

NUT TREE

October 2025 Volume 40 (7)



Nature Notes

Despite the inevitability of autumn, the recent bout of wet, windy weather comes as a shock. We are in need of water, but we are being punished. Given that we are close to the autumnal equinox, a visit to the coast just after dawn is not exactly early. The sea is messy, noisy and dangerous. White spumes rise incessantly from the conflicting waves. It is high tide and an Oystercatcher calls excitedly as it attempts to find a safe spot to rest and feed in a contest with the swash of the incoming waves.

Looking further out I notice the ease with which the Gannets tackle the inhospitable conditions in sweeping arcs. Just a few wingbeats followed by long glides, tilting slowly to one side, then the other, they are perfectly at ease. If we can identify enjoyment in animal behaviour, this is it. Young Gannets are dark brown and resemble their parents only in shape. Over the next four or five years they acquire a whiter appearance, so it is possible to pick out birds in many transitional plumages here. All ages are represented. Despite seeing hundreds during a year, I continue to be impressed by the way they slide through the air, in total control of the difficult conditions.

In contrast, the flight of Manx Shearwaters is more incisive. They fly closer to the surface in tighter arcs and almost disappear in the troughs between the waves. These birds are much smaller than Gannets and easy to miss in these rough conditions. As they incline from one side to the other, dark plumage gives way to white. They are probably birds that have nested in the Isles of Scilly and, in a few weeks, they will move out of our waters to spend the winter in the south Atlantic. Gannets will disperse too, but over a shorter distance, a few remaining in the Channel not too far away.

As for the gulls, the local individuals stay well inshore, but the main exception is the Kittiwake. It is a small gull that easily tackles tough conditions. It flaps more, but the stiff,

quick wingbeats enable it to look at home in the strong wind. Although it does not breed here, many can be noted on migration, perhaps feeding offshore, before spending the winter far out at sea.

Finally, as I glance over the narrowing beach, a small dark, sleek bird catches my attention. Flying fast close to the surface even in the rain, the lone Swallow quickly breaks its flight and powerfully and effortlessly changes direction. It moves back and forth, rarely reaching the top of the cliff, perhaps drawn to insects originating from the piles of stranded seaweed. Even so, it escapes the worst of the wind and like the other birds shows that it is a master of the conditions. In a few days, it will migrate southward. For the Swallow, this means southern Africa where, after a long flight and a great deal of luck, it will find the company of elephants on open grassland a more welcome proposition.

Alan Payne

Rame Peninsula and St Germans

Autumn is upon us with a vengeance it seems – just in the last week it feels that the weather has shifted and the nights are drawing in. I cannot quite believe that we are this far into the year already, but I do love the Autumn months!

It has been a busy summer for the area this year, thankfully the good weather we enjoyed meant our local businesses seemed to have a good season and that is certainly what I am hearing from those I have spoken to.

The Port festivals this year have been a mixed bag from what I hear from residents in St Germans, I attended Tunes in the Park with my family – and that seemed to be well organised and family friendly. But I understand that for some the Wild Gardens event was problematic. I am asking for a meeting with the organisers, Tunes and the Parish Council to discuss this in more detail and will report back after this happens.

The Great Wall of St Germans is finally going to be fixed! There was an administrative delay with the insurance claim on this accident, but City Bus admitted liability immediately and have accepted the quote for the repairs, so we should see this underway very soon indeed. Big thanks to residents that sent me videos and photos of the incident, which helped to speed things up.

Finally, there will be a public consultation of the signalised crossing proposal for Tideford which will run from mid-September until early October. It will be on the “Lets Talk Cornwall” website and you can search “Tideford” to find it. I think this is a really positive proposal which will finally deal with the severance in the village – I know there will be folk that do not agree and think we should wait for a by-pass instead – but that will be so long away, this is a good step in the right direction. I would very much encourage readers to search for the consultation and submit their views. When it is live, and there is a link, I will share it on my Facebook page.

As ever, please do get in touch if I can help at all on cllr.kate.ewert@cornwall.gov.uk or you can call me on 07873-193631 – I do work as well, so cannot always answer, but if you leave me a message I will call you back.

Cllr Kate Ewert, Rame Peninsula and St Germans

St Germans Parish Council

Dear Parishioners, I hope you all had a good summer which now seems to be well behind us and Autumn is fast approaching. The evenings are drawing in and the mornings a little darker. Please be aware when out walking that you need to be seen. Any hi-vis items of clothing are a benefit to drivers approaching. Please stay safe.

Many of you may have seen the metal railings at St Germans have been repaired and repainted. Thank you to all involved in getting this project completed.

The play parks at Tidford and St Germans are well used so please continue to enjoy them.

The A38 average speed cameras and the reduced 30mph limit through the villages of Tideford and Landrake are now in place. Our residents in Tideford welcome this change and with the addition of a pedestrian crossing in the future, will make life a lot safer for pedestrians. The Parish Council do have a representative on the Safe A38 Committee so please let me know if you have any questions or concerns.

The date of the next meeting is Monday, 27th October 2025 at the RBL Tideford and starts at 18:30. Members of the public are welcome to attend. The agenda along with other documents relating to the Parish Council can be found on the Parish Council website.

