

# GWENNAP PARISH NEWSLETTER

AN BLU LANN-WENNAP DERIVADOW

SPRING 2023 ISSUE 58



Thanks To Mary Richards for this photograph

Inside:

COMPETITION  
CLIMATE  
FETE

## PARISH COUNCIL MEETINGS

Our Meeting dates for 2023 are:

12 April

Including the Annual Parish Meeting

10 May

Including the Annual Parish Council Meeting

21 June

# Chair's Blog

In our next Newsletter, we will feature an in-depth article about Judy Backus who runs a charity based in our Parish called 'Hidden Help.' It is a very simple idea. Rent some barns, store all kinds of donated household essentials and deliver them to anyone who is in need of that form of assistance. Judy has been a lifeline to hundreds of people through her inspirational work and was recently awarded an MBE in the New Year's Honours List. She has said, 'I was never good at anything at school. But when I got an MBE, I realised you didn't have to be clever. You just have to be tenacious and passionate about what you do.'

The name 'Hidden Help' links closely with the 'Unsung Heroes' awards. We celebrate the achievements of individuals who just get on with doing good regardless of acknowledgment or thanks. Richard Tookey is a volunteer driver, Lou Hitchens is an unpaid litter picker and Ray Humble makes sure the life-saving defibrillators in our Parish are kept in full working order. They probably don't see themselves as heroes but for the people they support and the people who nominated them, that is exactly what they are and the Parish Council are delighted to recognise their selflessness.

The Fete Committee are another group of individuals who take on the responsibility for organising this annual flagship event and keeping alive a marvellous tradition. This year it will take place on Saturday 24th June so make a date in your diary. No-one will forget the outstanding success of last year's Platinum Jubilee celebration and some of the factors which helped make that occasion unforgettable will be incorporated into this year's fete so don't plan to leave early.

It won't, of course, be possible to have a royally themed event this year with the Coronation being so close to the date of the fete. The Parish Council, working in collaboration with Cusgarne Primary School, will look at alternative ways through which this historic ceremony can be recognised.

The car boot sales are starting up again for the first and third Sundays in the month from April to September. Don't worry if you have nothing to sell or if you are fighting the urge to buy because the impromptu café is worth a visit in itself. It's amazing who you meet and catch up with. For vendors, there will be a price increase to £4.00 which still makes it ridiculously good value when compared with similar events held across the County.

Two affordable housing planning applications were considered by Councillors in January and February respectively. Neither was objected to by Members but there were those who attended the meetings to voice their concern. I want to place on record my gratitude to everyone who participated in those debates which were lively but always respectful and well-informed. The democratic process is not always easy but it is heartening when decisions can be made after listening to arguments made cogently and passionately but in an atmosphere of calm.

The Council recently adopted the Gwennap Parish Climate Emergency Action Plan. It is a short and practical document which will change and grow as it is implemented and regularly reviewed. I am grateful to the small but committed band of volunteers who support us in navigating through this top global and local priority.

With other neighbouring parishes, we have been grappling recently with the problem of those on two wheels and four who have been illegally practising their hobbies to the detriment of the environment and people's peaceful enjoyment of their homes and surrounding areas. Communities can only ever flourish where residents and visitors put the needs and interests of others above their own. Whilst no doubt the motorcyclists and drivers would point to the diminishing facilities to enable them to pursue their pastimes, that is not the fault of the residents who are blighted by the noise and inconvenience. Breaking the law is never right just because you think no-one will stop or catch you.

We are always looking for articles or pictures for the Newsletter on any subject that you think might be of interest to others. If you are one who likes to reminisce, don't just think it! Write it down and submit it to the Clerk for publication. It could be the start of a glorious literary career!

Remember. It's not how clever you are. It's about tenacity and passion!

## Your Parish Council

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Chris Ring

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Gwennap Parish Council

Gwennap Parish Rooms

Richard Jory Playing Field

Pulla Cross

Truro

TR4 8SA



# Your Newsletter!

As you know the cost of postage has been increasing and this is going to have an impact on how much this Newsletter costs to produce and deliver.

