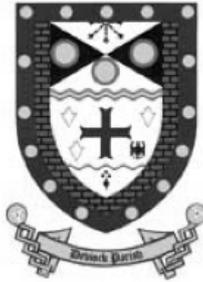


NUT TREE

March 2022 Volume 36 (12)



Nature Notes

Three successive days in mid-February and three very different incidents. On the first the weather is about to change and unsettled conditions are in the forecast. Time to go for a long walk whilst the calm allows. Leaving the house I hear the familiar mewing call of a Buzzard, high overhead. At first, I cannot see the bird but then am pleased to see more than one circling. Without their call they could easily go undetected especially with a large number of Herring Gulls aloft too. They are displaying and warding off interlopers. Continuing my observation, I now note six individuals, not all moving in the same circles. Perhaps there are young birds or competing adults testing their territorial boundaries. To have so many in view at once is a pleasant surprise. It reminds me of a similar occasion many years ago when I attended a wedding reception one August outdoors. I had to compliment the hosts that it was the first reception that I had attended with six Buzzards overseeing proceedings.

The following day, it is bright and breezy. Along the coastal path a dark, hairy caterpillar stops us in our tracks. Its red head is very distinctive. We encourage it to reach safety at the side of the path, but not before taking a photograph in order to confirm its identity. It is the larva of the Cream-spot Tiger moth, a frequenter of open habitats, close to cliffs. It spends the winter as a caterpillar, feeding occasionally and basking in the sunshine during mild, sunny weather. It will not pupate in its flimsy cocoon until April, before emerging into the adult moth in late May. I have seen a few in daytime when the vivid colouration of black, white, orange and yellow act as a warning that they are poisonous. For the moment the caterpillar gives no hint of this, its vulnerability a welcome diversion.

A day later and the rain and wind have arrived. I am forced to enjoy the wildlife in the garden and the smaller aspects of life. Birds are unsurprisingly scarce but a grey mass catches our attention on the garden pond. Frogspawn, just one clump. Two things are interesting. The first is that this is a full month after spawn was laid in the Seaton Valley, barely two miles away. Sometimes it is not the temperature that is important but the environment. Since the tadpoles will feed on algae it may be that which determines the choice of site. Perhaps the algae in my pond take longer to mature. The other oddity is that there are already several strings of toadspawn in the pond and, for the first time in its existence, they are now both within inches of each other. Oddly, frogs laid spawn in the early years of the pond but stopped, to be replaced by toads in more recent years. It is encouraging to see that at least one pair of frogs has deemed my small pond worthy of a second chance. Hopefully both sets of spawn will mature and the respective tadpoles will ignore each other, but it remains to be seen whether there is enough food to support all. At this stage it is simply exciting to have both species present.

Alan Payne

Deviocck Parish Council

Forthcoming meetings in March (to take place at the Zone, Dowederry Methodist Church): Full Council 10th March 7.30pm; Planning Committee 24th March 6.30pm. Social distancing and reduced capacity will continue to apply. See Agendas for details prior to each meeting.

Dowederry defibrillator: The Dowederry defibrillator has been moved from next to the GP surgery to outside the public toilets in Dowederry.

Seaton bridge car park: A site meeting has taken place between the Parish Council and Cornwall Council to discuss possible solutions to the regular flooding that occurs in the car park.

Jubilee Souvenir: As part of the Jubilee celebrations, the Parish Council wishes to give each child aged 11 or under on 31st July 2022 attending St Nicolas School or resident in Deviocck parish a Jubilee Coin as a keepsake of this momentous event. All children attending the school will automatically receive the souvenir, but please let us know of any children resident in the parish not yet at school or who attend school outside the parish by contacting the Parish Clerk as soon as possible. We will need the child's name, date of birth, and parents'/guardians' address and contact details. Please email the Clerk at clerk.deviocckpc@btinternet.com or post to Deviocck Parish Clerk, The Vestry, St Nicolas Church, Dowederry PL11 3LE.

Planning: To comment on a planning application, search for 'cornwall council planning applications'. All comments posted on the Cornwall Council site are viewed by the Parish Council. See Agendas for items up for discussion at the next meeting.

Concerning incidents: A number of incidents have been brought to the Parish Council's attention, predominantly wet toilet rolls being thrown around both Seaton and Downterry public toilets and at the windows of various community spaces and houses in Downterry. We would be grateful if those instigating these incidents would refrain from doing so with immediate effect.

As the Parish Office is remaining closed until further notice, 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 for Agendas and Minutes and any important announcements.

