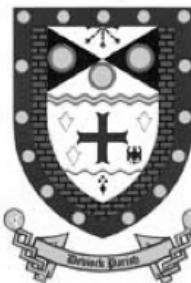
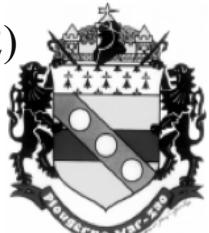




NUTREE

May 2022 Volume 37 (2)



Nature Notes

A morning in mid-April and you could be forgiven for thinking that you were living in a cloud. The forecast suggests some sunshine will emerge, but I am dubious. At last, after lunch, visibility improves and the cloud lifts, so it is worth taking a springtime walk. Ascending from the coast I quickly get warm and feel a little overdressed. Birds are singing, but I am looking out for butterflies. I notice the odd Speckled Wood, a common species that is found along hedgerows and woodland paths, especially where there is dappled shade. Individuals appear to tumble in the air as they chase one another. Then, something totally different catches my eye and from a distance does not appear familiar. Eventually it settles - a Painted Lady, a pleasant surprise. This is a true migrant from north Africa, but few are seen so early in the year. I think back to the occasional years of plenty for this species – could 2022 be another?

Further along the walk, I reach a farm and there twittering on a wire is a pair of Swallows, recently arrived from southern Africa. Despite the decrease in numbers over recent years, this location is always one which I can rely on. I passed here two days ago and they had not arrived, so I am pleased to see they are back after their epic journey. Then another butterfly appears, this one white. The clinching flash of orange confirms its identity, a male Orange Tip, the first of the season for me. This butterfly is a common, but attractive species, single brooded and on the wing into June. The female lacks the orange and can easily be mistaken as another white butterfly.

Flowers are prolific, splashing the sides of the road with yellow, white, red and purple, but as I turn along a woodland path the intensity of colour increases. Bluebells are emerging, in time to beat the closing of the woodland canopy. They prefer the damp soils of woods but in gardens risk hybridisation with the Spanish Bluebell. The yellow of Lesser Celandines is dying back, whilst Ramsons, or wild garlic, Primroses and Dog's Mercury are at their best. We now frown upon the picking of wild flowers, but it is not too long ago that Primroses were a rural cash crop, gathered as a symbol of Easter. Dog's

Mercury is a poisonous plant with spikes of greenish flowers and easily overlooked. It is indicative of ancient woodland or old hedgerows. Perhaps this proves the old age of this route, once a rural highway leading down to the river, but now a verdant, sunken footpath.

Out of the woodland and walking back towards the coast, I notice a few Bee Flies hovering in front of flowers. They resemble small bees but have only two wings, and are easily recognized by the long proboscis searching for pollen. By now, there are no more butterflies to encounter as the cloud has descended and the sun has disappeared. Suddenly, the temperature has dropped as the cold air of the ocean intervenes. I am now feeling underdressed as spring seems to have come and gone in a matter of hours. I doubt whether the Swallows are impressed.

Alan Payne

Deviock Parish Council

Forthcoming meetings in May (to take place at the Zone, Downderry Methodist Church): Annual Meeting (full council) 12th May 7.30pm; Planning Committee 26th May 6.30pm. Social distancing and reduced capacity will continue to apply. See Agendas for details prior to each meeting.

Priority Services: The Parish Council has been in touch with Western Power to thank them for their hard work to restore power in the recent storms and to ask if there was any additional support that could be offered to our elderly and/or vulnerable residents in an emergency. We have been advised of a Priority Services Register, whereby residents can make Western Power aware of any health issues or conditions they have. This will enable power supply and/or assistance to be prioritised according to need. Please register at www.westernpower.co.uk/customers-and-community/priority-services/priority-services-register.

Emergency Plan: A working group of Councillors has been created to manage the development of an Emergency Plan. The Parish Council will work with local authority and community groups, including DaSRA, over the coming months to progress this.

Changing Places Toilets: The Parish Council has been successful in securing government capital funding for a Changing Places Toilets (CPT) facility at Seaton, to be located alongside the public toilets. Other successful bidders in Cornwall are the councils of Truro, St Ives, Falmouth, Redruth and Wadebridge. The intention is for the CPT to be open for Easter 2023.

Co-option of a Seaton Ward Councillor: The deadline for applications is 5pm on Thursday 5th May.

Tank traps: A grant for £500 has been received from Cornwall Heritage Trust, which will go towards the restoration and display of one or more of the WWII tank traps currently located on Seaton beach, but to be relocated to the green across the road.