Jenny Hoskin - Parish Clerk. Telephone 07845-130596

Email clerk@stgermansparishcouncil.gov.uk

Website www.stgermansparishcouncil.gov.uk

Eliot Hall, St Germans - Coffee Morning Saturday 25th October 10:00 to noon

Join us for tea, coffee and toasted teacakes at our Autumn coffee morning. The heating will be on, as will the kettle, so we hope to see you there.

Briony Woods

St Germans and District Gardening Club

On Wednesday 15th October at 19:00 in the Eliot Hall it is our AGM and club social. After the AGM there will be a tasting of some local Cornish Cheeses with some excellent home baked bread courtesy of one of our committee, Rob Jubb.

Here's hoping we get a good attendance from members old and new.

Roger Whitehead

Deviock Parish Council

There will be two meetings in October: Thursday 9th (Full Council, 19:30) and Thursday 23rd (Planning Committee, 18:30). All meetings will take place at Hessenford Church Hall. See Agendas for details prior to each meeting.

Co-option: The Parish Council is still looking to co-opt more Councillors across the three wards of Downton (one vacancy), Seaton (one vacancy) and Hessenford (two vacancies). Please contact the Clerk to ask any questions, express an interest or to receive further information and an application form.

Meetings venue: Since the closure of The Zone, all Parish Council meetings will be taking place at Hessenford Church Hall. Dates and times are unchanged; see our website for details.

Outdoor gym equipment: Some minor repairs have been made (more to follow) and the cycling machine has been taken out of service for mechanical reasons. This machine was covered securely before the summer holidays, but unfortunately the cover was removed and damaged over the period. There is now signage on the cycling machine to say it is out of use and for anyone interested in using it in the future to contact the Clerk to express an interest.

Sandbags: The Parish Council holds empty sandbags for residents and businesses with properties prone to flooding. (Coarse or all-purpose sand is inexpensive to purchase online, for you to fill your sandbags in situ.) Please contact the Clerk or your local Councillor to make a request.

Planning applications: To comment on a planning application on the Cornwall Council Planning site, search online for 'cornwall council planning applications'. You will need to log in to use the Planning site. Any comments posted on the site are viewed by the Parish Council's Planning Committee and Cornwall Council Planning Officers. See Agendas for applications due for discussion at the next Planning Committee meeting.

Forthcoming road closures around the parish: These can be found at <https://one.network/>. For any other Parish Council business and news, go to our website at www.deviockparish.org.uk/.

The Parish Clerk can be contacted Monday to Friday by email at clerk.deviockpc@btinternet.com. The Parish Office at the Vestry in Downton is open to the public on the first and third Wednesday of the month (non-meeting weeks), 14:00 – 17:00 (tel: 01503-250052).

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.

Hessenford News

Greetings “Pards” (friends) and welcome to "Kynnyaf" (Autumn - pronounced kyn-af). The change in season has been notable in Hessenford hasn't it? Great for farmers, reservoirs and keen gardeners on water meters - surely enough rain has fallen in the past month to avoid a hosepipe ban?

As we entered the Autumn equinox (September 22nd-23rd) some of us embrace the cooler days (hay fever sufferers?) however, others dread those shorter days and the period of equal hours of day and night. We are not animals that hibernate, however, sometimes it does feel as if we have adopted the hunker down in front of the fire or under a warm blanket in bed until Spring re-emerges. Let us try not to fall into this routine - life is short people - don't forget how we all felt during lockdown? That was five years ago, how swiftly we forget and move on. I do remember how I felt being told not to go out or not to interact in person. We need to stay socially combined with as much activity as possible. Even a simple walk through the woods or stroll on the beach is majorly beneficial. There are so many talented, generous and inspiring people locally providing opportunities to stimulate our minds, keep our bodies flexible or spark a new interest - read the Nut Tree, get involved - start up a new ‘thing’ – there is definitely space in Hessenford for more social events.

If you feel as if you would like to enjoy the occasional pub quiz, silent disco, wild night of bingo in the village hall (or nearby) then let's try to make this happen. I will put a poster up on the noticeboard, then it is up to you to support it. As always if you wish to book the village hall for your own private function go online to: www.hessenford.com

What I am trying to say is whatever the season, make the most of what you have around you and try to appreciate how fortunate we are to live where we do.

On Saturday October 11th there will be a coffee, cake and friendly chat in the village hall from 11:00 to 13:00. All welcome.

Resident news: - it is with a heavy heart that I have been informed about the passing of Mary, who we think was the oldest person in the village. Mary apparently moved to Downterry when the family had the shop there. She had a twin brother who died some years ago. But she also used The Bungalow as a B&B for years. Our collective condolences go out to all her family.

If anyone feels the creative urge to write a Hessenford entry please feel free to email me.

Tam Jarvis tam@skim.co.uk



Community Shop Coming to Downderry & Seaton

Exciting news for residents of Downderry and Seaton: the village shop is set to reopen this December, this time as a Community Shop.

The lease has now been signed for the old shop, which will soon be refitted and transformed into a new community-run hub. The reopening marks a major milestone for the villages, ensuring that a much-loved space continues to serve local people.

The Committee members want to thank everyone who has supported the project so far, recognising the effort and enthusiasm that have made this achievement possible.

If you are interested there are several ways to get involved in this community project, including if you have skills that could be utilised in the premises refit, joining the Committee (we are looking for a Treasurer and a Secretary), making a financial donation towards the refurbishment works or joining the group of volunteers who will run the shop once it opens. Contact us on info.theshopdownderry@gmail.com

Work on the refit has begun and regular updates will be shared with the community in the weeks ahead.