Karen Pugh, Parish Clerk

Deviock Parish Council Loan Fund

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

St Germans Parish Council

It's a huge disappointment to announce that St Germans village has suffered with another spate of graffiti; once again on the bus shelter outside Lynher House. Anyone with any details please contact the Police on 101.

On a more positive note, we have two Councillor vacancies on the Parish Council; one for the ward of Tideford and the other for St Germans. A Parish Council is the collective voice of your community. Here is your opportunity to get involved and make a difference in 2022. Please contact the Parish Council office if you wish to enquire or apply.

We are still working towards securing a new lease from Port Eliot for Tideford playpark. The Parish Council have kept the playpark open and recently you may have noticed the tidying up of overgrown vegetation.

Look out for the St Germans & Rame Integrated Public Transport survey to be launched on Monday 7 March 2022.

The next St Germans Parish Council meeting is on Monday 28th March 2022 at 6:30pm at the Eliot Hall in St Germans. The agenda will be on the noticeboards and the website by 25th March. Please see: www.stgermansparishcouncil.gov.uk. Everyone is welcome. Please follow extant government covid guidelines if attending.

Emily Young – Parish Clerk

News from County Hall

I can hardly believe that we are very nearly into March, I would love to say that it feels like Spring is in the air but after the last few days of us all being battered by Storm Eunice and then the tail end of Storm Franklin it doesn't feel particularly spring-like at present; yet the daffodils are holding strong and the trees that are still standing are starting to bud so it can't be too far away!



On the subject of storms, there has been an exceptional effort by our Highways department, as well as Western Power, to repair the damage done over the last week, from clearing damaged and fallen trees to repairing electricity substations and getting us powered up again. The costs of these efforts will, no doubt, be with us for a fair while but it does raise the question about what more we could be doing to slow down the impending climate catastrophe that we are all faced with – perhaps we feel it more keenly being on a Peninsula, or because we know fishers and farmers whose livelihoods and lives are in danger in these extreme weather events.

If you were affected by power cuts during the storms, you can claim compensation from Western Power Distribution for power cuts during severe weather of £70 as a domestic customer and £70 as a non-domestic customer if power is off for 24 hours (Storm Category 1) or 48 hours (Storm Category 2). Ofgem checks and verifies storm categories. You can get a further £70 for each additional 12 hours of being off supply, up to a total of £700. Find out more by visiting www.westernpower.co.uk/storm-eunice-ofgems-guaranteed-standards-compensation-scheme.

This week at County Hall, Cornwall Councillors will be voting on the proposed budget for the next financial year; there is little positive to report here I am afraid. The Council's precarious financial state is a direct result of years of reduced funding to Local Government from Central Government plus 2 years of extra costs coming out of the Covid-19 Pandemic. We have tried our hardest to mitigate the cuts during our Oversight and Scrutiny Committees, but it has been a fairly fruitless exercise sadly.

In more positive news, the Air Quality Monitoring scheme in Tideford is well underway, live data is being recorded – the Air Quality Team will soon be in a position to report back their findings to stakeholders and we will move to the next stage of the pilot scheme which is the installation of the air purifier units into the homes of residents that have put up with poor air quality from the road for far, far too long. I would very much like to thank my predecessor, Jesse Foot, for the work he did on this previously.

My Councillor Surgeries have now moved days – they are now on the 1st Thursday of each month in The Rame Centre in Millbrook, and the 2nd Thursday of each month in the Library in Torpoint. As ever, if I can be of any help please do contact me on cllr.kate.ewert@cornwall.gov.uk.

*Kate Ewert
Cornwall Councillor for the Rame Peninsula & St Germans Division*

News from the Churches

St Germans Methodist Church

Our next Coffee Morning is on Saturday March 19th from 10.00-11.00am. Everyone is welcome and there will be an area for young children to come and play and bring along their Parents/Carers who might enjoy a coffee and chat.

Our Bible Study Group meet at 11.00am every first and third Wednesday at the chapel but, as we go into Lent we will be following reflections for Lent and will meet weekly. We are a small friendly group, led by ourselves and open to everyone believer/unbeliever.

Our Sunday Services are held each Sunday beginning at 10.30am. We still request that people wear masks to safeguard others during worship. Looking forward to seeing you.

Steve Gerrard

The Zone(The Chapel by the Sea)

Sunday March 13th at 3.00 pm Holy Communion with the Reverend Iris Bray.



