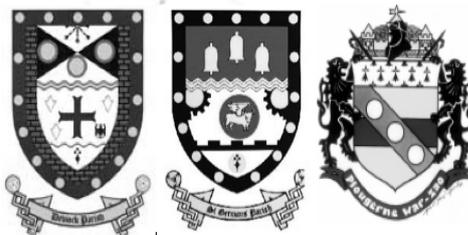


NUT TREE

June 2020 Volume 35 (3)



Nuttree.editor@yahoo.com

Nature Notes - June

The Blue Tit eventually laid ten eggs and we had to wait eleven days for the first to hatch. Whilst the eggs were laid one day at a time, they all hatched within three days. At present in mid-May, the parents are bringing small caterpillars and there is much competition from the blind, jostling heads with gapes wide open. The female is very attentive at the nest and she will often reach deep down to check for parasites, move the nestlings around and keep the environment clean. Each nestling in turn will point its rear upwards and release its white faecal sac which the adult removes. With the continued good weather there is no shortage of caterpillars. So far, so good.

However, another encounter in the garden reminds me that not all is healthy in the world of insects. Our attention is drawn to a House Sparrow that is busy prodding at something on the drive. On investigation we find a dazed Cockchafer, a large brown beetle that is also known as a maybug for its spring flight. The sparrow has turned the insect on its back, so I return it to its upright position and leave it to recover. The 17th century botanist John Ray described the insect as the blind beetle, because of its habit of bumping into things including people. I have seen very few Cockchafers, yet they were once considered a pest of orchards and farmland and had the habit of noisily hitting windows in their hundreds. The adults live for a few weeks and eat leaves, whilst the plump larvae can survive underground for four

years and prefer roots. Pesticides have contributed to the huge decline in their population, which is indicative of the general reduction of insects worldwide.

I think back a few decades when the front of the car would have been covered in insect debris. That is scarcely the case now. Yet we need insects not least for the pollination of crops. They also act as pest controllers or decomposers, and provide food for our birds, of course. Worldwide the grasshoppers and crickets are declining more than any other group. It says much about humans that we marvel at butterflies, but detest mosquitoes, midges and wasps. We introduce insects to the wrong place, then worry when they become pests. Most insects we know nothing about, yet who knows how vital they are in the bigger picture. So, we must treasure the insects that remain and understand them more; naturally our gardens have an important role in this vital and worthwhile endeavour.

Alan Payne

Editorial

Along with multiple messages of thanks, there are some recurring themes in many of this month's contributions. Not least, the restoration of nature's balance. Perhaps, even, a return of greater awareness of what is going on around us as we've all had time to see and hear our surroundings with a clarity often dulled by the routine cacophony of our pre-Covid daily lives?

I make no apologies for plagiarising a social media post I received from someone who claims to know me (and there is an irony there given the wisdom within the post): "Traffic has gone, fuel is affordable; kids are at home with families, parents are at home taking care of kids; fast food taken on the run replaced by home cooked family meals; schedules replaced by naps, rest and relaxation; the air seems cleaner, the world quieter; people are conscious of hygiene and health, and personal space, and community; we never really needed designer clothing; health professionals and service workers are recognised above celebrities; we speak online to our actual friends and we now have time, finally, to stop and smell the roses and look up at the stars". I suspect this has been copied many times but it struck a chord. It is a worthy 'viral post'! As and when we emerge from lockdown, let us hope that we might remember, amidst the grief and potential economic and other horrors yet to come, at least some of these beneficial consequences; and take confidence that by changing our behaviour it really is possible to make a positive difference.

Ed

News from County Hall

Cornwall's beaches, parks, coast walks, and some footpaths have remained open during lockdown so that people can exercise.



Now that the government has eased some restrictions Cornwall Council reminds residents that the 2 metre social distancing and avoiding crowds remains vital in the battle against Covid 19.

The new guidance means we can spend more time outdoors and enjoy a wider range of activities for any length of time, subject to social distancing rules. We can also spend time outdoors with one member of another family, one on one.

People can also travel further to enjoy their time outside but they must not visit and stay overnight at a holiday home or second home, or visit the homes of friends and family –unless to help a vulnerable person, for medical reasons , or to take a child to another household with whom parental responsibilities are shared.

