

NUT TREE

November 2025 Volume 40 (8)



Nature Notes

The heavy showers of the morning have stopped but the strong, westerly wind characteristic of Storm Amy still prevails. The worst conditions have been felt further north. It is high tide and the incoming waves crash noisily onto the weed-strewn beach. In the late afternoon sunshine, the surface of the sea is a combination of intense glare and streams of froth torn off the crests of incoming waves. It is an ideal test for the lone wind-surfer, but he has fallen a few times. A variety of common gulls are flying low into the wind close inshore, some settling on the sea to rest. Then my attention is drawn to a small bird near the slipway.

Its black and white tail is immediately obvious and identifies itself as a Wheatear. Perhaps caught out in the storm, it has taken refuge here before its flight south to winter quarters. Locally, the Wheatear breeds on our moorlands amongst stone walls, but the species often occurs on the coast whilst on migration in spring and autumn. Most of its kind have already departed these islands for warmer and longer days south of the Sahara in Africa. It is not unusual for the odd Wheatear to be found in October, but it will depart soon, perhaps overnight in cloudless conditions. Meanwhile, the bird flies onto the beach to feed fleetingly on invertebrates among the seaweed before being disturbed.

As I look down, I cannot fail to note the presence of bees on the sunlit flowers of Ivy. These insects, named after the plant, are an autumnal species that collect pollen and nectar from the emerging flowers. They have withstood the storm and now profit from the welcoming warmth of the hedgerow.

A cursory glance may suggest a Honey Bee, but the Ivy Bee possesses black and buff bands on the abdomen and orangey hairs on the thorax. Though they nest in colonies

underground in light, sandy soils, they are solitary bees. The female constructs a cell, which is resistant to water and fungus, into which she lays one egg. Future males will not emerge until late August and the females in the following month, so the association with ivy and their autumnal appearance should make them very obvious.

Returning home, I come across a male Blackbird in a Hawthorn tree. Nothing unusual in that, until I realise that the tree is heavily laden with berries and it has attracted just one bird. Fruits are bountiful this autumn and the bird is spoiled for choice. Anecdotal evidence suggests that fruits are ripening early this year after the warm spring. The downside is that they may not survive before the influx of autumn visitors, further proof that the behaviour of some birds has yet to evolve with the changing nature of our climate.

Alan Payne

Mark Gibbons: Protecting What Matters - Locally and Across Cornwall

As we move into autumn, I want to update you on some of the key areas where I have been working to represent local voices and push for practical, community-first action across Cornwall.

Downderry's Zone Hub Secured

I am delighted that the South East Cornwall Methodist Circuit has agreed to accept the community's bid to purchase Downderry Methodist Church, home to The Zone Health & Wellbeing Hub. Completion is expected by the end of the year, ensuring that vital activities and services continue to be available locally, in a space the community knows and trusts.

This outcome is the result of local determination, coordinated action, and persistence - and shows what can be achieved when we stand up for what matters. I have been very pleased to support this cause and will continue to do so for other community groups working to safeguard public spaces and amenities.

Net Zero - Adjusting Course with Responsibility

As a member of the Sustainable Growth Overview and Scrutiny Committee, I reviewed proposals to reassess Cornwall Council's Net Zero target. I supported revising the date to 2045 - still ahead of legal obligations, but more realistic. This change will allow more of the budget to be directed towards supporting people in need right now - through housing, heating, and essential services - without losing sight of our long-term climate goals.

County Farms - A Rural Asset Worth Protecting

I am also part of the scrutiny panel reviewing Cornwall's county farms, which has now held its first meeting. These farms are vital to our food security, rural skills, and local

heritage. They are also an integral part of the fabric of our rural communities. While there is room for new ideas and potential improvements, I firmly believe these farms must be protected for future generations.

Empty Homes Loan Scheme Now Open

Cornwall Council has launched a new interest-free loan scheme to help bring empty homes back into use - whether for rental or personal occupation. It is an interesting approach to easing the housing shortage without building in the wrong places, and one I will be keeping a close eye on.

Child Poverty - Public Health Report Calls for Action

The latest Public Health annual report, Growing Up in Poverty, reveals that over 27,000 children and young people in Cornwall live in relative poverty – that is around one in five in a typical classroom.

The report recommends forming a multi-agency Child Poverty Taskforce to help drive change across housing, education, health, and support services. I strongly support efforts to give every child in Cornwall a fairer start.