Coffee Mornings are on every Wednesday from 10.00am - 11.30am. We welcome people to join us. We are a small group, but we always find plenty to chat about. Do come and join us, there is plenty of room for more people, and we would love to see you.

Elsa Guilfoyle

Community Thanks

Tina Jefferis and her family thank everyone for their lovely cards and many kind and thoughtful words on Tim's death. She invites those who knew him to celebrate his life at a "pasty" lunch in the Village Hall between 12:30 and 1.30 on 8th April.

Tina

Downderry Memorial Gardens

A group of gardening volunteers meet once a month on Saturday mornings, 10 am–12 noon, to help maintain and improve these gardens which are a great local asset.

Please come along and join in. The list of dates for 2022: 19th March, 16th April, 14th May, 18th June, 16th July, 20th August, 17th September and 15th October.



Tim Pullin

Downderry Bread & Babes

If you're looking for a baby and toddler group to play with your little ones and chat to others we'd love to meet you. With lots of calendar events happening in March, Pancake day, St Patrick's day and Mothers' Day we have lots to celebrate with themed crafts organised.

Downderry Bread and Babes is a local parent/carers baby and toddler group. If you have a little one and fancy a cuppa and a chat plus craft, toys and bread making, come along and see what you think. We have plenty of toys, always have a craft to do and the bread, once cooked, will be your little one's snack at the end.

We run every term time Thursday at The Coastal Zone, Downderry, PL11 3LY 9.30am and 11.30am. First session is free then £3 per session per family after that. We have a Facebook group for more information or message us with any questions. Bread and Babes Downderry play group.

Michelle Davies

QUAY LANE SURGERY

Patient Participation Group (PPG)

We are working with Jessica Hirons the Social Prescriber Link Worker at Quay Lane Surgery and more recently with Jayne Roycroft of Volunteer Cornwall (East). We are helping Jess to set up Drop-in Wellbeing Hubs in Quay Lane Surgery's catchment area. These are not just going to be in St Germans and Downderry, but also Menheniot. Jessica is already running a very successful hub in Torpoint Library on Wednesdays and more hubs will be popping up too in Cawsand, Millbrook and Rame fairly soon. Apparently, we in the East of Cornwall are leading the way with this new and much needed initiative.

These hubs offer our communities an informal friendly setting where people can drop in and take part in some activities; it also provides an opportunity to have a cuppa and a chat with Jessica. Jess can offer a wealth of support services for carers, for anyone feeling lonely and depressed, suffering bereavement, experiencing financial difficulties or with housing problems. Some people are simply struggling to cope in the aftermath of Covid lockdowns.

Volunteer Cornwall are providing free training for volunteers and offering specialist roles such as support with End of Life, Stroke Befriending, and can support people being discharged from hospital.

Jessica, Jayne and PPG members will be at the Downderry Hub on Monday 28th March 1.00 - 3.00pm alongside the Deviock Activities Group (DAG) at the Zone.

From then on, we will join DAG on the last Monday afternoon each month. I sincerely hope by then it will be safer for us all - but we will ensure appropriate Covid measures are in place.

We will keep you up to date with news about the St Germans Wellbeing Hub and when that too will be opening. If you are interested in becoming a volunteer at one of the hubs or joining Volunteer Cornwall - come along and have a chat with us.

My sincere apologies that the email address for the PPG has been incorrect in the last two issues. If you have recently sent me a message particularly regarding Dr Thomson's retirement - please could you resend it to me at quaylanepg@gmail.com.

Claire Croft, PPG Chair - quaylanepg@gmail.com

Practice News

Our GPs are experiencing an exceptionally high demand for appointments at the present time. The wait for a routine appointment is increasing and causing frustration for some patients. We are also struggling to employ locums to cover GPs when they are away from the practice. Please be kind to our reception team as they are trying to help and can't magic appointments - every patient is important. There are ways that you can help:

- Try self-care methods first by purchasing over the counter remedies or seek advice from a pharmacist at a local chemist
- Use E-Consult for general advice and advice from your GP (accessed through the practice website)
- Ask for a video consultation with a LIVI GP or request an appointment through the LIVI APP (often there are appointments available on the day – you need a smart phone)

The GP may not be the most appropriate person to see – we have other health care professionals available at the surgery:

- Medication queries/reviews – Nicola, Clinical Pharmacist
- Muscle/joint pain/sprains – Paul, First Contact Physiotherapist
- Social help and support – Jess, Social Prescriber

We will keep you updated about current COVID guidance when entering the surgery on the practice website and Facebook page. The guidance for NHS premises may not always be the same as the Government advice, so please check before coming to the surgery i.e., it is still a legal requirement for staff and patients to wear a face covering when entering NHS premises. Thank you for your continued co-operation.