As I said parks and the coastal path are open but play equipment remains out of bounds and public toilets remain closed. Please stay safe and respect the 2 metre social distancing.

Cormac will be making a phased return to work and carry out key repairs and maintenance works alongside essential planned critical projects over the coming weeks. This will ensure that the road network and essential community infrastructure remains accessible and safe for residents who need to travel, those who need basic necessities, those who need to exercise as well as maintaining the condition of 4500 miles of our roads.

People are asked to respect the workforce and observe any diversions of safety fencing that is in place. They will be working under strict guidelines and are trying to get Cornwall back to normal as soon as possible.

Please everybody look after yourselves and stay safe. If I can help anybody with Cornwall Council issues please contact me on 01503 220768 or richard.pugh@cornwallcouncillors.org.uk Thank you.

Cllr Richard Pugh

St Germans Parish Council

It is really good to see our local communities pulling together during these difficult times. The Thursday evenings 'Clap for the NHS' has brought neighbours outside, at a distance, to make a noise, using old car horns, bells & pots & pans, and calling encouragement to others.

The Parish Council will be trialling a virtual meeting, probably using Skype. Public access will be available via a dedicated phone number. Further information will be found on the Parish website & notice boards, when the meeting is finalised.

The hole in Longfield Lane hedge / quarry. First we placed traffic cones to warn where the risk area was situated. Following phone calls and e-mails the farmer who works this area was contacted and is repairing the problem.

We would like to thank St Germans Community Shop, for being open during this crisis (more below)

Thank you also to, St Germans Covid 19 Support group for publishing the St Germans Star Community news sheets. These are available at the shop and the Community Larder, Food Bank, Lychgate, St Germans. The paper contains a lot of useful & important information, social news too.

Stay Safe. We'll come through this together. *Cllr Graham Mackeen*

Deviock Parish Council

The Parish Council expects to hold virtual meetings from June (tbc):
Full Council Meeting: 11th June, 7.30pm; Planning Committee Meeting:
25th June, 6.30pm. Details will be provided on Meeting Agendas. Please see the website for a list of 2020 meeting dates.

As the Deviock Parish Office is currently closed as a precaution for the foreseeable future, please contact the Clerk via email if you have an enquiry (clerk.deviockpc@btinternet.com, Mon-Fri). See the website at: www.deviockparish.org.uk (where Agendas and Minutes are available).

Karen Pugh (Clerk)

Community Thanks - 'Applause for thought'



Following several months of poor health my beloved wife Marjorie of 47 years passed away peacefully on the 27th April at the Torcare Home in Torpoint; (fortunately Marjorie had no contact with the Coronavirus). Marjorie was an active member of the Methodist Church and the Thursday Club and greatly enjoyed her events and outings. Marjorie will be greatly missed by all her friends. To our friends in St Germans I thank you for all the beautiful cards. Hopefully in due course we can hold a celebration service at the Chapel.

Frank Pike

Quay Lane Surgery Patient Participation Group

It was lovely to receive thanks in the last edition! I wish to show my appreciation to everyone involved particularly Andy Bristow who is managing the rota for volunteers supervising distancing and the door at Quay Lane Surgery in St Germans. He and his team of Volunteers are providing such a vital service helping to keep both patients and staff safe. It has been and continues to be a fantastic sustained effort and if any readers are interested in helping in this way - please contact me by email quaylanepgg@gmail.com

The medicine delivery service for patients who are shielding is running extremely well because I have a wonderful supportive team always ready to respond and jump in their cars, literally going the extra miles every day. I am so proud to be part of this service and working with you all.

Special thanks to the Deviock Parish Council who have offered help to the PPG to support the Surgery with extra equipment needed throughout the crisis. Thank you for recently funding sneeze screens and distancing mats for both the surgeries. We are particularly grateful, as like other charities we are unable to raise funds ourselves for the foreseeable future. Over the last 8 years the PPG has provided over £10,500.00 worth of equipment for the Practice that is not supplied by the NHS.

To all our Volunteers - a massive thank you from me, all the PPG members and everyone at Quay Lane Surgery!

Claire Croft

Deviocck Parish Council Loan Fund

Deviocck Council provides interest-free loans (up to £1,000) to organisations within the Parish for specific projects (subject to terms and conditions). Please contact the Deviocck Parish Clerk or one of the Councillors if your organisation thinks it could benefit from this service.