Michelle Davies

Downderry & Seaton WI

Now the summer is behind us, our usual pattern of meetings continue. Our regular monthly meetings are on the second Tuesday of each month and our craft group meeting on the third Tuesday, both 14:00 – 16:00 at St Nicolas Church, Downderry. Our book group meets on the third Tuesday of each month at The Inn on the Shore.

Our September meeting found us welcome a local tour guide who gave a talk on the history of Looe Island. Weather willing later this month we are hoping to visit and explore the Island ourselves.

It may seem early, but Christmas is not too far away. Our group are hosting two Christmas events later this year open to everyone, Christmas Crafting on the 9th November and Christmas wreaths and table decorations on 6th December. Should you wish to reserve a place on either of these events please speak to a member of our group when you see us out and about the villages or contact us by email downderryandseatonwi@gmail.com

Julie Green - Secretary

Hessenford WI

We are back! Looe lifeboat station was the venue for the first of our Autumn meetings. After a talk about the lifeboats and the way the station operates, we toured the changing room and lifeboat shed.

When a call is received the volunteer crew drop everything and dash to the station. They have just 90 seconds to don full kit before launching the boat. The crew can then face anything from an incident on the beach to a full-scale rescue at sea or from the cliffs. We were all in awe of these brave men and women. Our treasurer Jean invited us to finish the afternoon with tea at her beautiful home.

October 7th at 14:00 sees us back at Widegates village hall for an afternoon of craft. We will be making poppies and no doubt enjoying a chat and a cuppa. We welcome visitors, so if you would like to meet a friendly group, come and join us.

Jacqueline Holland

St Germans Thursday Club

On July 24th we were pleased to welcome Lyn, Faye and Grace who brought along the lovely Sparkle. Lyn told us all about the wonderful work the Guide Dogs for the Blind do and everyone enjoyed seeing Sparkle.

On Thursday 14th August we all enjoyed our Annual Cream Tea with traditional scones, jam and cream, tea or coffee. There were also a lot of interesting village magazines, photograph albums and posters for us to peruse, lots of wonderful photographs of locals some sadly no longer with us but many still very much part of our village, which led to lots of interesting stories.

On Thursday 11th September we held our first Knitathon, where we were knitting little dogs to be sold in aid of the Guide Dogs for the Blind. I am not sure how much knitting got done with all our chatter but hopefully we are all knitting away at home ready for our next Knitathon.

Coming up:

Thursday October 9th: We have our last outing of the year to Endsleigh Garden Centre. The bus will leave St Germans at 13:30. Please contact Trish on 01503-230697 for further information.

Thursday October 23rd: Is our second Knitathon. A chance for us all to catch up and see how we are getting on with our little dogs. Everyone is welcome so come and have a go.

Our meetings are held at the Eliot Hall, St Germans, doors open at 14:00 for 14:30 start. Entry is £3 at the door which includes a cup of tea or coffee, biscuits and a fun raffle. Please come and join us, new members and visitors are always welcome.

For general enquiries please contact our chairperson, Jenny Putt, on 01503-230766.

Linda Barnes

Quay Lane Surgery

The Patient Participation Group (PPG)

The PPG fundraising team will have a table at the Charity Event in DOWNDERRY Village Hall on Sunday 26th October between 10:00 – 14:00! As well as our homemade cakes, preserves and paperbacks, raffle tickets will also be on sale for the PPG Christmas Hampers which are drawn in the surgery in December. We hope to see you there and do thank you for the tremendous support you give us at these events which enables us to continue providing medical and ancillary equipment to enhance care services at Quay Lane and DOWNDERRY Surgery.

If you would like to find out more about the PPG do get in touch, or you can pick up a leaflet at either surgery.

Claire Croft, Chair. Email: quaylaneppg@gmail.com

Practice News:

Flu Vaccinations – Book Now If You Are Eligible!

Quay Lane Surgery is now booking flu vaccinations for eligible patients. If you are aged 65 or over, or under 65 with certain health conditions, you may qualify for a free NHS flu jab.

You may qualify for a free NHS flu jab if you are:

- 65 or over
- Under 65 with certain health conditions
- Pregnant
- A carer
- Living with someone who is immuno-compromised
- A frontline health or social care worker

We have vaccines set aside for our eligible patients, but demand is high — please book early to make sure you do not miss out.

Introducing Tara Watkins – Your New Social Prescriber at Quay Lane Surgery

Quay Lane Surgery is pleased to welcome Tara Watkins, Social Prescriber, to the team. Tara has a wealth of experience in public health, information and advice services, and has also worked for a national bereavement organisation. She is passionate about helping people feel more connected, supported, and in control of their health and wellbeing.

She says; “We know that taking care of your health involves more than just medicine. You can now get specialist support for more than just medical issues by talking to a Social

Prescriber. We are community connectors who will spend time with you exploring what activities and local support could improve your health and wellbeing. That might mean being introduced to a community group, a new activity or local club, helping you to find legal advice, or helping you to find out what services and resources are available.”

What Support Can a Social Prescriber Offer?