Debbie Todd, Practice Manager



Financial skills urgently needed. DaSRA is seeking a new Treasurer. It's not an onerous workload, but it is an important role, not least as the treasurer is also an officer of the association and therefore required to be in post by our constitution. Not sure how we can function without one....! The Treasurer is responsible for accounting for all our financial transactions, as well as being actively involved as a full member of the committee. A key task is to present the balance sheet and financial statement at our annual general meeting. We're sure there is someone out there with these skills who would be happy to give some time, with reward measured in the satisfaction of contributing to the well-being of our community. If you would like to know more, do phone or send an email and we'd be happy to talk in more detail.

Artists Calendar for 2023. Are you an artist living in Downderry or Seaton? DaSRA is planning the publication of its third Artists' Calendar and we would like to hear from local artists interested in their work being featured. DaSRA pays for the annual calendar to be printed and sold, and once the printing costs have been recouped, any surplus goes into the general funds needed to run DaSRA. For all that to happen we need 12 local artists to generously donate a painting by supplying a jpg or pdf to us by late April. If this is of interest to you, do get in touch.

Local Links We are delighted that Flick Murdoch has joined DaSRA to lead our new initiative to welcome new residents moving into our villages. Much of what is of interest to newcomers is also of interest to existing residents, so Flick's message to everyone is, please visit our website, www.dasra.co.uk, where the Local Links page includes details of events and services relevant to the community. Printed copies are available on request. Our focus remains on community services, giving local not-for profit groups the opportunity to promote their activities. Currently, we do not include information about commercial companies or sole traders, but we realise that a listing of those who sell professional services locally could be useful to residents. Obviously DaSRA would do so with a disclaimer as inclusion would not mean that DaSRA is recommending any one provider. Before we go any further, we need to be confident that there is an interest in developing this idea, so if you are a locally based professional trader and would like to be listed on our Local Links web page, please make contact.

*Laura Done,
Chair, DaSRA info@dasra.co.uk ; 01503 250911*

Neighbourhood Watch in partnership with DaSRA

This year, Neighbourhood Watch is celebrating 40 years of supporting neighbours and building communities' resilience. To mark the occasion in Donderry and Seaton we are planning to launch a community flower boat or possibly a small flotilla. The plan is to partner with other local groups and make use of redundant small boats and, by filling them with flowers, brighten up our environment and bring people together. A small grant has been provided by Neighbourhood Watch and boats have been donated. We are now seeking permission from our parish and county councils for suitable sites before proceeding. More news to follow.

In other news DID YOU KNOW... Rules for all types of road users have been updated in The Highway Code to improve the safety of people walking, cycling and riding horses. There are 8 changes that you need to know about. 1. Hierarchy of road users 2. People crossing the road at junctions 3. Walking, cycling or riding in shared spaces 4. Positioning in the road when cycling 5. Overtaking when driving or cycling 6. People cycling at junctions 7. People cycling, riding a horse and driving horse-drawn vehicles on roundabouts 8. Parking, charging and leaving vehicles. For more information google '.gov.uk highway code changes'.

Local NW co-ordinator Nigel Jones has received notice of a warning to residents issued by Cornwall Council about a series of scam text messages claiming to be from NHS Test & Trace. The messages inform the recipient that they have been in close contact with someone who has tested positive for Covid-19 or Omicron and asks them to click on a link to order a test. They are sent from seemingly random mobile phone numbers – a tell-tale sign they are a scam.

Elizabeth Kirk, Senior Trading Standards Officer at Cornwall Council, said: “These texts can seem very genuine, but the NHS, government or Public Health Cornwall would never send messages like this from a mobile phone.” The most important thing is to remember that the scammers want you to click a link. If you click the link, you could enable them to download malware, viruses or other nasties. It might also give them access to your passwords for internet banking or any other sites you access from your phone.”

If you click the link accidentally:

- Close the web page it opened as soon as possible. This prevents further harm.
- NEVER enter passwords or other personal information onto any page you have opened by clicking a link.
- Reset any passwords you may have revealed.
- Update your phone's operating system.
- Block the number that the text came from.
- Report scams to Action Fraud, the national reporting centre for fraud and cyber-crime, run by the City of London Police. Visit the website or call them on **0300 123 2040**.