Message from the local churches

There is not a lot of news about the church buildings being re-opened, but the churches are still busy keeping in touch, praying, and having regular services. We have got into an online routine of “Tuesdays at ten” which is a time to get together over a “virtual” coffee and chat over recent news etc. Thursdays at seven to say prayers together before the “Thursday clap”. And Sundays at 10.30am to have a time of worship and singing. These are all very comforting occasions as they enable us to see each other and support with any problems which may arise. All our online occasions are open to all, and you just need the online link for access. Please do email me if you would like to join in, or if you have prayer needs that you wish to share.

It is really good to hear the stories of encouragement and help that are coming out of the community. As a church we are helping by supporting local young families with food boxes, that we are passing to the school for distribution. Speaking as a representative for the Cornwall community response hub, the one thing that this virus and lockdown is doing is showing us how to work more together showing our concern for all in need. We pray that this will continue even when restrictions are lifted and we try and find a new gentler way of living.

My email is parker30@hotmail.com and my phone number is 01503 230676.

Revd. Lynn Parker

St Germans & District Garden Club

We hope all our members are keeping well and staying safe. Looks like we are still social distancing for the time being. Our gardens must have had more attention this year than most! Sad that we missed the last few talks but hopefully we might be able to arrange some garden visits with appropriate restrictions. We will email members with possible details as things change. Keep cheerful and enjoy the unexpected good weather.

Ann Drew

St Germans Community Shop & Post Office



Last month we focussed on the community role of Donderry Stores so this month our sights turn to the role of St Germans Community shop from the perspective of one of our lovely volunteers, a shareholder and valued customer:

For how many of us, especially recently, has our very special village shop and Post Office been a real plus in our lives? I won't mention all the stock because this is not meant as an advert. How many of our village clubs and groups have benefitted from shop grants, and from a collecting tin on the shop counter? Youth Project, Brownies, Rainbows, Thursday Club, Public Transport Group, Eliot Hall, Pool Club, Priory Trust, Polbathic Hall to name but a few.

We must keep 'Our Shop' open, safe and thriving. Currently, the Post Office and Shop is open Monday-Saturday 0900-1200. Our Manager, Jennie and her husband Lewie, and a very limited number of volunteers run the shop, deliveries, stocking, and giving the shop a deep clean every afternoon. It has to be a limited number because all volunteers over 70 have temporarily been stood down, and the tasks are particularly tricky right now.

The strategies required to keep us all safe and provided for is key to the safety and prosperity of the shop. One person (no upper or lower age limit) into the shop at a time, others in an orderly socially distanced queue outside. My own experience is that it's pleasant and useful to see folk and have a catch-up chat whilst waiting. All at a safe distance - and haven't we been very lucky with the sunny, dry weather? It gives a chance to memorise your shopping list and plan so once inside you can move efficiently.

Something not there? Just ask Jennie and it'll be there depending on scarcity or how exotic the item, by the next day, or within days, or just the following week. Deliveries are also available for those self-isolating or vulnerable, just ring 232851 Mon-Fri 9-12 for delivery that afternoon.

Sue Cousins

Downderry and Seaton Residents' Association - DaSRA.

Our Good Neighbours Group (GNG) offers a network of local residents willing to help residents who may be in need of some practical and emotional support in their daily lives. We want our vulnerable residents to know that you are not alone, so if you're finding being on your own increasingly difficult, or you would like a chat on the phone, or someone to pick up shopping or prescriptions - or if there is anything that you are needing, other than, sadly, a big hug, do get in touch by email or phone 01503 250911 or 250332.

As part of the GNG county network led by Volunteer Cornwall, DaSRA receives regular updates on how the Coronavirus lockdown is affecting people's lives, and these are proving a tremendous resource for information and advice. It is certainly the case that, throughout the county, there are more volunteers than requests for help, and that is so in Downderry and Seaton, where we know there are many informal networks of support happening between neighbours - what better evidence of a strong community. We have heard of so many generous initiatives undertaken locally by individuals and groups - shopping and deliveries, making face masks, creating fun family competitions, sewing hospital scrubs, providing hungry family food boxes - that our Thursday evening Claps for Carers can feel very close to home.