I am very grateful to those who have opted to access the newsletters online and also very grateful to those who volunteer to deliver the newsletter to their neighbours.

I would like to urge those who have the newsletter arrive by post to consider signing up to access online or consider helping to deliver locally.

Please email:

[clerk@gwennap-parish.net](mailto:clerk@gwennap-parish.net)

# KING CHARLES III CORONATION

Gwennap Parish Council are considering the purchase of a commemorative coin to give to the young people of the Parish.

If you know of a young person that would like to receive one of these coins please contact the Parish Clerk.  
(pupils of Cusgarne School do not need to apply)

[clerk@gwennap-parish.net](mailto:clerk@gwennap-parish.net)

## BRAIN TEASERS

1. A girl celebrated her birthday. Two days later, her older twin brother celebrated his. How is this possible?

2. Carry charming soul! Pose is all wrong for helping children to thrive! (8, 7, 6)

3. What number should complete the series and replace the question mark?

73614    4637    764    ?

4. What is the only English four-letter word that reads the same upside down as it does right side up when printed in capitals?

5. 'Love admitted by His Majesty King Edward. Mrs Simpson's husband.' (5)

6. Changing one letter at a time, turn GOOD into WINE in 5 steps.

7. Every day a cyclist crosses the border between Spain and France carrying a bag. No matter how much custom officials investigate him, they don't know what he is smuggling. Do you?

8. Grinch, Sir? No! He's very happy and helpful! (5, 4)

9. Of the Prince's 1000 friends, 810 held titles, 630 had fortunes whilst 100 had neither a title nor a fortune. How many had both a fortune and a title?

10. What is it that every living person has seen but will never see again?

Answers on our website on 30 April.

**BOOKS – BOOKS - BOOKS**  
**Needed, especially paperbacks**  
**For the Parish Fete Book Stall in June.**  
**can collect.**  
**Alan – 01872 864601**



# UPCYCLED PLANTER COMPETITION!

Now is the time to get creative with worn out or broken items and plant them up for our competition. Maybe an old wheelbarrow, hat or even a pair of jeans? For children something smaller like a leaky welly or old shoe would be perfect! We will judge them on the GPEG stall at the Summer Fete on 24th June....

Adults – bring along a photo of your container in full bloom. We'd love to create a map of where the planters are for all to see so please enter on the Parish Council website.

Children – plant up an old welly or shoe and bring it along to the fete for judging.

## Winners will be announced at the fete





# REFLECTIONS from Mary Richards

There is nothing like being asked to reflect on your memories of the Frogpool area over the last five decades to make you feel old!!

I married into a local dairy farming family and moved to Frogpool in the mid 1970's. At that time there were lots of dairy farms of varying sizes in the Parish and now there are none. In those days there were a lot more local people working in agriculture as things were less mechanized and machinery was a lot smaller. At harvest time village youngsters would offer to help load trailers with bales of hay or straw. Some farms have changed to beef, a few have sheep but this all changes the look of our countryside. You may have noticed there is less land used for food production and more used for grazing horses.



Following the Second World War the Gwennap One & All was formed to support returning servicemen and their families. On the second Saturday in June they would hold a Gymkhana with an adult and junior ring. There were sports for the children and they were given a Saffron tea treat bun and ice cream. Senior citizens were served tea. In December the senior citizens were welcomed to Trevince by the Beauchamp family for a Christmas party where they were served high tea and were provided with entertainment. Mrs. Betty Hooper was secretary for 40 years and with her husband Dennis worked tirelessly for the Committee. When she stepped down there were others who tried to carry on the horse show side of things but this didn't last many years.

Car sharing used to be a necessity because there were far less cars on our roads and we didn't have many buses either. Frogpool was served by "the Marigold" (yes its livery was orange with a black roof). It went to Redruth on a Friday!

The Post Office in Cusgarne and the Old Shop in Frogpool closed in the early 1970's and a new bungalow with a shop and post office attached was built next to the Cornish Arms car park. It changed hands many times in the forty years or so that it was trading. It was convenient for locals and parents from the school and a good place to meet your community. Sadly custom waned as more people left the village for work and got their shopping whilst in town where inevitably the prices were cheaper. Eventually the shop was demolished to make way for a new bungalow in the car park.

