us to access the internet for "how to" videos and to enhance the talks of our speakers. The lighting around the hall has been much improved and benefits our members greatly on these dark winter evenings. Grateful thanks go to Gwennap Parish Council for enhancing the facilities for us and other users.

If you would like to come along and see what we're up to we meet on the first Tuesday of the month (except January) at The Parish Rooms, Richard Jory Playing Field, Pulla Cross, TR4 8SA. Contact cusgarneandfrogpoolwi@gmail.com for further details. It is free to come along for three meetings and after that we would offer membership.

Our programme for 2023 until June is as follows:-

17th January

"What did you have for your tea" which is a getting to know each other session. We are also hoping to invite Jay who has taught computer skills to many people in the village to talk to us with a view to future classes.

7th February

Cornish Lavender Farm

7th March

Annual Meeting and beetle

4th April

Sharon Eustice "Bladder Health"

2nd May

Resolutions

6th June

Vic Chapman from Mid Cornwall History Hunters



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.



L. J. TREGUNNA FUNERAL DIRECTORS

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We are a 3rd Generation Family Run
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49 Kenwyn Street, Truro, Cornwall TR1 3DB

Golden Charter
Funeral Plans



Cusgarne Primary School



Hello and a happy new year to all the lovely families that live in Gwennap parish!

It's been an exceptionally special time of year at school, we have welcomed two new members of staff, class teacher Miss Medcalf and HLTA Miss Jones; they have fitted into our team so quickly and well, and they are already a terrific asset to our small school.

Moments that have stood out for me to celebrate and share with you, and there have been many, include Cusgarne School fielding its first girls' only football team into the Truro Cluster Football League – we currently sit top of their division with a 100% winning record! The girls should be so proud of themselves.



Our boys football team have also been enjoying success in their league, and are currently unbeaten, although have not played as many games due to some match postponements. It's so wonderful to see our children enjoying their team sports, and to see how well they support each other.

Performance has played another huge role in growing the confidence and resilience of our children, almost half the school turned out to sing alongside the Nankersey Male Choir in the Frogpool Chapel Harvest Celebration. I have already been approached by the leader of their choir, who would be delighted to work with us again, so watch this space!



In Robin Class we celebrated Mrs Denton who has now qualified as our Forest School Lead, after two years of hard work. It is brilliant to be able to offer the children in Key Stage 1 weekly Forest School based activities as part of our enriched curriculum, and we have seen the children thrive as a result of this. Well done Mrs Denton! A wonderful surprise was the children creating two outdoor Christmas trees and decorating them with things that they had made using the bushcraft skills they had learned under Mrs Denton's tuition. The structure and support these sessions have given our children have brought through many qualities of team work, social skills, resilience (out in all weathers!) and some amazing challenge based learning. In October Robin Class enjoyed an autumn walk around the parish, orientating themselves with some of the roads, footpaths, and on this particular day giant puddles!

At the end of the term, Robin Class hosted their Nativity, and despite some absences due to illness, they delivered a fantastic show which the parents thoroughly enjoyed, and the children were buzzing about. Thank you Mrs Turner and her team.



Starling Class have been experimenting with food DT, making wonderful apple crumble with different toppings, which was followed by an entertaining debate about whether you should have cream, custard or ice cream with crumble – I know which one I would choose, and did, thanks to two lovely children who each made me a crumble of my own. They were also treated to an early morning crumpet in preparation for starting to read their class novel 'A Christmasaurus', and some super work has been produced around this story, particularly with their writing. Earlier in the term inspired by the book Flat Stanley, flat characters of every class pupil have travelled throughout the country and even overseas, sending emails and photos in to school to let everyone know what adventures they've been up to. It has inspired some great discussions and much excitement!

Recently Starling Class's year 4 children visited the RVS Health & Wellbeing Community Hub in Perranarworthal to sing some carols to the group, kitted out in their Santa hats! It was a lovely afternoon which was enjoyed by all, and it's wonderful for the children to have the opportunity to connect with older members in our community in this way. Thank you Miss Palmer and her team.