Reporting Local Issues

At this time of year, it is especially important to keep an eye out for issues before more unsettled weather moves in. If you spot a blocked drain, pothole, fly-tipping, or other local issue, you can report it directly to Cornwall Council at: www.cornwall.gov.uk/report-something

If there is anything you would like to raise or discuss, the best way to contact me is by email: cllr.mark.gibbons@cornwall.gov.uk

Cllr Mark Gibbons - Looe East and Deviock

St Germans and District Gardening Club

On Wednesday 19th November 19:00 for 19:30 in the Eliot Hall St Germans, PL12 5NR, our speaker is Sue Minter. Sue is a semi-retired professional horticulturist and a past president of the Chartered Institute of Horticulture.

Her work in botanic gardens has seen her as supervisor of the Palm House at Kew in the 1980's, curator of the Chelsea Physic Garden in the 1990's and then on to be the horticultural director of the Eden Project. She has lived in the South West since 2001. Her topic will be "The Healing Garden". Members £3 and Non-members and Guests £4. Everyone is welcome.

Roger Whitehead

Deviock Parish Council

There will be three meetings in November: Thursday 13th (Full Council, 19:30) and Thursday 27th (Planning Committee, 18:30, followed by Finance & General Purposes Committee). 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.

Tanver Yate: The Forest for Cornwall Phase 2 planting at Tanver Yate will provisionally take place in January.

Outdoor gym equipment: There is 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.

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 to 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.

“Thank You”

I would like to say a huge “THANK YOU” to Michael, Paul and Tim who came to help me with a bit of a problem that happened on 29th August 2025.

Thank you so much!

Tess

Hessenford News

So, the question on everyone’s minds is why on earth are there so many acorns this year? It was a warm, dry spring which encouraged pollination. However, it is actually a known natural phenomenon. The Oak trees are having a ‘Mast’ year, which happens every four to ten years. The Oak produces such an overwhelming abundance of fruit or “mast” in the form of acorns, that even the squirrels and birds cannot consume them all, ensuring the survival of their species for the future - isn’t Mother Nature clever? So, if you spot some particularly overweight acorn predators around the woods in Hessenford this autumn, then you know the reason!

If you follow the Hessenford Village Facebook page you will hopefully have seen Emma Locks’ post - a great initiative for those wishing to visit some great swimming spots. For those not on social media there is an article by Emma later in the magazine with all the information you need to get involved.

Last month we lost the much-loved Hessenford resident Rosemary Gething. Rose was our neighbour and always cheerful and friendly. She will be missed greatly. Our condolences and love goes to all her family. If you wish to donate to The Brain Tumour Charity in her honour go to: <https://rosemarygething.muchloved.com/>

November 5th is Fireworks night - there are lots of lovely pets in Hessenford so please be responsible and do not set off any domestic fireworks without checking with your neighbours. Local organised displays are the safer option and usually far more impressive - you can look out for posters or go to <https://cornwall365.com> for local event listings. Port Eliot are hosting a bonfire night, fireworks and refreshments on Saturday November 8th.

As always if you wish to book the Hessenford village hall for your own private event go online to book: www.hessenford.com. For more information visit the Hessenford Village News Facebook page <https://www.facebook.com/groups/307458913571131>

“Community starts with a group chat and grows with kindness” - if any of you lovely Nut Tree readers wish to contribute any news, stories or have any local events of interest taking place in December please feel free to contact me via email.

Tam Jarvis - tam@skim.co.uk

Lynher Church St Germans

The year is changing, the summer is over and it is definitely feeling autumnal, however, there are many things to look forward to. This month's Charity Coffee and Cake Morning, on the 15th, is in aid of BBC Children in Need Appeal. Please come along and support this very worthwhile charity that helps many children through very difficult periods of their lives.

Rev Stuart Reed will be leading an Advent Course beginning 27th of the month, and continuing the next three Thursdays at 15:00. Everyone is most welcome, please ring 01503-230403 for further details.

Our Bible Study group will meet on the 6th and 20th at 14:00, again ring the above number for further information.

On the 26th we have a special Advent Quiet Morning at the chapel. This will be from 10:00 until 12:30 and will be followed by a buffet lunch (at a cost of £10). We would love to see you to have a morning away from the hustle and bustle of Christmas preparation but please contact the above number if you would like to stay for lunch.

On Remembrance Sunday the 9th of the month our service will begin at the chapel at 10:00 and will finish with a short service of remembrance at the War Memorial at 11:00.

Finally, on 30th of the month we have a service for the first Sunday in Advent at 10:30. This will be followed by a Festive Faith Lunch to celebrate the season.

Looking forward to seeing you.