Over the recent months, DaSRA has strengthened its management, with three residents joining the Committee. Under normal circumstances, our AGM, held annually in June, would have given us the public opportunity to introduce Caroline Frith, Linda Holden and Jeanette Langfeld, but in line with current restrictions on public meetings, DaSRA has postponed its AGM until a future date tba. You can keep aware of our activities via our Facebook page and/or our website. www.dasra.co.uk. Stay Safe.

Laura Done, Chair, 01503 250911

St Germans Flower and Vegetable Show

On behalf of St Germans Flower and Vegetable Show our Chairman has released the following statement - "Due to Covid-19 Coronavirus we have made the difficult decision to cancel this years show due to be held in August. We hope that with our village pulling together and supporting us we can return for our 50TH ANNIVERSARY in 2021.

Cat Miles

Downderry Front Line Heroes Competition



Thank you to everyone who supported our endeavours. Winners of our 'Front Line Heroes' competition are Dee Crutchley and her boys with their 'Front Line Farmer' saying thank you to the work of our farmers with a sign reminding us "they are our heroes". Fabulous effort guys. We hope you enjoyed your prize?

Martine Gibbs

St Germans Thursday Club

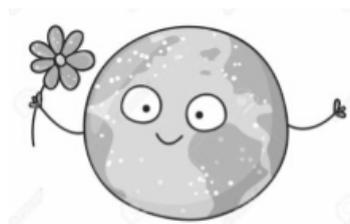
Sadly, Marjorie Pike, one of our long-standing, cherished members, has passed away. Our sympathy and thoughts are with Frank at this time.

We, like so many other clubs and groups across the world, have not been able to meet as a group. However, we have tried to make sure everyone, whether digitally connected or not, receives the latest Club news. We can not set dates for the continuation of the planned 2020-2021 programme, but we look forward to future meetings involve tea, refreshments and a raffle. Sometimes with a speaker (on local memories, cheese or bees), a quiz (musical - with Tony Bowditch) or a craft demonstration (Lizzie Stroud's truffles). Outings will be out of the question - how to have 26 of us to delicious tea and cakes in a cosy bungalow, whilst keeping social distances? The manoeuvres needed for a digital raffle don't bear thinking about!

Jean Mills and the Committee send best wishes to all members. Keep safe and don't feel alone. If you have any questions or problems, or just want to connect, we will be happy to hear from you on 01503 230324. Please continue to keep in touch - We miss our meetings.

Sue Cousins

Simple ways to save the planet.



While in isolation, it has been a great time for wildlife observing as I walk and cycle through the lanes near St Germans. While out walking I was lucky enough to hear a cuckoo, which was once common, but is now rare (less than 20% of its pre 1970s levels). Modern farming methods that destroy habitats in favour of monoculture and kill crop pests mean that the food supply of many birds is compromised.

A cuckoo will eat 70 woolly caterpillars a day, but if the moths that produce these caterpillars don't have the habitat they need, then the birds that feed off them will struggle. Our wildlife is in crisis and we can help. But in order to help we need to understand how the eco structure works. Nature is part of a large pyramid, and the things that we see are actually well up the natural food chain. But in our gardens we have the perfect opportunity to create mini eco systems.

So here are some key tips; Water is of the greatest importance. Not only is it essential to all life forms, but also it allows tiny food materials to grow (green algae) that provide the basis of the food chain. This in turn feeds insects, which feed bats and birds etc. Just a pond the size of a dustbin lid will be of great benefit. Secondly let your grass grow long and welcome the meadow flowers that accompany it. A few weeks into leaving our carriage gardens untouched I have seen hawksbeard, sow thistle, daisies, buttercups, clover, vetch, speedwell, and many other wild flowers that are essential for pollinators. The roots of the long grass and wild flowers then feed the soil as they grow deeper and provide aeration and humus.

A healthy soil will sequester more carbon, so there's an added benefit too. Allow a patch of nettles to grow in a sunny corner, as these are also very good for butterflies to lay their eggs on. If the thought of a wild garden really doesn't appeal, then there is a huge range of perennials, shrubs and trees which are excellent for wildlife – try and go for single flowered varieties that are close to their wild relatives. Fruit trees, lavender, phlox, hebes, dahlias, cosmos, echinacea, heathers, sedums, and rudbeckias are all good choices. And maybe sometime in the not too distant future the call of the cuckoo could once again be first signal of summer.