Nigel Jones, NW co-ordinator: info@dasra.co.uk

Downderry and Seaton Village Hall in March

- Coffee Morning, Tues 1st March 10am to 12 noon. - Come along for a chat and enjoy a hot or cold drink with Homemade Cakes. Doors open at 10am until 12 noon and it only costs £2.00 per person (additional charge of £1 for Filter Coffee and 50p for Hot Chocolate made with milk). There will be a Book Stall and Raffle.
- Indoor Car Boot Sale with Refreshments and Pop Up Bar, Sun 13th March. All tables are sold so there will be lots to choose from, including some items by our local talented crafters. Doors open from 10am to 2.30pm, entry is free and there will be hot and cold refreshments and a licensed bar.
- Little Breakfast, Sat 19th March Come to the Village Hall between 10am and 1pm and enjoy a Breakfast Bap of Sausage, Bacon & Egg or the veggie option of Egg & Hash Browns with a hot or cold drink for just £4 (additional charge of £1 for Filter Coffee and 50p for Hot Chocolate made with milk). There will also be a book/DVD sale.

All are welcome at the above events, including well behaved dogs on leads who will also get a little treat.

- AGM, new date Fri 25th March. The AGM Agenda will be on display in the Village Hall, Snooker Room and our website on Fri 11th March. Non-members are welcome to attend and participate but cannot vote. Membership of the Village Hall runs from our AGM, to the next AGM and entitles you to vote at the AGM, join a Village Hall Group (Badminton, Drama, Dramarama! (Children's Drama Group), Short Mat Bowls) and use the Snooker Room. Please support the Village Hall by becoming a member or renewing your membership, at or after, our AGM. More details are available on our website (www.downderryandseatonvillagehall.co.uk).

Looking further ahead (but with early booking/ticket sales opening in March):

- Easter Quiz. Fri 8th April - tickets go on sale on Mon 7th March (£5 per person, teams of up to 6).
- Adventure in Pantoland. Wed 27th to Sat 30th April - tickets on sale on Monday 21st March (Adults £8, Children £4).
- Downderry and Seaton Associations and Groups Event. Sat 21st May.
- Village Party to celebrate the Queen's Platinum Jubilee. - Fri 3rd June (on St Nics Playing field)
- Midsummer Madness weekend. Fri 8th to Sun 10th July (Friday Quiz, Saturday Music Night, Sunday afternoon - fun for all the family on St Nics Playing field).

*Mandy Smith
Secretary, Downderry and Seaton Village Hall*

St Germans Thursday Club

On 10th Feb, 14 members attended our 49th birthday party. The singing ensemble Just Voices - 9 fine ladies - gave us a real treat with old favourites, such as 'Over the Rainbow', 'All I Have to Do is Dream', and 'Please Mr Postman', ending with 'Down By The Riverside'. We enjoyed their fine harmony and clearly sung words, bringing back memories for all of us.

With mystery gifts, and delicious refreshments, it was a very good afternoon. We all paused to remember absent friends.

Sadly, our vice-chairperson June Greaves passed away on 19th January. She was for so many years a valued committee member, club member and friend. We are looking forward (as I type this) to a talk, later in February, by her daughter Janet Stocker about St Andrews Church in Plymouth.

March meetings - on the 10th and 24th in the Eliot Hall - are at the more usual start time of 2:30 pm. We will be planning our 2022 - 23 programme. We hope to have ideas from members old and new. Come along and find out what we get up to! Suggest ideas for outings: eg Mt Edgcumbe, Cremyll and Calstock, and speakers, games and crafts such as crochet, flower arranging, or papier mâché. Bring your lists! For enquiries contact our Chairperson Jean Mills, 01503-230324

Sue Cousins

Devioc Activities Group (activities for locals by locals)

Table Tennis Wednesdays 6pm - 8pm. Maggie looks forward to seeing players new & old when they feel happy to attend. We are grateful to DaSRA for locating a 3rd Table for us.

NEW! Weekly Art and Craft Sessions. Starting Monday 28th March 1pm - 3pm at the Zone (Downderry Methodist Church). Come and join us:

- for a cuppa and a chat about arts and crafting
- bring your own project
- maybe have a go at a new craft...

As you'll have seen in the Practice News earlier, Jessica Hirons, Social Prescriber from Quay Lane Surgery will be running a drop-in Wellbeing Hub on the last session of each month and can provide information on a range of support services

For more information contact Sue at getknitted@outlook.com or Viv on parkerviv@aol.com or 250519 or on DaSRA facebook. Voluntary contributions towards rent, refreshments & materials appreciated.