Steve Gerrard

Tideford and St Germans Royal British Legion

Although a quieter couple of months have passed for the Branch, we quietly work away in the background, tying up our financial commitments for the year, thanks to 'Dick' Kingsland (our fantastic Treasurer) and preparing for our busiest time of year. Membership for the Branch and Club can now be secured at the Club in a few easy steps.

The turn of the season will see the return of the poppies throughout Tideford in preparation for Armistice Day and our Remembrance Service. Poppies/pins etc. will be available in the Club over the coming weeks for your convenience in preparation for coming together to reflect and remember.

Ahead of the service, if anyone is able to offer some time to help us with preparations at the Club or Church (or, as always wish to express interest in volunteering), please

do get in touch. *Jess Kazlauskas*, jessica95brooks@gmail.com Chair Tideford and St Germans RBL.

A word from our Club Chairman, Richard Perkins: rcperkins22@gmail.com:

The Club has continued to serve as a private hire venue for a range of events over the last three months or so, including wedding parties, Christenings, and sadly more wakes than we would like to see, but the Club has seen excellent use over the course of 2025 to date.

Recent events include the increasingly popular Northern Soul Nights, where the Club hosts Northern Soul DJ Keith Lilley, who has quite a following across the local area, extending as far as Looe, Liskeard, Plymouth and Callington. We even had groups of guests coming up from West Cornwall just for the event, so these have proven to be great events and indeed raise the overall awareness of the Club across the region. The next planned Northern Soul Night is on 6th December as we lead into Christmas. All are welcome to this.

Matt Camp also ran a Pig Racing evening, which again was a lot of fun and brought a good crowd into the Club!

Looking ahead, the Darts and Pool teams will start to play their league fixtures in late September, which will run over the winter and so will see the Club busy over the Fridays and Sundays that these run. We now have three darts teams hosted at the Club, and also two pool teams which play on a Sunday.

A big thank you to the small band of volunteers that make all of the above happen from their own time, it is much appreciated by all members and others who attend the events.

Dates for the Diary:

Sunday 9th November (10:45) - Service of Remembrance at the Royal British Legion, Tideford, followed by Church Service at St Luke's Church, led by Richard Laugharne, then retiring to the Club for light refreshments on completion.

Saturday 6th December (19:30) - Northern Soul Night - details to follow on RBL Facebook page.

Please note: every Wednesday the Post Office is open from 10:15 to 11:15. *Use it or lose it!*

Our successful Coffee Mornings are scheduled for the first Monday of each month from 10:30 to noon, unless detailed otherwise, thanks to the wonderful Julie and her team.

Gerith Eden

Quay Lane Surgery

The Patient Participation Group (PPG)

The PPG Fundraising team will be at the Priory Christmas Craft Fayre in St Germans on Friday 28th November from 17:00 to 20:00 and on Saturday 29th November from 10:00 to 17:00. There will be cakes, preserves, craft items and books - raffle tickets will be on sale too for the PPG's annual Christmas Luxury Hamper draw at Quay Lane Surgery in December. Thank you to everyone who gives so generously at these events!

All proceeds help to fund much needed medical and ancillary equipment which is not provided by the NHS, for use in both surgeries to enhance the care and experience provided for patients.

If you would like to find out more about the PPG - please 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 and Celebrating Excellence!

As we head into the colder months, we would like to remind all eligible patients to contact the practice to arrange their flu vaccination. Protecting yourself and those around you is especially important at this time of year, so please do not delay and get in touch with us to book your appointment.

Congratulations to Dr Jon Carty!

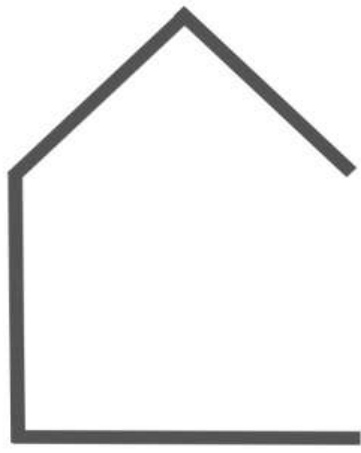
We are delighted to share the wonderful news that Dr Jon Carty, Partner at Quay Lane Surgery, has been awarded the Fellowship of the Royal College of General Practitioners (FRCGP).

Fellowship is the highest level of membership of the RCGP, awarded to GPs as an honour and mark of achievement for significant contributions to general practice and the health and welfare of the community. It recognises a GP's sustained excellence and service beyond their day-to-day clinical work.

This is a prestigious and well-deserved recognition of Dr Carty's dedication, leadership, and commitment to improving patient care and supporting the wider community.