Call for local contractors: The Parish Council is keen to hear from any local builders able to quote for small works within the parish. Current requirements are for two flagpole bases in Seaton and a disabled access ramp in the Downderry memorial garden; other projects to follow. For further details, please contact Councillor Croft: jcroft.deviockpc@gmail.com

Planning: To comment on a planning application, search for ‘cornwall council planning applications’. Any comments posted on the Cornwall Council site are viewed by the Parish Council. See Agendas for applications due for discussion at the next Planning Committee meeting.

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

New Councillors needed. The Parish Council deals with many issues of importance to the local community, including planning issues, maintenance of play parks, and looking into road safety but there's more we want to do. We need to establish an emergency plan, climate action group and perhaps a Local Neighbourhood Plan. Councillors meet in working groups and attend meetings with other Parish Councils to discuss ways we can collaborate to better serve our communities. We currently have 2 vacancies - if you'd like to be involved, why not have a chat in the first instance with either an existing Councillor or our Clerk Emily on clerk@stgermansparishcouncil.gov.uk. You will be invited to attend a meeting and this could lead to you being co-opted as a Parish Councillor. We would really like to hear from community spirited people with fresh ideas and some time to commit.

Queen's Platinum Jubilee. In June, to commemorate HM Queen Elizabeth II's 70 years as monarch, the Parish Council will give a commemorative Cornish hand-made tin coin to all children of the village aged 2-16 on June 2nd 2022. We will distribute these via the school and local nursery, but if your child does not attend school in the Parish please contact the Clerk to register your child's name - Clerk@stgermansparishcouncil.gov.uk

Highways. St Germans village 20mph speed limit feasibility study is currently underway. EV2 is a project being undertaken by Cornwall Council it is about putting in

electric car charging points in Council owned carparks They are scoping plan 2 at the moment and expect next to look at small carparks as EV3, we will be looking to put forward an expression of interest for Tideford and Polbathic car parks.

Polbathic Bus Shelter. This bus shelter is currently underused and not hygienic, and we are considering demolition and will be looking into perhaps placing a new one in a more user-friendly position. If you have any views or comments, please let us know: Clerk@stgermansparishcouncil.gov.uk

We welcome Parishioners to our Council meetings. If you have any issues you would like to raise, please contact our clerk. Don't forget also that you are also welcome to speak briefly at the start of our monthly meetings, on any subject which is on that day's agenda.

Cllr Nicola Griffin

Sir Walter Moyles Almshouses Charity - Volunteer Trustees

The Trustees of the Sir Walter Moyles Almshouses Charity are seeking suitable volunteer trustees to oversee the management of the charity. The charity has four scheduled meetings a year. If you would like to be involved and would like more information, please contact our clerk on 07811397392.

Alex Bolton - Clerk to the Trustees

Polbathic Village Hall

The Annual General Meeting of the Polbathic Village Hall will be held on Wednesday 25th May 2022. The Hall will be open from 7:00pm in order for subscriptions to be paid prior to the meeting which will start at 7:30pm. All welcome.

Jenny Warr

Community Thanks

Thelma Marchant and her family would like to thank friends and neighbours for many lovely cards and memories of Alan. Also, thanks to everyone who attended the Celebration of his Life at The Priory Church which was a very moving occasion.

Thelma Marchant and family

St Germans and Tideford Royal British Legion

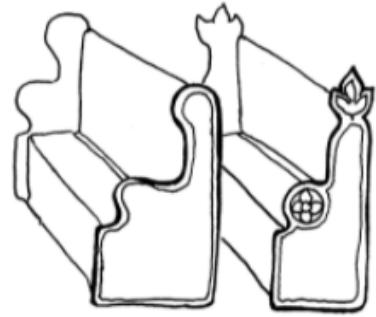
The RBL at Tideford welcomes you all to our community coffee morning, to be held on the 9th May 10:30 to 12 noon with fresh coffee and yummy cakes on offer. (Bank holiday pushes it forward a week). Thank you for your continued support, it was lovely to see new faces recently. All proceeds to the poppy appeal for St Germans and Tideford Branch of the Royal British Legion.

Linda Davidson

News from our Churches

St Germans Group Parish with Antony and Shevick

Through Lent we worked through Living In Love and Faith, the Church of England's course exploring questions about identity, sexuality, relationships and marriage and how they fit within the bigger picture of the good news of Jesus Christ. We look forward to hearing in September the feedback, from this course, which has been shared across England.



It was a joy to be fully back in our churches this Easter, with services for Maundy Thursday, Good Friday and Easter Day. To be together, to sing and give thanks for the hope given by our Risen Lord was incredibly special.