Tara can help you with a range of issues, including:

- Social isolation
- Befriending services
- Bereavement
- Accessing legal advice
- Emotional wellbeing
- Mental health support
- Being a carer
- Long-term health support
- Poor health linked to housing
- Accessing the workplace
- Volunteering opportunities
- Debt management
- Healthy lifestyle and weight management
- Joining local groups (activity based, arts, outdoor activities, etc.)
- Getting out and about
- Digital access to services

How Does It Work?

Anybody can use this service free of charge. To book an appointment, simply speak to your GP, healthcare professional, or a member of the surgery team — they will be happy to connect you with Tara.

Contact Quay Lane Surgery: 01503-230088

Debbie Todd, Practice Manager

Lynher Church at St Germans

Hello to you all. The children are back at school and the beautiful Summer we have had was certainly something to celebrate but Autumn has so much to offer. As a church we have now celebrated our Harvest Festival but look forward to what is to come. October is a quiet month for us. We have our Bible Study on the first and third Thursday of the month (please phone 01503-230403 for the venue) but the time is 14:00.

All this month’s Sunday services are at 10:30 at our own church. Our monthly Charity, Coffee and Cake Morning is on the 18th of the month from 10:00 to noon. This month’s charity is the RNLI, please come along and support this worthy cause. There is no charge but all proceeds will go to the charity this month.

We look forward to seeing you at any or all these events.

Steve Gerrard

Devioc Activities Group (DAG) October

We are now operating from St Nics Church, just down the road from The Zone, opposite the school. We have not given up on our bid to buy The Zone for the community, however, in the meantime we are very grateful to our Anglican friends for making space for us.

Please note there are some changes to days and times for our groups. We hope you will be able to continue to support our activities and encourage friends to come too, new members are always welcome.

Craft Café & Art Group: Mondays 10:00 – noon, £3. October's craft is Autumn wreaths or bring your own project .

Monday 13th Awenek Workshop.

Please confirm your place with webstersue62@gmail.com

Willow Workshops coming up in November for more information contact parkerviv@aol.com

Table Tennis: Wednesdays 18:00. No experience necessary, equipment provided.

Music Club: Thursdays 14:15 – 15:45pm, £3. Ukuleles, guitars and voices. Beginners most welcome. All for fun!

We hope to see you soon! For more information contact parkerviv@aol.com or follow us on facebook.

The DAG Team of Volunteers

Barefoot Angel

Events and dates for October, all held in St Nics Church, are:

Zumba, Line Dance & more! Starting at 09:15 on Tuesdays: 7th, 14th, 21st and 28th.

Zumba, Line Dance & more! Starting at 10:30 on Fridays 17th, 24th and 31st.

Our classes are for people who love to dance and like a bit of a challenge too!

We are mixing Zumba with Line Dance, plus tracks to target specific areas of the body, with occasional Step Aerobics and floor-based exercises to work the whole body.....in a fun way!

Everyone is welcome, including accompanied children, and under fives are free! £5 per adult, £1 per child. No booking necessary, just turn up.

Feel free to message Emma for more information via email:

emma.barefootangel@gmail.com or call/text/WhatsApp: 07495-536254

Emma – Barefoot Angel

The ZONE Health & Wellbeing Hub - currently operating from St Nics Church

Following the massive show of support from the Village and beyond at the imminent loss of the Methodist Chapel as a community facility we are pleased to report that negotiations with the Methodist Church, which appeared to have broken down, have now been re-established in a cordial and mutually positive way.

At this point no agreement has been reached but at least we are able to discuss options with them.

It is only with your support that this was possible so we wish to express our gratitude to you for your commitment to the wellbeing of the community.

We would like to express our thanks to David and the team at St Nics and the Village Hall for helping us sustain many of our activities within the village.

The ZONE Steering Group

Seeking New Trustees

Sir Walter Moyles Almshouses (SWMA) is a charity which manages a grade 2* listed almshouse, a historic building in St Germans originally built in 1587. It consists of six one-bedroom flats, providing affordable accommodation for local people who meet the qualifying criteria.

They are managed by a Board of volunteer trustees which currently comprises five experienced members and a part time paid clerk who runs things on a day to day basis, and acts as the residents first point of contact.

We would particularly welcome people with an **accountancy/financial background**, to support the trustee board in ensuring SWMA is run in accordance with the Charity Commission rules and The Almshouse Association Standards.

Please note - this is not a treasurer role, as we already have an excellent one! However, if you have an interest in **social housing and listed buildings**, we would still like to hear from you for other possible vacancies.

We are a friendly group and meet four plus times a year.

To find out more, and our application process, please contact our clerk
Tel: 07811-397392 or email sirwalterma@gmail.com

Jo Holburn



Downderry & Seaton Village Hall (Registered Charity 1210090)

Together we have raised £118,500 for the '*Save our Village Hall*' appeal - This is an incredible amount of money that everyone who has given a donation, made a pledge, renewed or become a member, hired the Hall and attended our Fundraising Events has contributed towards. We are thrilled to have your support. For more information about our appeal, go

to www.downderryandseatonvillagehall.co.uk.

Monday 1st October - Tickets go on sale for Friday 7th November when the Camp Theatre Company presents 'The Dresser'.

Coffee Morning, Tuesday 7th October 10:00 - noon - Come along for a chat and enjoy a hot or cold drink with Homemade Cake. It only costs £2.50 per person and there will be a Book Stall and Raffle Tickets for that morning's draw.