On behalf of everyone at Quay Lane Surgery, we extend our warmest congratulations to Dr Carty on this outstanding achievement 🙌🙌🙌🙌

Debbie Todd, Practice Manager



The Zone

Health & Wellbeing Hub

DOWNDERRY

The Zone Are Excited to announce...

We are delighted that South East Cornwall Methodist Circuit have confirmed they will now sell Downderry Methodist Church to the Community. Cornwall Council have provided full grant funding to allow the community to buy the building and make this happen.

We have instructed solicitors to move this forward quickly. A condition of the grant is the funding must be spent before 31st December 2025. This is a momentous step forward and we are very grateful for all the people along the way who have helped us turn the corner, listened to our community and for all their help and encouragement. We will give you regular updates but we hope to have a celebratory event before Christmas when the sale has gone through.

This would not have been possible, without the help of the residents of Downderry and Seaton, Cornwall Council, our local Councillor; Mark Gibbons, the Parish Council, our local MP; Anna Gelderd, DaSRA, St Nicolas Church and the South East Cornwall Methodist Circuit.

We are hugely grateful to everyone who has supported us on this journey — your encouragement and commitment mean so much.

Save The Dates

Traditional Carol Concert at St Nics: (The Hub in partnership with St Nics)

Sunday 21st December at 15:00. Supported by Whitsand Harmony and Deviock Brass.

Free Traditional Christmas Day Meal: To celebrate the reopening of The Zone Health & Wellbeing Hub we are inviting people to a Free Traditional Christmas Day Meal at The Zone from noon to 14:00 with vegetarian option. Transport provided if needed.

This event is open to all members of the community, their friends and visitors. Even well-behaved dogs welcome too.

Please let us know as soon as possible if you would like to join us by:

emailing us at zonedownderry@aol.com or contacting Viv Parker on 07855-162268

The Zone Health and Wellbeing Hub



Downderry and Seaton Village Hall (Registered Charity 1210090)

Coffee Morning, Tuesday 4th November 10:00 to noon - Come along for a chat and enjoy a hot or cold drink with a Toasted Teacake. It only costs £2.50 per person and there will be a Book Stall and Raffle Tickets for that morning's draw.

Friday 7th November 16:30 for 19:30 - Camp Theatre Company presents 'The Dresser' - Both funny and poignant, Ronald Harwood's highly acclaimed play perfectly captures not only the equivocal relationship between star and dresser but also the backstage world, a tatty Camelot worshipping a prop Holy Grail. In the year that celebrates the 80th anniversary of VE Day what better time is there for a revival of his classic play? Tickets £12 each, see contact details below to book.

Tuesday 11th November approx 11:15 - Remembrance Day Refreshments - After the Act of Remembrance in the Downderry Memorial Garden, come to the Village Hall and enjoy a warm drink and something to eat. The food and drink will be provided by the Village Hall and entry is free. However, we will be collecting for the Royal British Legion.

Game Afternoon, Thursday 13th November 14:00 to 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 are available, including a reasonably priced bar.

Little & Bigger Breakfast, Saturday 15th November 10:00 to 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 16th November 10:00 to 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.

Bingo, Friday 21st November 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.

Saturday 29th November 18:30 for 19:30 start - Show Stoppers - Get ready to be amazed! See your family, friends and neighbours like never before! They will be stepping into the spotlight to perform and entertain. Promising a night of genuine community talent and surprises! Tickets are £10 each, all proceeds to the 'Save our Village Hall' appeal. See contact details below to book.

All are 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; 11:10 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. 10:00 Wednesday 12th November Community Bus Coffee Morning, 11:00 Tuesday 18th November Soundbath with Tracy.

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

November Tideford Coffee Morning

The next Royal British Legion Tideford coffee morning is being held on Armistice Day 11th November 10:30 - Midday. Coffee and cake £2.50.

We will have the two-minute silence to reflect.

Proceeds to the Poppy Appeal. Everyone is welcome.

Julie Luscombe



Firework Night by the Coast:

As Firework Night approaches, many of us look forward to the sparkle and excitement that lights up our autumn skies. It is a wonderful tradition that brings friends and families together; the warmth of a bonfire, the whoosh of rockets, and the bright colours dancing over the sea.

But as we celebrate, it is important to remember that the loud bangs and flashes can be frightening for our four-legged and feathered neighbours. Dogs, cats, horses, and local wildlife often become very anxious during fireworks, they don't understand that the noise is meant to be fun.

If you are planning to set off fireworks at home, please consider letting nearby residents know in advance. This gives pet owners time to prepare; to keep animals safely indoors, draw the curtains, and play gentle music to help mask the sounds. Low-noise fireworks are also becoming more widely available and can make a real difference to local animals.