The East Wivelshire Deanery, in which we are located, is undergoing a process called On The Way. This challenging process is looking at how we can do mission and ministry in the 21st century. There are proposals being put forward this month and they will be voted on in June.

As ever, our vibrant church community is busy in May, and we look forward to seeing you at some of our events. We are planning for the Platinum Jubilee weekend, which is also Pentecost, with a big Messy Church picnic at St Germans and other events in Downderry.

Revd Laura Bushell Hawk - Curate - RevLauraBH@gmail.com

St Germans Methodist Church

We are grateful to be able to build up our activities again now Covid restrictions are lifted but assure everyone that we are still doing all we can to keep people safe. Our Sunday services continue weekly at 10.30 on a Sunday morning.

Our monthly coffee mornings are continuing to be successful. We do not charge but donations are welcome towards the charity of the month. We are delighted to report that we were able to send £500 to All We Can to support the people of Ukraine after our March Coffee Morning. On April 16th we raised about £130 (some moneys still to come) for WaterAid. Thank you to all who came and enjoyed a drink and chat and helped with their donations. Our May coffee morning is on the 21st and any donations will go to Christian Aid. Please come and help the charity of the month and enjoy a good time together. There will always be a Bring and Buy and Cake Stall.

We look forward to seeing you at any of our activities or services.

Steve Gerrard

The Zone Downderry - a Fresh Expression of The Methodist Church

There will be Holy Communion on Sunday 8th May at 3pm. The service will be taken by The Reverend Jonathan Budd. Everyone is welcome to join us.

We have a coffee morning every Wednesday 10am-11.30am

Elsa Guilfoyle

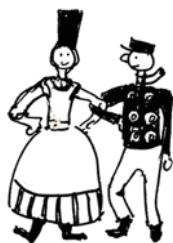
Choral events at St Germans Priory Trust

- | | |
|-----------------------|--|
| Friday 20th May | - Valley Voices Concert |
| Saturday 25th June | - East Cornwall Bach Choir Concert |
| Saturday 16th July | - Reflections Choir Concert |
| Friday 30th September | - Evensong with Bishop Nicholas and Bishop Hugh. |



Richard Laugharne

St Germans and District Twinning Association



At long last we are hoping to get back to a bit of normality! We are going to hold an AGM meeting on Sunday 29th May at 7pm in the Hall in Downderry.

It is going to be a very important meeting as there need to be changes to the current Committee. We will be looking to elect a new Chairman, Vice Chairman, Treasurer and Secretary. If anyone wishes to put their name forward for any of these positions we would love to hear from them!

It is vital that we have as many members as possible to attend to form a quorum for those decisions and the future plans for the Association need to be discussed.

We will be serving refreshments and are looking forward to getting together again. If you have any queries or suggestions please get in touch.

*Ann Drew 01503 232932
or annandrew247@yahoo.com*

Quay Lane Surgery

Patient Participation Group (PPG)

We hope you'll come and meet us informally over a cuppa at one of the Wellbeing Hubs. Pop in and meet Jessica and find out more about Social Prescribing and the valuable service it provides. Come and meet Jayne or Laura too from Volunteer Cornwall. We are all offering friendship and support in these difficult times.

Menheniot - The Old School

Tuesday 17th May 10am - 12 noon

Tuesday 21st June 10am - 12 noon (and every 3rd Tuesday each month thereafter)

St Germans - Eliot Hall

Tuesday 10th May 10am - 12 noon

Tuesday 14th June 10am - 12 noon (then every 2nd Tuesday each month)

Downderry - The Zone

Monday 30th May 1 - 3.00pm

Monday 27th June 1 - 1.30pm (then on last Monday afternoon of every month)

If you have constructive ideas and would like to be involved - please get in touch with me by email or write to the Practice Manager at Quay Lane Surgery, St Germans, PL12 5LH for more information about joining the Patient Participation Group.

Claire Croft, PPG Chair quaylaneppg@gmail.com

Practice News

Demand for appointments is still considerably higher than normal and we are struggling with high levels of staff absence due to Covid. We are doing our best to help with your most urgent clinical needs, however we are having to cancel some appointments. Please do not attend the practice if you have Covid symptoms and always wear a face covering. Your patience is appreciated.

The Spring covid booster campaign is underway. Patients in the following categories can book an appointment online via the national portal:

- adults aged 75 years and over.
- individuals aged 12 years and over who have a weakened immune system

You are advised to wait 6 months since your previous dose to get maximum protection from a Spring booster. You will be contacted by the NHS inviting you to book when you are due. Appointments will be offered at the practice from May for those unable to book online or are considered housebound. The surgery team will contact eligible patients at a later date.