Games Afternoon, Thursday 9th October 14:00 - 17:00 - Enjoy a fun afternoon with family and friends and make new ones. Games available include Crib, Whist, Canasta, Kitchen Bridge, Rummy, Chess, Scrabble, Draughts, Backgammon, or if you have a favourite bring it along! Entry fee £1 each. Hot and cold drinks available, including a reasonably priced bar.

Wednesday 13th October - Tickets go on sale for Saturday 29th November 'Show Stoppers'. A fantastic night of entertainment brought to you by the talented family and friends of our community!

Little & Bigger Breakfast, Saturday 18th October 10:00 – 13:00 - Enjoy a Breakfast Bap of sausage, bacon and egg or the veggie option of egg and hash browns with a hot or cold drink for just £5.00. Or a bigger breakfast of sausage, bacon, egg, tomatoes, beans, hash brown and toast with a hot or cold drink for £6.50, veggie option also available.

Producers Market, Sunday 19th October 10:00 – 13:00 - Shop local and support our local producers. See our website for a list of the producers who will be attending these events. Hot and cold refreshments available. Entry is free.

Charity Stalls and Craft Fair, Sunday 26th October 10:00 – 14:00 - Local charities and non-profit making organisations will be selling their wares and running lots of raffles with amazing prizes. There will also be some local crafters with unique items you, your family and friends will love. Refreshments will also be available. The raffles will be drawn at 13:30.

Bingo, Friday 31st October 18:30 for 19:30 start - Eyes down it's Bingo Time - this fun game is open to all with many cash prizes. This is a non-commercial Fundraising Event with all proceeds going to the Village Hall.

All welcome at our Fundraising Events, unless otherwise stated, including dogs on leads. Reasonably priced bar at most evening events. Payment by cash or card.

Regular activities and other events in the Village Hall: Mondays – 11:10am and 12:15 Pilates with Gocha; 14:00 Qigong with Nicola; 18:45 Yoga with Jackie. Tuesdays – 14:00 VH Short Mat Bowls Group; 18:00 Pilates with Sarah; 19:15 VH Drama Group. Wednesdays – 14:00 VH Badminton Group; 19:30 Whitsand Harmony Rehearsal. Fridays – 10:30 Chair Yoga with Craig. Most days 09:00 to 23:30 VH Snooker Room.

Other events: Wednesday 8th October 10:00 Community Bus Coffee Morning. Thursday October 16th 09:30 Abstract Art Workshop with LA Art. Tuesday 21st October 11:00 Soundbath with Tracy. Thursday 23rd October 19:00 Evening of Mediumship and Psychic Skills.

Contact Details: For more information about the above events and activities see posters around the area, go to our website

www.downderryandseatonvillagehall.co.uk, Facebook Group

www.facebook.com/groups/downderryandseatonvillagehall, email downderryandseatonvillagehall@gmail.com.

Mandy Smith

Trustee and Secretary, Downderry & Seaton Village Hall

Tideford Coffee Morning October

Coffee Morning at the Royal British Legion Tideford.

Monday 6th October 10:30 - Midday. Coffee and a slice £2.50. Proceeds to the Poppy Appeal, we hope to see you, everyone welcome.

Julie Luscombe

NICE - A Nice Performance By Matthew Robins

Eliot Hall Community Centre St Germans – Saturday 4th October at 19:00

Doors and Cash Bar open from 18:30.

Tickets online at www.carntocove.co.uk/NICE and from St Germans Community Shop Adults £10, Children £5 or Family Ticket £25.

NICE is made up of stories, music and exquisite shadow puppetry.

To find out more visit www.carntocove.co.uk/NICE

Briony Woods



Dear Residents of Seaton and Downderry,
The other day, over a cup of coffee with a friend, we got chatting about DaSRA and how tricky it can be these days to raise enough money to look after our community resources – things like our village buildings or much-loved services such as the

Downderry and Seaton Bus. She was genuinely surprised. “But surely your membership fees cover all that?” she asked.

Well, here is the truth: those annual subscriptions (£10 per household, or just £5 for individuals) are absolutely vital – but they really only stretch to the basics. Things like hiring the Church for our meetings, covering insurance, and keeping the wheels turning behind the scenes. Also, the annual subscriptions do not automatically renew unless residents set up a standing order. We have seen a massive drop in membership because members fail to renew. It would help if when renewing your membership you could set up an annual standing order to:

Account: Downderry and Seaton Residents Association

Bank: Santander

Sort Code: 09-01-53

Account No: 89643289

Reference: Membership

The *big* projects – the ones that make a visible difference to village life – are only possible thanks to those generous residents who chip into the **Community Fund**. Over recent years, those extra donations have helped pay for:

- The Village Shop’s Plunkett Foundation membership – a crucial step in getting the shop project off the ground.
- Repairs to the Village Hall’s East Wall, and of course, our much-loved Christmas lights.
- New interior lighting at The Zone.
- And let us not forget the Village Bus – where DaSRA’s support helped “top up” fundraising to secure the new bus last year.

The Community Fund, in addition to your membership, should be set up if possible for a monthly standing order to the same account as above but Reference: ‘Community Fund’. Just think, for the price of a couple of Lattes or Americanos once a month you would really be boosting the Community Fund and helping to ensure that the Community Assets of Downderry and Seaton are kept safe for future generations.

Without those additional contributions, none of this would have happened. And like my friend, many people do not realise just how much difference that extra “rainy day” money makes. So, if you have ever thought about donating a little extra – please know it goes a very long way.