Viv Parker

Downderry and Seaton WI



The Annual Meeting in February saw Maura Swabey leave her position as President that she had held for the past three years. After thanking those present Maura handed over the reins to Ann Dollard; a worthy successor and dynamic new leader. Julie Green is the Secretary and we welcomed Sue Webster as our new treasurer.

Outreach activities this month were a visit to “The Box”, Craft afternoon featuring Origami Hearts and a walk in Mount Edgecombe grounds followed by tea and cakes.

If you are new to the village and want to know more about the WI, Downderry-and-Seaton-WI@googlegroups.com We're a friendly group and we'd love to meet you.

Maura Swabey

Time to get walking again!

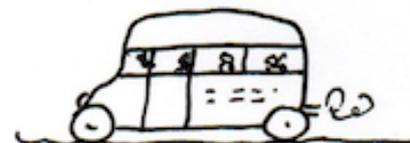
At this time of year we start to think about the mud drying up and getting out to walk in the beautiful English Countryside again, but where to find new and interesting walks? 'Walking in Cornwall' (<https://www.walkinginengland.co.uk/cornwall>) has hundreds of walks to download and print, free, it also has books of walks, details of all the walking groups in the county and much more. Whether you want to walk on your own or with a group all the information is there in one place.

John Harris (the custodian of the website) said ‘There is so much walking information on the web but it is difficult to find. Walking in Cornwall (part of the Walking in England website – one for each county in England) has brought it together in one place so whether you are walking from home, or away on holiday, you will be able to find a walk suitable for you’. With walks from half a mile to twelve miles plus long, and a note of suitability for pushchairs and wheelchairs, everyone can find a walk to enjoy.

So, home or away, check out the websites and get walking!

John Harris - john@walkinginengland.co.uk

Downderry Community Bus 300 Club



The winning numbers for the month of February:

1st No. 137 Val Glastonbury £20: 2nd No. 65 Eleanor Montaine £15: 3rd No. 61 Yvonne Byles £10

Thank you to all those who contribute to our bus.

Jo Woodley (01503250489)

Operation Hedgehog

Two years ago, pre Covid times, the WI launched a Cornwall initiative to record Hedgehogs. Donderry and Seaton WI promoted this at a Village Hall Craft Fair in November 2019. It had a very enthusiastic response. Over 25 residents signed up to take part. We made ten hedgehog tunnels which would be distributed to each person for five days at a time to record hedgehog visits to their gardens. Covid put a stop to this, but we persevered and we would like to thank everyone who took part. We would like to give special thanks to St Nicolas School and the Church for their valuable contribution. The school has positioned a hedgehog house in Donderry's Memorial Garden with wonderful wooden markers explaining how to look after hedgehogs. The WI hopes we have raised awareness of the importance of helping our hedgehogs to survive. Their numbers are dwindling but we have established that they are here. We know and are grateful to the many helpers in Donderry and Seaton and when talking about it to residents all are keen to keep this project going. Thank you to everyone involved.

Donderry and Seaton WI

St Germans & Area Public Transport Group Integrated Public Transport Scheme - Have your say

The two Public Transport Users Groups in the Rame peninsula have produced a public transport use survey that will be available in March and April this year. You'll find the survey online at <https://sgrug.onlinesurveys.ac.uk/transport-users-survey-go>.

You'll also find printed copies in shops, the library or similar places. Survey forms will be available in Donderry stores. Completed forms can be posted in the DASRA Post Box sited within the shop. They will also be in the St Germans Community shop, and once completed can be posted in a box there.

We now need to hear from you! What sorts of journeys do you make using public transport? What journeys would you like to make but cannot - and why not? What integrated public transport can you suggest for the future of a better connected Rame peninsula? How can public transport meet people's needs? How can information about buses, trains, ferries be more accurate, up-to-date and easily available to all? Rural transport presents various challenges - often different from in towns. For example, it could be a combination of regular bus services and booked transport. This could be community buses, and minibuses which you can book to pick you up and take you to the station or the bus stop for the long distance coach etc.