Lizzy Stroud

Keveral Community of Growers

Lots of people are wondering why they have not heard from me over social media recently, I have a reputation of always having something to say...

I have been doing the admin for Keveral Community of Growers Veg Box scheme since January, when Holly, who had been doing a lot of it, decided to take a well deserved trip around Europe for a month. Bill, who has been involved with Keveral since before the box scheme started in 1997, was busy rebuilding his home on Keveral Lane, so didn't want to take on the day to day admin, but continues to look after the finances.

Holly didn't get back from Europe until the end of March, just before lock down, and since then has been busy taking advantage of the dry weather to get this season's crops planted, and has taken over collating the box contents and organizing delivery of veg to the packing barn at Keveral.

Organic bananas also have to be ordered from an organic wholesaler, and other fruit and veg which we haven't got locally at this 'hungry gap' time of the year. Organic eggs also have to be collected. A team are packing on Wednesdays, and then delivering organic veg boxes, with fruit and eggs if required, throughout SE Cornwall and Plymouth.

At the end of March, I got a 12 week letter from the NHS so I volunteered to continue with box admin, but was unprepared for the maelstrom of phone messages and emails that came in, which resulted in the box scheme doubling in capacity for 3 weeks running. However things have now settled down a bit.

During this period we have been able to support many households in Deviock and St Germans, some because, like me they were suddenly locked in, others because they had family members who were unwell, so they could not go out for supplies. We will continue to offer this service, and hope that during these quieter times people will reflect on the value of local food systems, and continue to support us in the future. I would like to thank DASRA and members of the community who have shared our contact details around the parishes, so that the Keveral Crew can continue to support the communities in which we live. 01752 852155 orders@keveral.co.uk.

Jim Candy

Downderry and Seaton WI

We have been on a steep learning curve this month. Starting with the committee using Zoom, a virtual meeting platform, to work out how we could continue giving WI support to all our members. We invited all our members to virtual social gatherings to up skill ourselves in Zoom process and etiquette.

We produced a newsletter and by the time we had our May meeting we were able to welcome Mary Wakeham from Refuge4Pets, a charity that supports families experiencing domestic abuse and violence by easing the way for the victims to leave their situation, especially if family pets would prevent them making their escape. This charity provides foster homes for pets until such time they can be reunited with their family in a safe situation.

Our next virtual WI meeting will be on Tuesday 9th June when Lynn Goold will talk to us about Daphne du Maurier. Zoom invitations will be sent to members.

Three members from this WI and two friends have been making Scrubs for the NHS. We made 13 sets. All our Scrubs will be going to Derriford Hospital for doctors, nurses, therapist and patient facing staff to wear. As well as sewing, Downderry and Seaton WI contributed £50 towards the fabric and villagers contributed blue thread.

The WI garden has been worked on by members during the lock down ensuring social distancing and the Sunflowers are all in now and should make a spectacular show in the summer.

Maura Swabey

Downderry 300 Club

Once again, I carried out the monthly draw at home, the winners being 1st. No. 162 Tess Peck 2nd. No. 60 James D. Wallace and 3rd. No. 113 Paula West. I will deliver the winning envelopes when I'm taking my daily steps! Only one member failed to pay me this month-well done everyone! Stay Safe.

Jo Woodley

Hessenford News

A lot of appreciation and thank-you's being sent out within our news this month. It was good to see the War Memorial decorated at the beginning of the month for VE Day and we have Fiona & Dug to thank for that. It was a shame we couldn't have had a similar village celebration to the one 25 years ago, a year before Dave & I came to live in the village but I'm sure the stories will be told when people have the chance to tell!!



It's great that we seem to have our own take on the clapping with saucepan lids/wooden spoons, air horns, shot guns and did I also hear fireworks one night, sounding out too. I know it's appreciated by the front-line workers we have in the village. Thanks to Zoe for recording and posting same. I also know that Quay Lane Surgery will be most grateful to the people in the village who've helped out with the delivery of prescriptions around the parish and beyond, plus the door monitors at the surgery who have included younger members of our village community as well as the more mature [in years anyway!!].