And finally, a little reminder; DaSRA meetings are open to all residents of Donderry and Seaton who are members. Our next one is on 13th October at 19:00 in St Nicolas’ Church. Do come along if you would like to hear more, or just to say hello – you would be most welcome.

Maura Swabey - info@dasra.co.uk
Chair of Donderry and Seaton Residents Association



Neighbourhood Watch

The National College of Policing shared data with ITV News that areas where the police work closely with Neighbourhood Watch groups, such as Donderry and Seaton, see a significant reduction in crime. Neighbourhood Policing focused on reducing anti-social behaviour, burglary and car crime.

Hot Topic – Mobile Phone Theft.

It is reported that a mobile phone is stolen every hour in some areas of the UK. Our mobile phone’s value is more than just monetary, they contain our personal data, our social account, our banking details and our treasured photos of our loved ones. Below is advice to help you avoid phone theft.

Protect Your Phone from Theft

1. **Stay alert** – Thieves target distraction. Keep your phone out of sight in crowded places like stations, high streets, bars, and clubs.
2. **Carry it securely** – Avoid back pockets or holding it loosely. Use a zipped bag or front pocket, with the opening turned inward.
3. **Lock it down** – Set a strong PIN, password, fingerprint, or facial recognition. Register your IMEI number (*#06#) with your provider for easier blocking if stolen.
4. **Know the hotspots** – Thefts often happen near transport hubs, tourist sites, and busy nightlife areas (especially in London, Manchester, Birmingham). Be extra cautious on trains, escalators, and while cycling.
5. **Track and back up** – Enable *Find My iPhone* or *Find My Device*. Regularly back up data to avoid losing important information.

October / November 2025

DATE		DESTINATION	DEPART	LENGTH OF STAY	FARES SINGLE	FARES RETURN
<u>October</u>						
Wednesday	1	EXETER	9.30 am	4 Hours	£8.00	£15.00
Thursday	2	Liskeard	9.30 am	2 Hours	£2.00	£4.00
Friday	3	LOOE	11.30am	3 Hours	£3.00	£5.00
Tuesday	7	Plymouth	9.30 am	4 Hours	£3.00	£5.00
Wednesday	8	Tea, Biscuits and mini quiz at VILLAGE HALL , £3.00			10.30 am -12.00	
Thursday	9	Liskeard	9.30 am	2 Hours	£2.00	£4.00
Friday	10	TOTNES	9.30 am	4 Hours	£5.00	£10.00
Tuesday	14	Plymouth	9.30 am	4 Hours	£3.00	£5.00
Wednesday	15	TRURO	9.30 am	4 Hours	£6.00	£12.00
Thursday	16	Liskeard	9.30 am	2 Hours	£2.00	£4.00
Sat	18	Smugglers quiz night, for the bus food available before Quiz			Quiz starts 8.00pm See Notice Boards for more details	
Tuesday	21	Plymouth	9.30 am	4 Hours	£3.00	£5.00
Thursday	23	Liskeard	9.30 am	2 Hours	£2.00	£4.00
Friday	24	Davidstowe Airfield and Cornwall at War Museum	9.30 am	Entry £5		Bus £11
Tuesday	28	Plymouth	9.30 am	4 Hours	£3.00	£5.00
Thursday	30	Liskeard	9.30 am	2 Hours	£2.00	£4.00
<u>NOV</u>						
Friday	7	LOOE	11.30am	3 Hours	£3.00	£5.00
Friday	14	TAVISTOCK	9.30 am	4 Hours	£5.00	£10.00
Wednesday	19	TRURO	9.30 am	4 Hours	£6.00	£12.00
Friday	24	Ivybridge and Endsleigh Garden Centre	9.30 am			Bus £8

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

Dowderry Bus 300 Club

The lucky winners for the August and September Club draws are:

August:

1st. No. 134 - Terry Clarke. 2nd. No. 164 - Ann Jordan. 3rd. No. 97 - Geoff Toms.

September:

1st. No. 37- Margaret Walters. 2nd. No. 74 - Jane Mather. 3rd. No. 122 - Steve Frith.

Thank you everyone.

Jo Woodley: 01503-250489

Community Bus News

As another summer season comes to a close, the Community Bus Committee can look forward with renewed enthusiasm to maintaining our scheduled services and providing a variety of community support activities. Our morning scheduled services from Seaton to Downton will ensure our children have a reliable and safe option to get to school and in October, in addition to our weekly scheduled trips to Plymouth and Liskeard, we have trips to Exeter (1st), Looe (3rd), Totnes (10th), Truro (15th). We also have an exciting excursion to Davidstow Airfield and Cornwall at War Museum (24th) so please book early to ensure your place (call Bev on 01503-250944). Our schedule is published here in the Nut Tree magazine and also regularly updated on our website www.dscombus.com along with lots more useful information.

Our scheduled services are open to all members of the public although if you wish to hire our bus for an event you must register as a local organisation/society and pay a one-off £10 registration fee. An hourly rate will be charged (currently £2/mile) and confirmation of driver credentials will be required (if not using one of our Association drivers).