The results of the survey will be analysed and the report, we hope, will be taken seriously by Cornwall and Parish Councils and by the bus and train companies. So, look out for the survey starting March 7th and running till the start of May - and if you want more news about it or would like to help spread the news - or help in other ways, contact:

Alan Cousins 01503 230106

Downderry Community Bus

Services and Excursions during March 2022

DATE		DESTINATION	DEPART	LENGTH STAY	FARES SINGLE	RETURN
March						
Tuesday	1	Plymouth	9.30 am	4 Hours	£3.00	£4.00
Thursday	3	Liskeard	9.30 am	4 Hours	£2.00	£3.00
Friday	4	LOOE	11.30am	3 Hours		£3.00
Tuesday	8	Plymouth	9.30 am	4 Hours	£3.00	£4.00
Thursday	10	Liskeard	9.30 am	2 Hours	£2.00	£3.00
Friday 11th		TRAGO MILLS	9.30am	2 hours		£4.00
Tuesday	15	Plymouth	9.30 am	4 Hours	£3.00	£4.00
Wednesday	16	TRURO	9.30 am	4 Hours	£5.00	£7.00
Thursday	17	Liskeard	9.30 am	2 Hours	£2.00	£3.00
Friday	18	Tea and Cakes at St Nicholas Church, £2.00			3.00pm	
Tuesday	22	Plymouth	9.30 am	4 Hours	£3.00	£4.00
Thursday	24	Liskeard	9.30 am	2 Hours	£2.00	£3.00
Friday	25	Greenaway	9.30 am	4 Hours		£10.00
Agatha Christie Home and Garden, South Devon (Entry £12.50, free for National Trust members)						
Tuesday	29	Plymouth	9.30 am	4 Hours	£3.00	£4.00
Thursday	31	Liskeard	9.30 am	4 Hours	£2.00	£3.00
Excursion for April.....						
Wednesday	6	EXETER	9.30 am	4 Hours	£5.00	£8.00
Friday	8	Totnes	9.30 am	4 Hours	£4.00	£6.00
Friday	22	Porthleven food fest	9.30 am	4 Hours		TBA

TO BOOK SEATS TELEPHONE DOWDERRY (01503) 250944 Mon-Fri 9.00am-5.00pm

March Disruption on the Rail Network - Saturday 5 to Sunday 13 March

- Track renewals will be taking place in the Truro area as well as platform extension works on the St Ives branch
- Saturday 5th and Sunday 6 March – Replacement buses run between St Austell and Penzance (including the Falmouth and St Ives branch lines)
- Monday 7th March to Sunday 13 March – Replacement buses run between Truro and Penzance (including the St Ives branch)
- A reduced train service will run where the mainline remains open

Over 250 Volunteers sought for innovative community events in Tamar Valley

Over 250 volunteers are sought by the Tamara Landscape Partnership Scheme, funded by the National Lottery Heritage Fund, to support a host of innovative events and create a brighter future for the Tamar Valley and its communities. The events and activities which will range from yoga for wellbeing to monitoring the water quality of the Tamar Valley and supporting school visits will be a first for the Valley, which is an Area of Outstanding Natural Beauty (AONB) bordering Devon and Cornwall. Although many volunteers already give their time in the AONB, one of the priorities of this new scheme is to improve the wellbeing and job prospects of people living in and around the Valley and an events and activity programme is being developed with that in mind. Currently the Tamara Scheme is recruiting for **Walk Leaders, Event Assistants and Citizen Scientists**. For more detail contact Sammy Fraser 07522 709428 or samantha.fraser@cornwall.gov.uk.

Sabina Eberle

Simple Ways to Save the Planet



This month I had a chance meeting on a train with the well-known environmental campaigner Larch Maxey, so I posed the question “What do you think is the single most important thing we as individuals can do to avert the crisis?” His answer “Tell the truth.”

While telling the truth is central to our human moral and social code, actually doing so is more complex. How do we even know what the truth is? We are bombarded with conflicting information from social media. The majority of our mainstream newspapers are owned by four wealthy individuals, our corporations hide the truth to preserve profit. Even our scientists have covered up truth because of pressure from media, business and politics. How do we trust anyone any more?

Larch brought to my attention that we are living in a time of “soft climate denial.” We acknowledge that climate change is happening, but behave as though it is not fully real; playing down the severity of the situation and overestimating scientific uncertainty, thus not enacting the level of change needed to mitigate climate change. And who can blame us?

Although we are not on the frontline of the crisis, signs are filtering through. Record the birds, look around at the wildlife on your doorstep. Did you see swallows last summer? When did you last hear a cuckoo? Have you noticed the spring droughts? The way trees are increasingly susceptible to disease? Now think more widely. How do you feel about the terrible tragedy of migrants in the channel? Why have we got mass migration? The war in Syria is just the start of climate-change conflict where resources simply cannot support a nation. Look at satellite pictures and notice the change in ice over the years. What will happen to low-lying nations like China, India and Bangladesh when they become flooded? Where will those people go, and where will staple foods like rice be produced when agricultural land is under water?