To support the reduction in waste and greenhouse gas emissions we kindly ask that you recycle your old inhalers. Even after it has been used significant amounts of damaging gases remain in the canister. Recycled inhalers are safely disposed of and then thermally treated to destroy the greenhouse gases. You can drop off your old inhalers into the recycle box located by the check-in machine at the main surgery or pop them in a clear sealed bag to the branch surgery clearly asking for them to be recycled when you collect your prescriptions.

Debbie Todd, Practice Manager

DaSRA - Downderry & Seaton Residents Association

Ukrainian Refugee Crisis: Thank you to all who have answered the call already to offer practical and financial support to Ukrainian refugees in need! If you have registered for the Homes For Ukraine scheme or are considering doing so, please do get in contact with



local resident, Leanne Spencer-Harper. (leanneronk@yahoo.com Mobile: 07895 804935) who is coordinating our village efforts. If you are unable to host but would like to find out ways you can support hosts and their guests, please join our village FB page ‘Downderry and Seaton Ukrainian Refugee Support, www.facebook.com/groups/ , where hosts are able to post needs specific to their refugee guests.

The glacial pace of the Home Office processing visas hasn't prevented some local hosts from already welcoming their Ukrainian guests. Kim and Mark Roberts of Seaton have welcomed a lovely family of three, a mum and two children, and Alyson Davies of St Germans has welcomed a lovely Ukrainian woman named Olyena. It has warmed our hearts and theirs, to see all of the Ukrainian flags flying and the outpouring of offers of clothing, toiletries, etc. from the local community. Olyena loves gardening and felting and Alyson has made a special request for felting supplies and gardening supplies for her if anyone has any going spare? The remaining hosts in the village are now either waiting for their Ukrainian guests' visas to finally be issued, or are still working with our village network to match with Ukrainians in need of their help. If you, or someone you know, is qualified to teach English as a second language to children or adults, we are canvassing interest in delivering English language classes and exchanges locally with a view to offering classes from mid-June. Please do get in touch with Leanne Spencer-Harper if you can help!

Neighbourhood Watch in partnership with DaSRA

Our flower boat project moved a few steps nearer during April with a generous grant from Deviock Parish Council and support from Cornwall Council to locate it on council land. Cormac, who represent the Council, have been very helpful with technical and practical support. It is hoped that our first boat will soon be established in Seaton under the expert guidance and care of the Downderry & Seaton WI. We are pleased that Bread&Babes have agreed to join in along with the well-established team, led by Tim Pullin, at the Memorial Gardens.

Last month we highlighted the dog fouling fines and one keen reader highlighted that the amount quoted differed from the County Council web site. After checking, we got the following information setting out two distinct offences:

- failure to pick up after a dog – fixed penalty notice amount is £100, maximum fine the courts can impose is £1000.

- Littering (relating to dog bags) – fixed penalty notice amount is £150, maximum fine the courts can impose is £2500.

Check with the Cornwall Council web site but expect a large fine if an offender comes up before a court.

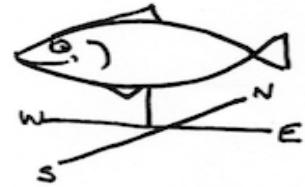
Computer Crime and Fraud. More than £50 million was lost last year to scams where victims are tricked into handing over control of their computer or smartphone to criminals. New data from Action Fraud, the national reporting centre for fraud and cybercrime, reveals that **20,144** people fell victim to scams where they were persuaded to grant criminals remote access to their device. Victims reported losing a total of **£57,790,384** – an average loss of **£2,868** per victim. **What are remote access scams?** Remote Access scams will often begin with a browser pop-up saying that your computer is infected with a virus, or maybe a call from someone claiming to be from your bank saying that they need to connect to your computer in order to cancel a fraudulent transaction on your account. Regardless of the narrative the fraudster's use, their goal is to steal your money or access your financial information by tricking you into allowing them to remotely connect to your computer. **How to protect yourself** Only install software or grant remote access to your computer if you're asked by someone you know and trust, such as a friend or family member, and never as a result of an unsolicited call, browser pop up, or text message.

- Remember, a bank or service provider will never contact you out of the blue requesting remote access to your device.
- If you believe your laptop, PC, tablet or phone has been infected with a virus or some other type of malware, follow the NCSC's guidance on recovering an infected device. [How to recover an infected device - NCSC.GOV.UK](https://www.ncsc.gov.uk/guidance/recovering-an-infected-device)
- Protect your money by contacting your bank immediately on a different device from the one the scammer contacted you on.
- Report it to Action Fraud on 0300 123 2040 or via [actionfraud.police.uk](https://www.actionfraud.police.uk). If you are in Scotland, please report to Police Scotland directly by calling 101.