As ever, our wonderful fund raisers at the 'Friends of the Bus' continue to develop a full programme of events. The next coffee morning at Downton Village Hall is on 8th October and it would be just great if you could join us for a while – we can update you on the latest bus news and there will be our usual raffle and quiz. Jo will also announce the 300 Club winners and Mary will once again impress everyone with her wonderful baking! Following on from the success of the charity Line Dancing night - hosted by our great friends at the Smugglers Inn - future events will include our popular quiz nights (18th October) and bingo (date tbc). Whilst it is early days yet, a marker for your diary is 15th November when we will be holding a fund-raising auction at the Smugglers. I will update at the next newsletter and on the website, but we are very excited about a great evening with some pretty awesome prizes! If you would like to donate a prize to help our cause, then please let me know (dscombus@gmail.com) and I will ensure it is passed on to the organisers.

New Drivers? There are many facets that contribute towards the success of a Community Bus Scheme, and we are indeed fortunate to have so many awesome volunteers who make our bus service so successful. Volunteer drivers are however the very lifeblood of our efforts, and it is essential that we keep a viable pool of willing volunteer drivers who donate their time and effort into keeping our bus on the road. So please, if you feel you can help (by driving a couple of trips per month?) then you would genuinely be doing something that contributes towards the wellbeing of your local community (contact - dscombus@gmail.com). To some, our bus is a fantastic way to enhance their lives in our area and to others it is a lifeline. More information can be found at <https://www.dscombus.com/volunteers>.

Rob Gascoigne - Chairman dscombus@gmail.com

Stolen from God / To Whom Does This Belong

An event at St Germans Priory, Saturday 11th October 2025. Join us at St Germans Priory during Black History Month to explore Cornwall's links to the transatlantic trade in enslaved African people. A collaboration between Black Voices Cornwall, St Germans Priory Trust, Port Eliot, Cornwall and Cornwall and Devon Creative Collective

Tickets and more details visit <https://www.southeastcornwallarts.co.uk/what-s-on>

Through a fascinating programme of song and spoken word, talks, film and discussion, we will be challenged to think more deeply about these aspects of our history and understand how they continue to influence our lives today. Learn about the role of the Port Eliot Estate in the trade and its abolition, hear and discuss perspectives from local heritage specialists and Black Voices Cornwall, and be moved by Somerset folk legend Reg Meuross, Gambian Kora master Suntou Susso and actor Karen Gledhill telling stories of the trade from across the region through song and spoken word.

About the film “To Whom Does This Belong”

The short film “To Whom Does This Belong?” is a powerful exploration of Black History in Cornwall's archives. Created with the support of Cornwall Museums Partnership, the film features members from Black Voices Cornwall as they handle documents and archival material related to Cornwall's history and its links to the trade of enslaved African people. The film features a haunting, melodic track by Cornwall-based folk singer and composer Angeline Morrison.

Programme details, timing and pricing

15:30 – 17:15 To Whom Does This Belong? Perspectives on the transatlantic trade in enslaved African people

- ❖ Whose heritage? Port Eliot Estate, country houses connections with enslavement and trade – Dr Jo Buchanan, Priory Trustee
 - ❖ Abolition and the role of Edward Eliot MP – Coco Brown, Heritage Development Manager, Port Eliot
 - ❖ “To Whom Does This Belong?” - film and discussion led by Abi Tahela, Black Voices Cornwall
- Break*

19:30 – 21:45 Stolen from God

Doors open 30 minutes before each event. Evening bar available.

Separate and combined tickets are available for the afternoon talks / film and evening music performance. Prices:

Afternoon only: £8.00. Evening only: £18.00. Combined afternoon and evening £22.00.

This event is supported by a grant from Cornwall Community Foundation.



Jo Buchanan



Simple Ways To Save The Planet

What a summer we have had; a long extended period of dry weather and more recently followed by storms. I enjoyed the sunshine, but being a great planter of trees I did worry about the drought. Then, when the rain came, there was a real deluge, causing local flooding problems.

The effects of climate change are starting to be indisputable. However, the only thing we can say with confidence about the future, is that we simply do not know what is coming. There will undoubtedly be more extreme weather, but we have no idea if the hot summers and milder wild winters will continue, or if we will see a weakening in the Gulf Stream, leading to much colder weather. It is confusing, and difficult to plan for.

Whatever happens, the future is likely to be different from the past. It might not be all negative; there will inevitably be some winners and some losers. It is time to start building resilience into our lives, to make it easier to adapt to change.

Of utmost importance is strengthening communities. Love your neighbour rings true whatever your beliefs. Social media can build up a storm of anger and blame, that is very divisive. Rise above it, make compassion, kindness and friendship the central core of your actions.

In Autumn a simple act of resilience is to plant trees and hedges, while saplings are bare rooted between November and March.

If you have space, a hedge will be a great asset to your garden. It will provide a wind break in wild weather, shade in the heat, a place for wildlife to shelter and valuable bird food through the winter. Add a bit of long grass at the base for additional shelter, and this will have the added benefit of soaking up excess water. Choose a mixture of wildlife friendly shrubs like crab apple, hawthorn, guelder rose, dog rose, bird cherry and hazel.

How about training some fruit trees around the edge of your garden, or including them in your hedge? In this way you can have the benefit of simple food growing, without using up too much space, and thus reducing reliance on imported fruit.

Lizzy Stroud

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 desire similar factual correctness from our correspondents.