The Cornish Arms has also changed hands several times but has always maintained a good reputation for its welcome and food. It has stayed at the centre of community activities, supporting the football team, providing bingo, darts, euchre, a harvest festival, and now a quiz night and Carol singing. Ross and Emma are also a great support to the community fete.

In the mid 1970's Cusgarne School had three classrooms and about 50 children and was even under threat of closure at one time because of its dropping numbers. Over the years there have obviously been many staff changes. The biggest visible change to the building was when the new hall and classroom was added in around 2000 to accommodate nearer 100 children. Where over the decades the children lived mainly in the area and a lot walked to school, families now come from further afield which causes so much more traffic and congestion in Cusgarne, in fact making it dangerous to walk to school.

Frogpool & Cusgarne have had a Women's Institute Group for fifty years. Originally they met in Cusgarne School, then moved to Frogpool Chapel for many years and are currently meeting in the Parish Rooms. Their membership has fluctuated over the years but they are always pleased to welcome new members on the first Tuesday of the month.

Frogpool & Cusgarne have had a football club for generations. Originally they played in the One & All field in Frogpool moving to a field off Quakers road until the opening of the Richard Jory Playing field in the mid 1980's.

The Playing field was compulsorily purchased from Mr. Barnett and the Gwennap Recreation Field Committee was formed of motivated parishoners. They held various events to raise money for the original play equipment such as a Fete and Bonfire night party. Sadly Insurance and Health & Safety put pay to the fireworks. However the Playing field has had a revamp thanks to generous grants and has almost become a victim of its own success with the number of families using the play equipment on a good day. It has also been the venue for the Car Boot Sales on Sunday mornings from April to September.

For the last decade we have held the Gwennap Parish Community Fete. This started out at Cusgarne School but soon outgrew there and so now late in June the Fete is held in the Playing Field. Well supported it provides stalls, games, a raffle, teas, free children's entertainment, musical entertainment, firstly we had Lanner & District Band but now we have Double Bounce and this year includes Ritzy Belles. We have had displays of vintage vehicles, a steam engine, with something to entertain everyone. We also have a BBQ and Bar. However as the years go on and we get older we need more young people to get involved.

For some of us visiting graves in the Frogpool Cemetery is the best reminder of the people and events that we have lost but also remind us of all the good times we have had in the last fifty years. They may be gone but never forgotten.



## The Parish Hall is now Single Use Plastic Free!



Following the adoption of the Parish Climate Action Plan, users of the Parish Hall at the Richard Jory Playing Field must now avoid using single use plastics from 1st April.

Single-use plastic, whether from lunch wrap or bags, takes anywhere from 20 to 1,000 years to break down. That's a lot of years spent wrecking havoc on the environment, where not only can it look unsightly, but can also harm or maim animals. When it does break down into microplastics, it then enters the food chain which is not good for any of us!

The Parish Council will be providing a 'party box' of cups and plates to replace disposable ones which should be washed up and left for future users.

If you find it impossible to avoid soft plastics such as crisp bags please take these to the supermarket to recycle - Tesco has a large cage at the door for this purpose.

If you have any queries please contact Chris, the Parish Clerk. We would really appreciate everyone's support to help us make Gwennap a better place to live.





# Cusgarne and Frogpool Women's Institute

Our WI year had a delayed start due to the snowy weather in January which was a shame. February though had us all dreaming of warm summer days and we had Tina Bessell to thank for that. Tina was the entrepreneur behind the Cornish Lavender Farm near Perranporth that was set up not long before lockdown. Tina brought along various types of lavender for us to compare the fragrance and told us of its many uses. We weren't aware that the oil could be used to treat small burns and that if you have too much of its heady aroma that it could prevent you from relaxing and sleeping.