Other local issues this month:

- Fuel theft is on the rise.
- Cold calling remains a problem.
- Operation Seabird - Operation Seabird is a national partnership that aims to engage with the public, businesses, and organisations to raise awareness about the sensitivities of the coastline, and how simple changes can reduce pressure on our unique wildlife and habitats.

Downderry and Seaton Village Hall



Membership - Please support the Village Hall by becoming a member or renewing your membership. Adult membership is £8 and junior/child group membership £4 for 2022/23. Membership of the Village Hall 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. To pay, go to www.downderryandseatonvillagehall.co.uk, or come to a fundraising event. Please note no door to door collections will be made due to licence requirements from Cornwall Council.

Open Meeting / AGM - We would like to thank all who attended the open meeting and AGM when we showed the revised plans for the essential building work needed to the Village Hall. We received lots of positive feedback and we also hope that we were able to alleviate some of the concerns previously expressed. The revised plans have been submitted to Cornwall Council and once published we will let you know, so you can comment on them if you wish.

Coffee Morning Tuesday 3rd May 10am to 12 noon - Come along for a chat and enjoy a hot or cold drink with cakes. It only costs £2.00 per person and there will be a Book Stall and Raffle Tickets for that morning's draw.

Little Breakfast - Saturday 21st May 10am to 1pm - Come 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. There will also be a book/DVD sale.

There is an additional charge of £1 for Filter Coffee and 50p for Hot Chocolate made with milk at the above events to which everyone is welcome, including well behaved dogs on leads who will also get a little treat.

Downderry and Seaton Associations and Groups Event - Saturday 21st May 5pm to 8pm
Do you know what Associations and Groups are in our area? No, then this is your opportunity to come and meet some of them and find out what they do and perhaps how you can get involved. There will be hot and cold drinks available and a pop-up bar. If you are part of a local association or group and haven't received an invite to this event, please email downderryandseatonvillagehall@gmail.com.

Dates for your diary - special future events:

- Community Event - Village Party to celebrate the Queen's Platinum Jubilee - Friday 3rd June (on St Nics Playing field)
- Midsummer Madness weekend - Friday 8th to Sunday 10th July (Friday Quiz, Saturday Music Night, Sunday afternoon - fun for all the family on St Nics Playing field)
- Art & Crafts Fair - Friday 22nd to Sunday 31st July.

Mandy Smith

St Germans & District Garden Club

It was good to meet up again last month- a reassuring step towards normal. This month we have a meeting on Wednesday 18th May at 7.30pm in the Eliot Hall when Tricia Howard from Hidden Valley Gardens is coming to us again to talk on 'Ferns'. It will be good to have a speaker again after such a long time.

Ann Drew

Deviock Activities Group (activities run by local people for local people)

Table Tennis Wednesdays. 6pm - 8pm £3. Three tables available. All standards most welcome. Good fun and good exercise! Lead volunteer is Maggie Holden.

Art and Craft Sessions Mondays. 1pm – 3pm £2.50. Come along, bring your own projects and works-in-progress or try one of our quick taster activities. Refreshments included. Details on our *DAG - Deviock Activities Group* Facebook page.

Our current calendar of events is in Rita's Rota on the back page. For more information contact Sue on webstersue62@gmail.com. Coming soon we will have activities for under 8s starting with a dance class on Fridays after school. Lead volunteer is Leanne on leanneronk@yahoo.com.

For information on all DAG activities contact Viv on parkerviv@aol.com or 250519.

Viv Parker

Community Bus 300 Club

The lucky winners for the April draw: 1st. No. 144 Kath Hadfield £20, 2nd. No. 75 Jenny Heale £15, 3rd. No. 9 Maura Swabey £10. Thank you all for donating to keep our bus on the road.

Jo Woodley (01503250489)

Downderry Bread & Babes

Bread & 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 to make. Once cooked it will be your little one's snack at the end.

In May we have some more special sessions planned with Awenek Studio's coming back in and the Music Man from Saltash Library will be entertaining us on 5th May.

We run every term time Thursday at The Coastal Zone, Downderry, PL11 3LY between 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.

Michelle Davies

St Germans Thursday Club

'Twas a lovely meeting! We were joined by Hannah and her daughter Bella (aged 6), for a most useful general discussion on health and how to care for ourselves and others. One most interesting fact - most all of us remember seeing our mothers and other older relatives (women only, perhaps) circling their ankles as they'd sat knitting or reading or conversing with friends. A very healthy habit - DO try this at home, especially any gentlemen or younger folk, who may not have tried it yet! Healthy diet, and sleep and attention to breathing were all touched upon. Hannah gave us some most useful tips, and answered questions in non-technical language, from her years practising and teaching yoga. Thank you, Hannah. This was a Club session that boosted, most pleasantly, everyone's health!