Rita's Rota – October Dates

1	14:00	Badminton (DSVH)	17	10:30	Chair Yoga with Craig (DSVH)
	18:00	Table Tennis (SNCh)		10:30	Barefoot Angel Dance (SNCh)
	19:30	Whitsand Harmony Rehearsal (DSVH)		18	10:00
2	14:15	DAG Music Club (SNCh)	19	10:00	Producers Market (DSVH)
3	10:30	Chair Yoga with Craig (DSVH)	20	10:30	Church Service (SGMC)
4	19:00	NICE Performance (EHSG)		10:00	DAG Craft Café (SNCh)
5	10:30	Church Service (SGMC)		11:10	Pilates with Gocha Wellness (DSVH)
6	10:00	DAG Craft Café (SNCh)	21	14:00	QiGong with Nicola (DSVH)
	11:10	Pilates with Gocha Wellness (DSVH)		18:45	Yoga with Jackie (DSVH)
	14:00	QiGong with Nicola (DSVH)		09:15	Barefoot Angel Dance (SNCh)
7	18:45	Yoga with Jackie (DSVH)	22	10:30	Coffee Morning (SNCh)
	09:15	Barefoot Angel Dance (SNCh)		11:00	Soundbath with Tracey (DSVH)
	10:00	Coffee Morning (DSVH)		14:00	Short Mat Bowls (DSVH)
8	14:00	Short Mat Bowls (DSVH)	23	14:00	D&S WI Craft (SNCh)
	14:00	Hessenford WI (WVH)		18:00	Pilates with Sarah (DSVH)
	18:00	Pilates with Sarah (DSVH)		19:15	Drama Group Rehearsal (DSVH)
9	19:15	Drama Group Rehearsal (DSVH)	24	14:00	Badminton (DSVH)
	14:00	Badminton (DSVH)		18:00	Table Tennis (SNCh)
	18:00	Table Tennis (SNCh)		19:30	Whitsand Harmony Rehearsal (DSVH)
10	19:30	Whitsand Harmony Rehearsal (DSVH)	26	14:00	Thursday Club (EHSG)
	13:30	Thursday Club Outing		14:15	DAG Music Club (SNCh)
	14:00	Games Afternoon (DSVH)		18:30	Deviack Cncl Planning Mtg (HCH)
11	14:15	DAG Music Club (SNCh)	27	19:00	Mediumship & Psychic Skills (DSVH)
	19:30	Deviack Full Cncl Mtg (HCH)		10:30	Chair Yoga with Craig (DSVH)
	10:30	Chair Yoga with Craig (DSVH)		10:30	Barefoot Angel Dance (SNCh)
12	11:00	Coffee and Cake (HCH)	28	10:00	Charity Stalls & Craft Fair (DSVH)
	15:30	‘Whom Does This Belong’ (SGPC)		10:30	Church Service (SGMC)
	19:30	‘Stolen From God’ (SGPC)		10:00	DAG Craft Café (SNCh)
13	10:30	Church Service (SGMC)	29	11:10	Pilates with Gocha Wellness (DSVH)
	10:00	DAG Craft Café (SNCh)		14:00	QiGong with Nicola (DSVH)
	11:10	Pilates with Gocha Wellness (DSVH)		18:30	St Germans Cncl Mtg (TRBL)
14	14:00	QiGong with Nicola (DSVH)	30	18:45	Yoga with Jackie (DSVH)
	18:45	Yoga with Jackie (DSVH)		09:15	Barefoot Angel Dance (SNCh)
	-	MOBILE LIBRARY DAY		10:30	Coffee Morning (SNCh)
15	09:15	Barefoot Angel Dance (SNCh)	31	14:00	Short Mat Bowls (DSVH)
	10:30	Coffee Morning (SNCh)		18:00	Pilates with Sarah (DSVH)
	14:00	Short Mat Bowls (DSVH)		19:15	Drama Group Rehearsal (DSVH)
16	14:00	D&S WI (SNCh)	31	14:00	Badminton (DSVH)
	18:00	Pilates with Sarah (DSVH)		18:00	Table Tennis (SNCh)
	19:00	Open DaSRA Mtg (SNCh)		19:30	Whitsand Harmony Rehearsal (DSVH)
17	19:15	Drama Group Rehearsal (DSVH)	31	14:15	DAG Music Club (SNCh)
	14:00	Badminton (DSVH)		10:30	Chair Yoga with Craig (DSVH)
	18:00	Table Tennis (SNCh)		10:30	Barefoot Angel Dance (SNCh)
18	19:00	St Germans Gardening AGM (EHSG)	31	18:30	Bingo (DSVH)
	19:30	Whitsand Harmony Rehearsal (DSVH)		BBB Bewshea’s By The Beach; CB Community Bus; DSVH Derry & Seaton VH; PolH Polbathic Hall; EA Eliot Arms StG; EHSG 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; TZ The Zone Dundererry; WVH W’gates V Hall	
	09:30	Abstract Art Workshop (DSVH)			
14:15	DAG Music Club (SNCh)				
Mobile Library:					
St Germans - Alms Houses 09:45 - 10:05					
St Germans - Quay Road. 10:15 - 10:50					
Dundererry - Inn. 13:55 - 14:35					
Seaton - Car Park. 14:45 - 15:05					

Entries for Rita's Rota should be sent to nuttree.editor@yahoo.com by 17th of the preceding month - Rita
Copy deadline for November Nut Tree is required BY 17th October – nuttree.editor@yahoo.com