At our March meeting we always celebrate our birthday and this year our WI is fifty one years old. We are thrilled that Mim and Rose, two of our founder members still attend. The National Federation of Women's Institutes sent us a congratulatory certificate for our fiftieth birthday which arrived recently and has now been framed and will join our banner on the wall at the Parish Rooms. We had delicious birthday cake with our tea and will celebrate with a meal out for members later in the month. Our annual meeting always takes place in March and we were joined by Liz, a WI Advisor to oversee the proceedings. Sue remains as President and Mim as Treasurer. Sandy stepped down after five years as Secretary and Sally is taking on the position.

Gerry will still be the record secretary and we are grateful for Sue P joining the committee. Sally and Sue both have a wealth of administrative experience between them and will be real assets to the group.

We have been lucky enough to be able to attend many events arranged by the Cornwall Federation of WI's as there is always a high demand for places amongst the groups. An Italian meal was enjoyed in January and a talk on the life of Mary Queen of Scots by Lesley Smith who is a renowned historian and expert on medieval women's diseases was fascinating. Lesley who dressed in period costume for her talk lives at Tutbury Castle where Mary was imprisoned and executed.

Ten members attended the International Women's Day afternoon tea at the Penventon Hotel where through Dr Lesley Trotter we learned of Cornish Women who over the last three hundred years had contributed to history in their own right or enabled the men folk in their lives to make their name by the women carrying the burden of looking after home and children.

Future events include a Chocoholics tasting afternoon, a "What's in my Trolley" cookery demonstration at the invitation of Carnon Downs WI and the Chairman's coffee morning at Marazion followed by shopping in St Ives. Not all WI activities revolve around food but the majority include a cup of tea. We are however, looking forward to holding a cake stall and helping in the café at the Gwennap fete on Saturday 24th June being held at the Richard Jory Playing Field.

## International Womens's day afternoon tea at Penventon Hotel



There we hope to be able to wear our new aprons and sashes with our name and WI logo on so everyone will be able to recognise us easily. These items will be purchased thanks to Charlotte whose hard work secured us a community grant specifically for them.

Here are the dates of our meetings and speakers we are looking forward to in the coming few months:-

4th April - Sharon Eustice "Bladder Health"

2nd May - Resolutions and games

6th June - Vic Chapman - Mid Cornwall History Hunters

4th July - Philip Rodda from Rodda's The Creamery

We welcome anyone who would like to become a member and identifies as female. If you would like to join us please come along to The Parish Rooms on the first Tuesday of the month for 7pm. The first three meetings are free and after that we would offer membership. Please contact [cusgarneandfrogpoolwi@gmail.com](mailto:cusgarneandfrogpoolwi@gmail.com) for details.



Lesley Smith as Mary Queen of Scots

## 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.



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Golden Charter  
Funeral Plans





## Cusgarne Primary School



It's been a terrific half term so far at Cusgarne Primary School. This week all three of our classes performed in the Story Telling category at the Cornwall Music Festival in Truro. Each class gave outstanding performances with excellent expression, tone, pace and actions, and they received fantastic comments and feedback from the judges. Our Recorder Trio gave an outstanding and confident performance, and were placed first in their category! One of our Year 4 girls also entered the Solo section, and delivered a beautiful and assured solo performance. It always makes us proud to see our pupils striving to make the most of every moment, and we couldn't be more proud of the courage it took to stand up in that large room and perform in front of a room full of people and judges!



Last week Kingfisher Class (Years 5 & 6) had a fantastic day out at a STEM Science & Engineering day at RNAS Culdrose – the day was jam packed with exciting interactive and hands on activities, that inspired and excited our pupils – our next generation of scientists and engineers! We were proud to receive an award for the way in which our children engaged with the day, and their excellent questions. They came back buzzing and couldn't stop talking about all the wonderful experiences they had had. A big thank you to RNAS Culdrose for organising and hosting such a brilliant day.



Our Year 6 pupils also recently attend a Careers event hosted by Truro College – it was a wonderful opportunity for the children to learn about a large range of different careers, and to speak directly with people from those sectors, and ask questions. You are never too young to open your mind and explore different ideas and opportunities – events such as this can inspire young minds, and spark an interest in something that can pave a path ahead of them.