Kingfisher Class have enjoyed an engaging and enlightening World War 2 topic, during which they have been learning about the challenges of war and rationing, together with what life was like being an evacuee. This included a day when they all made their own gas masks and came dressed to school as evacuees for a themed day. They created their own back stories and learned about some refugees that came to our parish. They also made an old wartime bread recipe, wrote poems, and experienced what it was like to experience an air raid – with blackouts and sirens and having to go under their desks with their gas masks. Thank you Miss Medcalf and Miss Jones for all your hard work and creativity in planning this through provoking day. There were some wonderful pieces of PSHE work done by some of the children in Kingfisher Class this term, and also wonderful and emotive remembrance day artworks, which are on display in their class room. Mixed in with all this, we had an amazing turnout to our school Harvest Celebration and Auction in which we raised £555 for Penhaligan's Friends, a charity who has supported families from our school for many years. Thank you to our parents for being great sports and for the camaraderie during this event. The charity was chosen by our school council. We were then lucky enough to have Penhaligan's mascot come and visit us in school and we were able to present them with our cheque.

On the penultimate day of term we secured a visit for the whole school to watch the Rogue Theatre's Winter Wood at Tehidy, and what a magical end to the term it was. Thank you to the Friends of Cusgarne for their support of this trip, and all the wider fundraising they do.

I hope you all had a wonderful Christmas, and I look forward to all the exciting things to come in the Spring term.
Warm wishes,
Mr Barnard, Head of School

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 26th January
Thursday 23rd February
Thursday 30th March
Thursday 27th April

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.

Beetle Drive & Cream Tea

These are held on the 2nd Wednesday of the month at 2.30 pm.
Charge £5.00 to cover tea and prizes.

The Women on Wednesday Group

Meet on the 1st and 3rd Wednesday of the month at 2.30 pm
See the notice board for details.

GWENNAP PARISH COMMUNITY FETE

SATURDAY 24TH JUNE 2023

At the Richard Jory Playing Field

2.30 to 8.00 p.m.

Plans are already underway for next years Fete. There will be children's entertainment and Circus Skills, Stalls, Raffle, Vintage vehicles, teas, BBQ and a Bar. Entertainment will be provided by Double Bounce in the afternoon and Ritzy Belles in the evening.

If you are interested in having a stall or bringing along a vintage car or tractor please contact Mary on 01872 863143.

We will be looking for volunteers on the day to help set and take down gazebo's and tables, parking attendants and general clearing away.

Contact Helen on 01872 870860

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)

Gwennap Ladies Guild

Gwennap Ladies Guild will hold their annual meal out on January 24th. Date and time to be decided. Our AGM will be on February 28th in Gwennap church hall at 2.30pm when plans for the year will be decided.

We meet on the fourth Tuesday of the month at 2.30pm in Gwennap church hall unless an activity has been arranged elsewhere. We are always delighted to welcome new folk and new ideas too for our meetings . Come along and meet us.

Our secretary:

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

COMING SOON

A New Year Quiz Night on Friday January 27th at 6.30 in Gwennap Church Hall.

A pasty supper with home made puddings and tea or coffee. Tables of 6. Bring your own wine.

Watch for posters/Facebook for further information.



THE COFFEE STOP

We continue to meet every Tuesday morning 10-11.30 in the Gwennap Parish Rooms at Pulla Cross, 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.

The Coffee Stop held a Bring and Buy sale, we raised £624 for MEDECINS sans FRONTIERES work in Ukraine. Thanks to everyone who supported us.

Vanessa 01209820355



Gwennap Parish Environmental Group

Peat Free Compost Collection



Parish Hall
Richard Jory Playing Field
Sunday 19th Feb
9 - 10.30am



This will be the first of, hopefully, many opportunities to buy Peat-Free Compost supplied by the Green Waste Company. This compost is produced in West Cornwall, using green waste collected from all around the County. For further information, visit their website -<https://www.greenwastecompany.com/>. The compost is ideal for improving the soil as a mulch or mixed in to existing soil, or as a base for seed sowing, potting on and containers.