I'm sure many of us will thank The Copley for continuing to provide takeaways. I think we'll all be ready to celebrate with Mike, Di and their team when lockdown is over. The church is still there for you too and if you would like to take part in a service via Zoom, Margaret Sylvester-Thorne can provide you with the details. In relation to St Anne's we need some help in caring for the Church Garden [we presume that the Council will resume the overseeing of the graveyard in due course] cutting the lawn, removing weeds and cutting back errant ivy & such like plus the shrubs, when necessary. We have some volunteers who haven't specified particular months yet but we need more. Our thanks go to Gerry for doing the work in May and for volunteering to do it again in September. If you can help during any other month we'd be most grateful. Please let me know which month you'd be available. Talking about grass cutting many thanks to Steve, who's doing a great job, for continuing to cut the Church Hall grass and to the people who donate monies for the petrol for the mower.

Something of interest for all nature lovers is that a Red Kite has been spotted on two occasions in Hessenford valley, which is quite a rare sighting, but on a sad note our house martins have not returned to their nest boxes this year,

although they have also been spotted in the valley. On a good note [apart from their very messy droppings!!] the swallows are back in the church porch. It was lovely to see the pictures of Nigel's walk in the woods when the bluebells were out on our Hessenford Help for COVID-19 page on Facebook and I hope many of you were able to access them. Anyone else in the village is more than welcome to add more views from their walks around and about. Other thanks also go to Alison for reinstating her Plant Table, which has always been a focal point for residents and visitors alike. When I looked this morning there were lots of lovely patio and border plants plus some runner bean plants to buy, so don't forget to support and buy local.

And now for a more unpleasant subject.....dog poo. There are a number of residents who have noted an increase in the incidence of dog fouling in and around the village. Whilst most dog owners do take responsibility for this could everyone be more vigilant with regard to this. There will soon be a Poo Bin installed to the left of the BT pole at the bottom of the path that leads to the graveyard & public footpath to the woods on Church Hill.

Take care all of you, looking forward to being more social soon.

Fran Moore

Buses and Trains - St Germans & Area Public Transport Group

Government have published the most recent guidance about travelling on public transport: "Coronavirus (COVID-19): safer travel guidance for passengers - Walking, cycling, and travelling in vehicles or on public transport during the coronavirus outbreak."

<https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers>

Recommendations include: "consider all other forms of transport before using public transport. If you can, travel at off-peak times. Where possible, book your travel online through your transport provider's ticketing app or website. Consider contactless payment to buy tickets. Keep your distance from people outside your household. Treat transport staff with respect and follow instructions from your transport operator."

Buses are still running and keeping very much to time. The Covid emergency timetables are still the same as we put in last month's Nut Tree, and you can check them on posters locally and on this part of the Transport

for Cornwall website:

https://assets.goaheadbus.com/media/cms_page_media/8202/COVID_19_Mondays_to_Saturdays.pdf

On the trains, GWR have given advice about train travel, saying: “It’s clear that whilst the lockdown is starting to ease, advice for customers remains to avoid travelling by train wherever possible. Social distancing will mean that trains can carry a fraction of the usual number of passengers and people are being urged only to go by train if it cannot be avoided.... We have been working with industry partners, with the Department for Transport and with stakeholders so we are ready to start uplifting capacity and service levels.”

They put an amended timetable in place from Monday 18 May, and said there would be further changes as the lockdown is eased. “Customers will still need to check the timetable weekly. Customers need to stay alert and continue to be aware of the need for social distancing and consideration of others when travelling by train.” (By the way, there will be no catering on long-distance trains - so travel well prepared - and best to check train times before you travel always).