The problem with truth is that it is hard! This is why it’s easiest to dismiss it. And why we need support each other on our journeys. Part of the process involves grief, anger, fear and anxiety. While we need the truth, we also need to be kind to ourselves. Take on bite-sized pieces of information and learn when to stop. Balance fact-finding with positive action; find others in the community who are going through the process of learning so you can talk through your concerns. Start to work out ways of building resilience. Avoid apportioning blame (we are all guilty) but imagine the future as you would like to see it. If you can, volunteer within your community as this is a great way of enhancing well-being and widening your social circle.

Removing division and being open-hearted helps. If fear of migration bothers you, join Open Hearts Open Borders who help repatriate people who have had to flee their homes and talk to people about their experiences. If loss of nature is a fear, volunteer for Cornwall Wildlife Trust, campaign for better planning laws, or support organic farmers by buying a local veggie box. Join a litter picking group. Pledge to go flight free.

Balance your absorption of the truth with actions to keep your psyche positive; listen to music, dance, walk, cycle, stay healthy. Despair is no good to anyone. Accept inconsistency will be part of the process. As humans we are all fallible!

Finding the truth, knowing the truth, learning how to communicate the truth, none of it is easy. But it is something every one of us can, and should, do. And then, strengthened by the truth we can look towards positive action in building the resilience we need.

Lizzy Stroud

Rita's Rota

March 2022 Dates

- 1 10:00 - 12:00 Coffee Morning DSVH
- 2 10:00 - 11:30 Coffee Morning CZ
11:00 Bible Study SGMC
- 5 10:00 Celtic Way Walk to Seaton SGPC
- 6 10:30 Sunday Service SGMC
- 8 Mobile Library
St Germans - Alms Houses 09:45 - 10:05
St Germans - Quay Road. 10:15 - 10:50
Downderry - Inn. 13:55 - 14:35
Seaton - Car Park. 14:45 - 15:05
- 9 10:00 - 11:30 Coffee Morning CZ
- 10 14:30 St Germans Thursday Club EHS
19:30 Deviock Parish Council CZ
- 12 11:00 - 13:00 Coffee, Cake & Chat HCH
- 13 10:00-14:30 Indoor Car Boot & bar DSVH
10:30 Sunday Service SGMC
15:00 Holy Communion CZ
- 16 10:00 - 11:30 Coffee Morning CZ
11:00 Bible Study SGMC
- 18 15:00 CB Tea & Cakes SNCh
- 19 10:00 - 13:00 Little Breakfast DSVH
10:00 - 11:00 Coffee Morning SGMC
10:00 - 12:00 D'derry Memorial Gardening
- 20 10:30 Sunday Service SGMC
- 23 10:00 - 11:30 Coffee Morning CZ

- 24 14:30 St Germans Thursday Club EHS
18:30 Deviock Parish Planning C'ttee CZ
- 25 09:30 CB to Greenaway
19:00 DSVH AGM DSVH
- 26 11:30-13:30 Soup and Pud Lunch SNCh
- 27 10:30 Sunday Service SGMC
- 28 13:00-15:00 DAG Art and Crafts starts CZ
18:30 St Germans Parish Council EHS
- 30 10:00 - 11:30 Coffee Morning CZ

CZ Downderry Coastal Zone; CB Community Bus; DSVH Dderry & Seaton VH; DAG D'derry Activities Group, PolH Polbathic Hall; EA Eliot Arms StG; EHS Eliot Hall StG; HC H'ford Church; HCH H'ford Church Hall; SGMC St G Methodist Ch; SGPC St G Priory Church; SNCh St Nicolas' Church; SNS St Nicolas' School; TC Tideford Church; TRBL Tideford RBL Hall; WVH W'gates V Hall

Copy for Rita's Rota should be sent to nuttree.editor@yahoo.com by 15th of the preceding month.

Rita

We have received no CofE service details this month but presume that the normal schedule will apply. Check the St Germans Group Parish website for details (stgermansparishes.com)

nuttree.editor@yahoo.co.uk

Disclaimer : The Editorial group accepts no responsibility for views expressed in any edition of Nut Tree. Nevertheless, we will try to be as accurate and objective as possible and seek similar standards from our correspondents.