Years 4, 5 & 6 recently took part in the Richard Lander cluster Cross Country Race event held at Richard Lander School – we took over a third of our school to the event, to compete alongside over 300 other children from local schools. I was proud to see the support our children gave each other, and also children from other schools.



March is our annual celebration of World Book Day when we immerse ourselves in stories and characters, with some super costumes too!



Robin Class have been producing some excellent artwork based on their topic The Great Fire of London, which are now displayed in their classroom. It's wonderful to see how the children express themselves through their artwork. Robin Class continue to make the most of our outdoor space and Forest School area, especially during our brief time of snow when they delighted in making snow men!



Starling Class have been enjoying learning the Glockenspiel this term, using the glockenspiels that were kindly gifted to the school by the Friends of Cusgarne. It's always a joy to hear music drifting through the corridors of the school. Starling Class also enjoyed a 'Dragons Den' themed day where they came to school dressed for a business interview, and discussed investing and donating, and listened to each other's business ideas and invested in the one they thought best – lots of fun!



Kingfisher Class have been learning about persuasive and formal letter writing in their English classes this term, and every child wrote and posted a letter to their chosen person of interest. Some have received some exciting letter responses in the post, from people none other than Sir David Attenborough, the Prime Minister's Correspondence Officer, and the RSPCA!

We have welcomed some new families to the school this term, who have settled in really well. It is wonderful to see our school community thriving and growing, and it always makes me proud to see how well our children welcome in new pupils, and help and support them. If your child is turning 4 this year, and you are interested in your child attending Cusgarne School, please do get in touch and book a visit to have a look around, via [hello@cusgarne.org](mailto:hello@cusgarne.org) or 01872 863563.

The Easter break will soon be upon us, and I'm sure we will all welcome the break after what has been a fun packed spring term!

In the meantime, best wishes from Mr Barnard (Head of School), and all the Cusgarne School team

# 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 April  
Thursday 25th May  
Thursday 29th June  
Thursday 27th July

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 2.30 to 8.00 p.m.  
At the Richard Jory Playing Field

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

Anyone interested in having a stall or bringing along a vintage car, tractor or motorbike please contact Mary on 01872 863143.

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

If you can help please contact Helen on 01872 870860.

To avoid any confusion please remember dogs are not permitted within the Playing field. Weather permitting we will have another great day.

# 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)

## EASTER CELEBRATION

Sunday 9th April 11.00 am Holy Communion.  
Every one is very welcome to our services

## SUMMER MUSIC IN GWENNAP CHURCH

Every Wednesday at 7.30 in June and July  
June 7th Stythians Male Voice Choir  
June 14th Celtic Mens Choir  
June 21st. City of Truro MVC  
June 28th. Four thoughts saxophones  
July 5th. Stithians Ladies Choir  
July 12th. TBA  
July 19th. Lowena Singers  
July 26th. Four Lanes MVC

## 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.



## 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.

Our last fund raiser for MEDECINS sans FRONTIERES ' work in Ukraine raised £624. Many thanks to all contributors.

Vanessa

Vanessa 01209820355





# Peat Free Compost Collection

It was very exciting to have such a positive response to the first Peat-free Compost sale in the parish on February 19th - a big thank you to everyone who came and supported this initiative. Further events are planned on 25th March (before this newsletter is published I know!) and Saturday 22nd April. These will be at the Pulla Cross

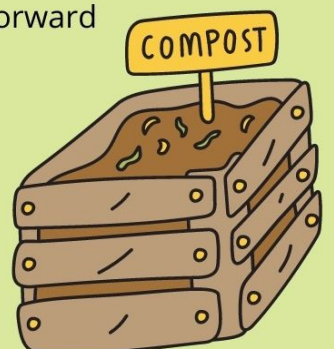


Playing Field from 9 - 10am.

The compost is supplied by the Green Waste Company based down in St Erth and has proved to be of an excellent quality for growing plants, mulching, container planting and general all-round garden use and is helping us all to speed up the move away from using peat-based products in our gardens.