Initially the bags will cost £2 each, but they can be returned for refilling at the next session for £1 a time.

This initiative has been running successfully in Carharrack for over a year. With the move away from using peat in compost gaining momentum, this locally produced, peat-free compost makes a great alternative medium for the garden.



Upcycled Container Competition

In the Spring the Parish Council will be running a competition for the best upcycled object planter. Get ahead now by looking out for objects you would otherwise bin - maybe an old leaky welly or a wheelbarrow with a puncture? Even an old bra! Further details in the April newsletter and on the Parish Council website, but get planning NOW! Extra points for pollinator friendly plants!!



G P E G

group arbor 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 Spring.



S

pring is just around the corner so it's time to start planning how to make your growing spaces nature-friendly as well as beautiful. Many seed packets now give details of which plants are pollinator-friendly, so including these in your gardens gives insects a great helping-hand.



P

eat-free compost is coming to Gwennap - more details later on in this issue of the newsletter.



R

ecycling and reusing is a cornerstone of nature-friendly gardening. Later in the year, the Parish will be running a competition to see who can create the most stunning planted container from something re-cycled. It could be as simple as an old bucket, or something rather more ambitious - does anyone remember the bra planters from a few years ago???



actionplan

I

nvitation is extended to everyone in the Parish to come and see progress on the Gwennap Parish Climate Action Plan. Come to the Richard Jory Parish Rooms on January 21st to have your say on how we can help our Parish meet to challenges of the Climate Emergency we all face.

actionplan



N

ext to the container outside the Parish Rooms are some compost bins kindly constructed by Chris, the Parish Clerk. Anyone is welcome to add their green waste to these and when they are emptied, bags of compost are available to be collected by anyone who can use them. Details appear on the Frogpool Village and Gwennap Parish Facebook pages.



G

etting involved in Parish events is a great way to meet new people and make a contribution to preparing for the future in an ever-changing and challenging world. If you have any ideas on how to reach out to willing volunteers, or would like to become involved yourself, please contact the Parish Clerk.



Biodiversity in our gardens

Gardening has never come naturally to me - my other half is much better at it – but I do give some bees a home and have grown increasingly aware of the multitude of other small creatures we share our world with.

So, if we can summon up just a little enthusiasm for gardening in our already busy lives and encourage our kids/grandkids to do the same, then we just might give the plants and creatures that surround us a fighting chance of hanging on despite the odds that are stacked against them. Now why would we want to do that? I hear some people say. All those creepy crawly things not to mention the annoying and for some, frightening wasps that attack your cream tea in late summer or the multitude of insects that seem to have it in for your lovingly tended vegetables. Well, for a start they are fundamental to the balance of the eco system we all share and part of a complex food chain that ultimately we too depend on.

“Bumblebees, butterflies and moths have suffered dramatic declines in recent years while honey bees continue to be affected by problems including colony collapse disorder and the varroa mite. Many other insects that depend on nectar and pollen – including solitary bees and pollinating beetles are also in decline. But we gardeners can help reverse these declines, simply by growing more flowers, the greater the range of flowers we grow, the greater the range of insects we attract – it’s that simple”. (Kate Bradbury – The wildlife Gardener p19).

The longer we can have plants for pollinating insects in our gardens the better the chances of those insects spreading their pollinating services to other plants that benefit us and other creatures. There are lists of plants helpful to pollinators in various publications too numerous to quote here but you can see a few suggested publications and websites below for information.

There is also much we can do to reverse the fortunes of those creatures that assist us in our vegetable growing too. So instead of covering them in harmful sprays which ultimately also affect us and other creatures we should familiarise ourselves with some of the services that, for example, ladybirds, hoverflies, parasitic wasps, ground beetles and centipedes do for us not to mention the much maligned earwig.