Our next meeting will be Thursday 12th May 2:30 pm in Eliot Hall. Doors open 2 pm. Visitors and new members more than welcome. Anyone with an amusing bit of local history ("gossip well told" according to the Historical Association), or photos of days gone by, please bring them along to share. I shall bring some of the books/cuttings I've been collecting, with lots of questions for those of us who do remember where and when!

Thursday Club all-day outing Thursday 26th May to Otter Nursery - pick up at the Triangle at 10 am. Please book with Trish Gregory - 230697.

Enquiries to our Chairwoman Jean Mills 01503-230324.

Sue Cousins

Downderry and Seaton WI



Learning to use a Defibrillator saves people's lives. That was made abundantly clear by Pat Dollard, qualified First Aid trainer who demonstrated this Basic Life Support session to a packed room in the Zone, Downderry in April and to whom we are most grateful. The WI had invited anyone in the village to attend and attend they did! The atmosphere was friendly and supportive with a definite air of ensuring that in a most professional way, the audience would leave knowing where to find and what to do with the defibrillators hanging on the walls of the toilet block in Downderry and on the toilet block in Seaton, Country Park.

Our next meeting in May will feature a video presentation looking at the WI resolution "*Women and Girls with ASD & ADHD - under-identified, under-diagnosed, misdiagnosed, under-supported*" Is this something that affects young women you know? What could the WI resolution do to help them? Come along and find out on Tuesday 10th May 2022. downderryandseatonwi@gmail.com

Finally, if you are new to the village come and meet us at the Community Organisations Event in the Village Hall on 21st May from 5.00 to 8.00 p.m.

Maura Swabey

Simple Ways to Save the Planet

Over the last months the war in Ukraine has dominated headlines. We travelled to Ukraine in 2011 and I find the footage heartbreakingly powerful. But there are things we can do to help.



Firstly, we should reduce our oil use. Without income from oil the Russian government will not have money to pay for troops. I have stopped driving unless absolutely necessary and have found myself fitter for it. It's surprising how many journeys can be cut out by careful planning and shopping locally. If you have oil heating, wear a jumper and turn it down as much as you can.

Alongside oil, Russia supplies the UK with coal, primarily for coal fired power stations, so now is a good time to change to energy providers who only offer 100% renewable energy, like Octopus or Good Energy. We can also burn wood rather than coal on our fires. In the longer term we need to insulate our own homes, and campaign for all new builds to be even better insulated, have their own solar power and good off-road connections to schools, shops and surgeries. In Cornwall there is a weighting - the perceived need for low cost housing means builders are allowed to cut corners, and environmental factors are not prioritised, leading to a continued reliance on fossil fuels by those who can least afford it. If you don't feel this is acceptable, write to your MP, and your local parish and county councillors.

We need to reach deep into our reserves of compassion and work out how we can offer shelter to those in need. Despite an epidemic of homelessness, many perfectly good houses lie empty. If you have a second home, give some serious thought as to how much you need it. If you go on holiday, chose a sustainable option such as a barn conversion, caravan or lodge, that has not taken housing out of the community. The problem is not with immigration, but with our desire to own more than we need.

The visa process enabling Ukrainians to come to the UK is painfully slow, and comes at a time when other refugees are being very poorly treated. With global warming there will inevitably be more conflict, and more population displacement. The journeys of Ukrainians to the UK is hard, but think also of those coming from the African countries, travelling on foot across continents and risking their lives in dangerous passages. Put yourself in their shoes. How many of us have taken the opportunity to emigrate to France, Spain, New Zealand, Australia? We need to pressure the government to review how they treat asylum seekers, because at the moment our system can be inhumane.

War is a terrible thing. In the past war has created change. We can choose the change. We can use this horror to reassess our own relationship with fossil fuels. By boycotting oil and coal and by showing humanity, we may not be able to fix the situation, but at least we will be doing the best we can. And helping to tackle the environment crisis along the way.