Although the initial use of recycled compost bags has been successful, (and has been a great way of re-using bags), having identified that there is a demand for this in the Parish, we are looking at ways to make this more sustainable for the future. This will probably be based around the excellent system already in use in the trail-blazing St Day & Carharrack scheme, using robust bags which can be brought back for re-filling time and time again.

Thank you again for supporting this initiative and we look forward to seeing you in the future.





St Day & Carharrack Climate Action Group  
& Gwennap Parish Environment Group



**Insulation, Energy and Transport - on a small budget.**

**Meeting some challenges of cost of living crisis and climate change.**

**Sunday 21<sup>st</sup> May 11-4pm**

@ Carharrack Social Club, 2 Chapel Terrace, TR16 5RR

**FREE ENTRY**

**INSULATION, ENERGY and TRANSPORT** – A day of practical help, advice, chats and talks on how to make things easier for now and next winter. Pop in; check out these ideas that won't cost the earth.

Just some of the highlights:

- Community Energy Plus – Cornwall's independent energy advice service.
- Government grants, what is available and how to get them?
- Draught proofing, loft insulation,
- How to insulate your curtains?
- How to convert your push bike to electric
- Community Maker, what funds and help is available locally?
- Cooking – slow cooker, cookie bags – use less energy to cook wholesome meals.
- AND LOTS MORE .....

**Refreshments (especially cake) available**

 **St Day and Carharrack Climate Action Group**

Email: [stdayandcarharrackcag@gmail.com](mailto:stdayandcarharrackcag@gmail.com)

*Everyone  
welcome to all  
meetings and  
Events.*

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





## **SALTED CARAMEL CHEESECAKE** **(serves 12)**

This recipe could not be simpler as there is no cooking. I have made it many times and it always receives rave reviews and ultra-clean pudding plates at the end of the meal. This is also a great recipe for children to make as a treat for Mum at Easter as it's so easy. Just a note to bear in mind: it needs to be made at least the day before eating so that it can firm up in the fridge.

### **Biscuit base:**

250g/8oz digestive biscuits  
125g/4oz unsalted butter, gently melted  
(You can make the base slightly thinner with a ratio of 200g:100g / 7oz:3½oz)

### **Cheesecake filling:**

500g/18oz full fat cream cheese  
1tsp vanilla extract  
100g/3½oz icing sugar, sieved  
150g/5oz caramel\*  
1-2tsp sea salt flakes  
300ml/10fl.oz double cream



Line the base and sides of a 20cm/8" springform (essential) cake tin with non-stick baking paper.

\* For the caramel you can use Carnation tinned Caramel. However, for taste, I prefer buying Carnation Condensed Milk and boiling the can in water for an hour then letting it cool down in cold water. My top tip is to put the can inside a sealed plastic bag, from which as much air as possible has been excluded, before placing in the saucepan of water. If the can is placed directly in the saucepan of water you will find at the end of the hour's boiling a large amount of the glue from the label has stuck to the sides of your saucepan and it is a real job to scrub it off. You will have caramel left over so just put the remainder in a small plastic tub and freeze for future use.

Crush the biscuits and mix with the melted butter. Spread over the base of the cake tin and press down firmly. Chill in the fridge.

Using either an electric hand whisk or food mixer with whisk attachment, whisk together the icing sugar, cream cheese and vanilla essence.

Add the caramel and whisk again until smooth and lump free.

Pour in the double cream and a teaspoon of the sea salt and continue to whisk on a medium speed until the mixture is very very thick; it should be able to support deep troughs and peaks. This could happen quickly or take several minutes. Taste for saltiness and add more according to taste but no more than a total of two teaspoons.

Spread over the biscuit base, trying not to incorporate air pockets. Smooth the top and chill in the fridge overnight.

As it is a very plain-looking cheesecake you might choose to decorate the top with soft fruit; raspberries go particularly well. Serve with single or unwhipped double cream if you want to add further calories of decadence. The plaudits will come thick and fast.

This cheesecake will keep several days and freezes well; it is also very nice semifreddo.

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