We have only a small garden and if you too have only a small patch of ground, don’t despair, there is still much you can do to help wildlife. Some time ago, in a fit of rash enthusiasm, I dug a rather large hole for a wildlife pond but life, being what it is, got in the way. However, I now plan to get on with it as the winter is a good time to prepare for the spring bonanza and wildlife ponds attract a multitude of creatures that are a pleasure to observe and also help out in their own way. By the way, don’t be put off by my mention of large holes because even a small lined pond, a ceramic sink or even a partially buried bucket will attract interest with the addition of the odd pond plant.

Solitary bees also play an important part in pollinating your crops and flowers and it is pretty simple to make a simple ‘bee hotel’ out of scraps of wood and some bamboo canes. However, If the prospect of the effort involved overwhelms you, then you can obtain one fairly cheaply. If any of these ideas appeals now is the time to start planning. Good luck.

Jim Lawrence

Books which might be of interest include:

The Garden Jungle or Gardening to save the Planet
By Dave Goulson (published by Jonathan Cape London 2019)

The Wildlife Gardener
By Kate Bradbury (published by White Owl 2017)

Bee Hotel
By Melanie von Orlow (published by Haynes 2019)

If you have access to the internet and a computer:

The Wildlife Trust has some helpful advice:
<https://www.wildlifetrusts.org/actions/best-plants-bees-and-pollinators>

And from the Natural History Museum:
Seven insect heroes of pollination:
<https://www.nhm.ac.uk/discover/insect-pollination.html>



WINTER WARMER SAUSAGE CASSEROLE

(Serves 4-6)

I made this casserole in the middle of one freezing cold week in December as it is hearty, warming with just the tiniest spicy kick; even the colour makes you feel warm. An added bonus is that it is dead easy to prepare. A perfect winter's dinner packed with healthy veg – but don't mention this to the children.

12 pork sausages (not chipolatas)
1 large onion, peeled and cut lengthways into 1/8ths
2 large parsnips, peeled, cut in half,
then cut each half lengthways into quarters
3 large carrots, peeled and cut as the parsnips
Small or ½ large sweet potato, cut into wedges -
similar size to carrots and parsnips
Olive/vegetable oil
1 x 400g tinned tomatoes
400ml chicken stock
2 tbsp Worcestershire sauce
2 tsp English mustard powder, slaked in a little of the stock
¼ tsp smoked paprika (don't be tempted to add more)
Freshly ground pepper

Large casserole dish with lid

Oven temperature: 220 °C/200 °C fan/425 °F/Gas 7



Toss the root vegetables in a little oil and place on a non-stick baking tray. Roast towards the top of the oven for about 15 minutes until just browning. If you are being energy economical you can skip this stage, you don't need the oil and the oven can be pre-set to the lower temperature.

Grill or pan fry the sausages for about 5 minutes, turning frequently, until they are a good colour; they don't need to be fully cooked.

Lower the oven temperature to 140 °C/120 °C fan/275 °F/Gas 2

Put the rest of the ingredients in the casserole dish and bring to a gentle simmer on top of the stove. Add the sausages and vegetables, toss them in the liquid to make sure they are coated. Cover with the lid and place in the middle of the oven. Cook for 25 – 40 minutes; the time will depend on whether or not you decide to pre-roast the vegetables.

Serve with lots of buttery mash and a green vegetable. Just heaven.



Kingsley Tresidder

Funeral Service

A full range of services is offered including floral tributes and Pre-Payment Plans. 24 hour service.