Lizzy Stroud

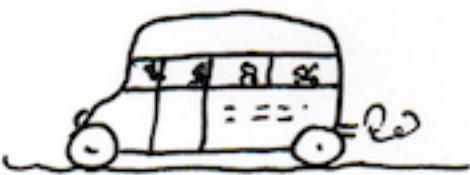
Community Bus News
Services and Excursions during May 2022

DATE		DESTINATION	DEPART	LENGTH STAY	FARES SINGLE	FARES RETURN
<u>May</u>						
Tuesday	3	Plymouth	9.30 am	4 Hours	£3.00	£4.00
Thursday	5	Liskeard	9.30 am	2 Hours	£2.00	£3.00
Friday	6	LOOE	11.30am	3 Hours	£3.00	
Tuesday	10	Plymouth	9.30 am	4 Hours	£3.00	£4.00
Thursday	12	Liskeard	9.30 am	2 Hours	£2.00	£3.00
Friday	13	FOWEY FESTIVAL	9.30 am	4 Hours		£5.00
Tuesday	17	Plymouth	9.30 am	4 Hours	£3.00	£4.00
Wednesday	18	TRURO	9.30 am	4 Hours	£5.00	£7.00
Thursday	19	Liskeard	9.30 am	2 Hours	£2.00	£3.00
Friday	20	TRAGO MILLS	9.30am	3 hours		£4.00
Day to be confirmed		Tea and Cakes at St Nicholas Church, £2.00		3.00pm		
Tuesday	24	Plymouth	9.30 am	4 Hours	£3.00	£4.00
Thursday	26	Liskeard	9.30 am	2 Hours	£2.00	£3.00
Friday	27	TAVISTOCK	9.30 am	return 3.00pm frm Tavi		£6.00
Tuesday	31	Plymouth	9.30 am	4 Hours	£3.00	£4.00

<u>June</u>						
Thursday	2	Bank Holiday, no bus				
<u>Excursions/Trips for June.....</u>						
Friday	10	Royal Cornwall Show	11.30am	4 hours	£18 entry	plus £7 bus
Saturday	11	Royal Cornwall Show	11.30am	4 hours	£18 entry	plus £7 bus
Wednesday	15	TRURO	9.30 am	4 Hours	£5.00	£7.00
Friday	17	Falmouth Sea Shanty	2.00pm	4 Hours		£10.00
Friday	24	Totnes	9.30 am	4 Hours	£4.00	£6.00

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

Lunch in Looe. No drink/drive issues. No parking issues. What's not to like? Use the Community Bus. The date, Friday May 06. Depart Downderry at 11.30, leave Looe to return at 15.00. Perfect.



The Downderry and District Community Bus just makes life that little bit more enjoyable. During May you can also visit the Fowey Festival on Friday 13th, Truro on Wednesday 18th, Trago Mills on Friday 20th and Tavistock on Friday 27th. Looking a little further into the summer we are planning trips to the Royal Cornwall Show on Friday June 10 and Saturday June 11, to Truro on Wednesday June 15. Then it is time for Falmouth and the International Sea Shanty Festival on Friday June 17 and a trip to Totnes on Friday June 24th. Then have a re-think about our regular weekly trips to Plymouth (Tuesdays) and Liskeard (Thursdays). When were you last at the National Aquarium in Plymouth or at the wonderful new Box museum, or at the Royal William Yard? They are great venues and places to meet up with friends and to enjoy a splendid

lunch. Ask the driver, and we can drop you right at the door. Just over three hours later you are heading back home.

In Liskeard, bring your trolley bag and we can drop you directly at either Morrisons or Aldi for your shopping, and in the centre of course you have the Co-op, a great butcher and greengrocer. The bookshop, the library, banks and the post office, time for a coffee and then back to Downderry. Remember, if you have a Freedom Pass for local buses, you can use it on the Plymouth and Liskeard services. If you have any other destination idea, give us a call and we will see, if we can arrange it. Check out the bus timetable for all the details in Nut Tree, on www.dasra.co.uk (the Downderry & Seaton Residents Association website), and on village noticeboards. Check there too for the date of the next Friends of the Bus tea and cakes get-together at St Nicolas Church.

For reservations, please call Bev Brighton on 01503 250944. For 300 Club and details of the monthly draw call Jo Woodley on 01503 250489. For any other questions please contact Kevin Done, Chairman on 01503 250911.