Local timetable from 18 May:

Monday to Friday

Liskeard	0707	0729	0839	0940	1041	1143	1242	1337	1442	1541	1642	1743	1842	1942	2042	2142
St Germans	0722	0743	0850	0951	1052	1153	1253	1351	1453	1551	1657	1753	1853	1953	2057	2153
Plymouth	0744	0805	0909	1009	1110	1210	1309	1408	1509	1608	1719	1810	1910	2011	2119	2210

Plymouth	0541	0710	0817	0921	1017	1117	1219	1320	1427	1519	1628	1730	1933	2033	2120
St Germans	0557	0727	0834	0937	1034	1136	1234	1335	1442	1534	1651	1747	1949	2049	2136
Liskeard	0608	0742	0845	0948	1045	1147	1245	1346	1453	1545	1704	1758	2000	2100	2147

Saturday

Liskeard	0708	0737	0807	0838	0910	1018	1118	1142	1241	1315	1420	1444	1518	1618	1645
St Germans	0721	0748	0820	0849	0921	1029	1128	1154	1252	1326	1431	1455	1528	1628	1657
Plymouth	0743	0806	0846	0907	0938	1045	1145	1209	1309	1343	1447	1512	1545	1645	1722

Liskeard	1718	1817	1842	1942	2058	2238
St Germans	1728	1828	1853	1953	2110	2251
Plymouth	1745	1845	1909	2011	2134	2314

Plymouth	0740	0813	0842	0917	1015	1036	1147	1215	1247	1336	1416	1447	1546	1644	1739
St Germans	0755	0831	0900	0933	1032	1055	1203	1232	1303	1351	1432	1503	1601	1659	1754
Liskeard	0806	0842	0911	0944	1043	1108	1214	1243	1314	1402	1443	1514	1614	1710	1805

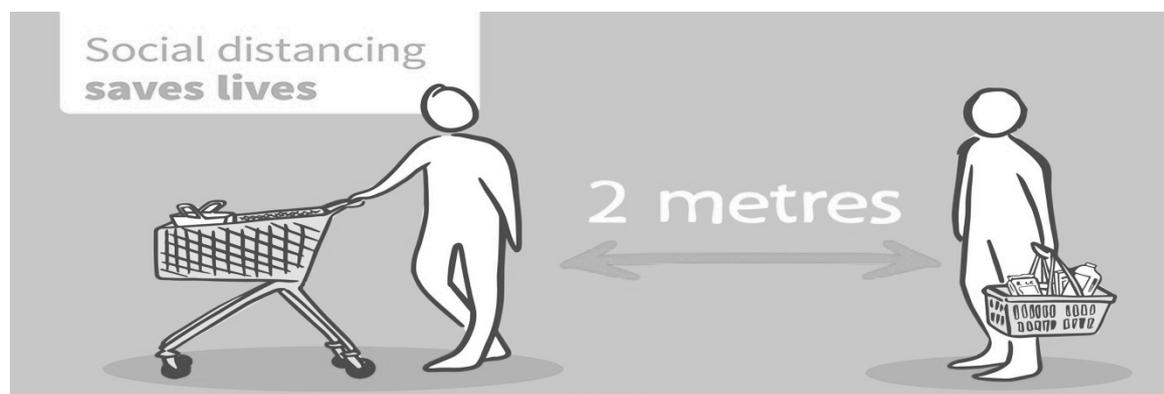
Plymouth	1835	1925	2025
St Germans	1857	1940	2042
Liskeard	1910	1950	2053

Alan Cousins

Nut Tree Deliveries

As always, we are on the lookout for volunteers who might be prepared to share the burden of delivering the Nut Tree from door to door. Please let us know at the email address on the first page if you would be prepared to help out. Whilst we are on the subject, a big thank you to those who do perform this service every month.

We take the safety and health of our team very seriously. Each month we take advice on the extant policy and safety considerations to ensure the safety of our delivery team and those they deliver to. If deliveries in your area have been temporarily suspended, it may be your normal deliverer is self-isolating or vulnerable. Please collect your copy, and perhaps others for your neighbours, from Downderry Stores, St Germans Community Shop or Tredinnick Farm Shop.



Social Distancing and Lockdown continues

As a final note, a number of residents have expressed concern about cyclists and pedestrians passing in close proximity to each other on narrow lanes and paths. Please be mindful of social distancing when passing others, which may mean waiting until someone has had time to step back out of the way in order to maintain a safe two-metre distance. **Please also remember that, as at the time of going to print, the lockdown has not lifted and our parishes' public toilets and other facilities you might normally expect to be accessible in pubs, cafés and restaurants remain closed.**

Disclaimer : The Editorial group accepts no responsibility for views expressed in any edition of Nut Tree. Nonetheless we will try to be as accurate as possible and seek similar commitment to factual correctness from our contributors.