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Initial appointment is conducted without charge at my expense

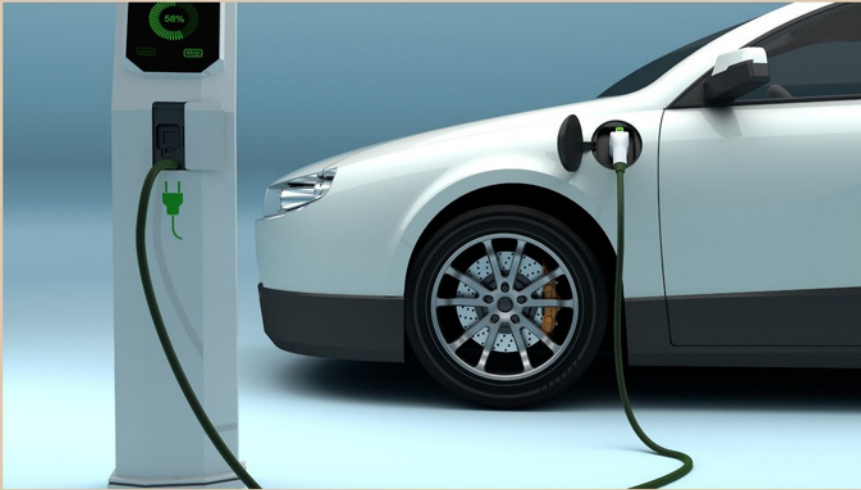
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Nigel Nicholls is a qualified member of The Institute of Professional Willwriters

GWENNAP PARISH ENVIRONMENT GROUP WORKSHOP

**SATURDAY 11TH FEBRUARY
10-12**

PARISH HALL, RICHARD JORY PLAYING FIELD

- Climate Action Plan Consultation
- Presentation from Peter Jefferson, Carnon Downs Electric Car Club
- Coffee and Cake provided!



Worried about Flooding?



Flooding in our Parish is an issue every Winter and with Climate Change is only likely to worsen. The form opposite was produced by Climate Vision for the Environment Agency to help people plan, so you may find it useful.

Personal flood plan

Name

Are you signed up to receive flood warnings? ☐
If not call Floodline on 0345 988 1188 to see
if your area receives free flood warnings.

Let us know when you've completed your flood plan by calling Floodline on **0345 988 1188**.
This will help us learn more about how people are preparing for flooding.

General contact list	Company name	Contact name	Telephone
Floodline	Environment Agency		0345 988 1188
Electricity provider			
Gas provider			
Water company			
Telephone provider			
Insurance company and policy number			
Local council			
Local radio station			
Travel/weather info			

Key locations

Service cut-off	Description of location
Electricity	
Gas	
Water	

Who can help/who can you help?

Relationship	Name	Contact details	How can they/you help?
Relative			
Friend or neighbour			

What can I do NOW?

- | | | | |
|---------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|---------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|
| Put important documents out of flood risk and protect in polythene <input type="checkbox"/> | Look at the best way of stopping floodwater entering your property <input type="checkbox"/> | Find out where you can get sandbags <input type="checkbox"/> | Identify what you would need to take with you if you had to leave your home <input type="checkbox"/> |
| Check your insurance covers you for flooding <input type="checkbox"/> | Make a flood plan and prepare a flood kit <input type="checkbox"/> | Identify who can help you/who you can help <input type="checkbox"/> | Understand the flood warning codes <input type="checkbox"/> |

What can you do if a flood is expected in your area?

Actions	Location
Home	
● Move furniture and electrical items to safety	
● Put flood boards, polythene and sandbags in place	
● Make a list now of what you can move away from the risk	
● Turn off electricity, water and gas supplies	
● Roll up carpets and rugs	
● Unless you have time to remove them hang curtains over rods	
● Move sentimental items to safety	
● Put important documents in polythene bags and move to safety	
Garden and outside	
● Move your car out of the flood risk area	
● Move any large or loose items or weigh them down	
Business	
● Move important documents, computers and stock	
● Alert staff and request their help	
● Farmers move animals and livestock to safety	
Evacuation - Prepare a flood kit in advance	
● Inform your family or friends that you may need to leave your home	
● Get your flood kit together and include a torch, warm and waterproof clothing, water, food, medication, toys for children and pets, rubber gloves and wellingtons	

There are a range of flood protection products on the market to help you protect your property from flood damage. A directory of these is available from the National Flood Forum at www.bluepages.org.uk

Be prepared for flooding. Act now

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I can't thank you enough."*

Anonymous

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hope brings about change**

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