Kevin Done kevindone@hotmail.com

St Germans & Area Public Transport Group

Public Transport Survey. You will have seen lots in the press last month about changes in bus services, and cuts in various parts of this area. There are many advantages of bus and train services, and it's important to tell local councils and transport operators what works well and what improvements can be made. You'll remember that we're working with the Rame Peninsula Public Transport Users Group on the survey. You can answer it on the forms which can be found in Downderry Stores, where completed forms can be posted in the DASRA Post Box sited within the shop. Or you can find survey forms in the St Germans Community shop, and once completed they can be posted in the box there. If you can't find the survey in a shop or library, ask for one from the number below. You may find it easier to answer online however <https://sgrug.onlinesurveys.ac.uk/transport-users-survey-go> We 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? We really need to have an integrated public transport system and a better connected Rame peninsula. It's important to say what you think about easier, more convenient and accessible travel for all, with public transport that meets people's needs. We've recently been told about bus fare reductions in Cornwall but if your journey ends (or starts) in Plymouth, you don't get a reduction! The lower fares are only for journeys entirely within Cornwall. Also, please tell us how information about buses, trains, ferries could be more accurate, up-to-date and easily available to all. Please tell your friends/neighbours about the survey: the more that answer it the better.

Trains. We have produced a May timetable. You'll see that there is still a good frequency of service. Timetables are available at St Germans station as well as in shops, and pubs etc.

Buses. You can find the bus timetables online and printed copies should be in local shops by now (as well as posted at the bus-stops). Two major changes since April 10 are that the 71 bus now runs only between Saltash and Derriford Hospital, and the 75A bus runs from Torpoint to Plymouth via Sheviock, St Germans, Landrake and Saltash, 5 or 6 buses a day.

Alan Cousins 230106

Rita's Rota

May 2022 Dates

- 1** 10:00 Morning Worship (SNCh)
- 2** **Bank Holiday**
- 3** 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
- 10:00 Holy Communion (TC)
- 10:00-12:00 Coffee Morning (DSVH)
- 4** 10:00-11:00 Coffee Morning (CZ)
 - 18:00-20:00 DAG Table Tennis (CZ)
- 5** 09:30-11:30 Bread & Babes (CZ)
- 6** 11:30 CB to Looe
- 7** 10:00 St Germans Messy Church (SGPC)
- 8** 10:00 Holy Communion & PCC AGM (SGPC)
 - 15:00 Holy Communion (CZ)
- 9** 10:30 - 12:00 RBL Coffee Morning (TRBL)
 - 13:00-15:00 DAG Craft Café (CZ)
- 10** 10:00 Holy Communion (TC)
 - 10:00-12:00 Wellbeing Hub (EHSG)
 - Time tbc Downderry WI (DSVH)
- 11** 10:00-11:00 Coffee Morning (CZ)
 - 18:00-20:00 DAG Table Tennis (CZ)
- 12** 09:30-11:30 Bread & Babes (CZ)
 - 14:30 St Germans Thursday Club (EHSG)
 - 19:30 Deviock PC Annual Meeting (CZ)
- 13** 09:30 CB to Fowey Festival
- 14** 11:00-13:00 Coffee, Cake and Chat (HCH)
- 15** 10:00 Holy Communion (SnCH)
- 16** 13:00-15:00 DAG Craft Café (CZ)
- 17** 10:00 Holy Communion (TC)
 - 10:00-12:00 Wellbeing Hub (MOS)
- 18** 09:30 CB to Truro
 - 10:00-11:00 Coffee Morning (CZ)
 - 18:00-20:00 DAG Table Tennis (CZ)
 - 19:30 St Germans Garden Club (EHSG)
- 19** 09:30-11:30 Bread & Babes (CZ)

- 20** 09:30 CB to Trago Mills
 - Valley Voices Concert - SGPC
- 21** 10:00-11:00 Coffee Morning (SGPC)
 - 10:00-13:00 Little Breakfast (DSVH)
 - 17:00-20:00 Assocs and Groups (DSVH)
- 22** 10:00 Morning Worship (SGPC)
- 23** 13:00-15:00 DAG Craft Café (CZ)
- 24** 10:00 Holy Communion (TC)
- 25** 10:00-11:00 Coffee Morning (CZ)
 - 18:00-20:00 DAG Table Tennis (CZ)
 - 19:00 Polbathic Hall AGM (PolH)
- 26** 09:30-11:30 Bread & Babes (CZ)
 - 10:00 Thursday Club trip to Otter Nursery
 - 18:30 Deviock PC Planning Meeting (CZ)
- 27** 09:30 CB to Tavistock
- 29** 10:00 Holy Communion and United Benefice Service (SGPC)
 - 19:00 Twinning Association AGM (DSVH)
- 30** 13:00-15:00 Wellbeing Hub (CZ)
 - 13:00-15:00 DAG Craft Café (CZ)
- 31** 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

CZ Downderry Coastal Zone; CB Community Bus; DSVH D'derry & Seaton VH; PolH Polbathic Hall; EA Eliot Arms StG; EHSG Eliot Hall StG; HC H'ford Church; HCH H'ford Church Hall; MOS Menheniot Old School; PolH Polbathic 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

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

Rita

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