For those who prefer to watch rather than light their own, attending an organised display can be a great way to enjoy the evening safely and with less disruption to the environment and wildlife.

A note on the law: In the UK, it is illegal to set off fireworks between 23:00 and 07:00, except on certain occasions: Bonfire Night (until midnight) and New Year's Eve, Diwali, and Chinese New Year (until 01:00). Fireworks must not be sold to anyone under 18, and it is also against the law to set them off in public places such as beaches, parks, or streets.

By celebrating considerately, we can all enjoy the beauty and excitement of Firework Night while keeping our community and its animals safe and calm.

Here's to a bright, happy, and kind Bonfire Night for all.

Thank you, DaSRA - info@dasra.co.uk

Hessenford WI

Our October meeting was a crafty one. Members drew poppies then used UV resin to turn them into brooches, another enjoyable sociable meeting. In November we will be making Christmas decorations. Visitors are always welcome; we are for women of all ages and backgrounds. We meet on the first Tuesday of the month, 14:00 at Widegates village hall.

Jacqueline Holland

Downderry & Seaton WI

Another busy month for us. Many thanks to everyone who came along and supported The Smugglers Inn, Seaton and our WI at their Macmillan Coffee Morning. Our community raised an amazing £387.55 for the charity.

How lucky we are to have such wonderful areas of beauty on our doorstep. A group of our ladies took advantage of a sunny day and took the boat to Looe Island. Instead of circling the island, we landed and spent a couple of hours exploring the island and its wildlife.

We have recently been going through our archives and found a fascinating yearbook from 1968.

Our October meeting saw three of our members talking about the WI "1968 and Now". Fascinating comparing 1968 to 2025 and looking at the old photographs. We found the ethos was the same, *To Connect, Empower and Support Women*. Many new residents of our villages may not realise that our WI has been established for 104 years, it is one of the oldest WIs in Cornwall.

November is round the corner and with it our Christmas Craft Day on Sunday 9th November 10:00 -15:30 £20 for the day including all materials and lunch. We are also booking for our wreath and table decoration workshop on Saturday 6th December, two sessions morning and afternoon. £25 for a wreath and £10 for table decorations, again inclusive of all materials. Both events will take place at St Nics, Downderry. If you would like to attend either of these workshops please contact us to book

Downderryandseatonwi@gmail.com

Julie Green, Secretary Downderry & Seaton WI

Deviack Activities Group (DAG) (at St Nicolas Church, Donderry PL11 3LR)

We are delighted to hear that The Zone will now be sold to the community and be run by The Zone Health & Wellbeing Hub in the New Year. However, in the meantime we are still operating from St Nicolas Church.

NOVEMBER PROGRAMME

Craft Café and Art Group: Mondays 10:00 – noon, £3. In November and December we will have a go at all sorts of Christmas crafts or you can bring along your own project.

Also, Monday 10th Awenek Workshop. Please confirm your place with webstersue62@gmail.com

November low-cost Willow Workshops with Jasmine Fassenfelt; Christmas decorations workshops:

- Saturday 15th November 10:00 – 13:00, £15 fee (non-returnable). We will be making Willow Christmas Trees. There are only 10 places.
- Wednesday 19th November 19:30 – 21:30 £10 fee (non-returnable). Only 10 places.

To book your place contact parkerviv@aol.com

Table Tennis: Wednesdays 18:00, £2. No experience necessary, equipment provided.

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

For information about **SCALLYWAGS** - School holiday activities for primary school children and their parents- contact lsmith8836@gmail.com

We, the DAG team of volunteers, hope to see you soon! For more information contact parkerviv@aol.com or follow us on Facebook.

Viv Parker

St Germans Thursday Club

On Thursday 25th September we spent a wonderful afternoon with the Reverend Reid celebrating Harvest Festival. Thank you, Reverend Reid, and thank you to everyone who donated items for the Saltash Foodbank we had a lovely collection.

October the 9th was our last outing of the year and we all had a great time wandering around the Endsleigh Garden Centre, looking at the wonderful displays of flowers and

other goods and yes dare I say Christmas decorations, I think most of us participated in a cuppa and a piece of cake as well.

Coming up in November:

Thursday November 13th: We are holding our Annual Lunch. This will be held in the Eliot Hall as usual but will start at 12:30. Please contact our chairperson Jenny Putt for further information.

Thursday November 27th: Is our Christmas Craft afternoon. Everyone is welcome so please come along and join us.

Our meetings are held at the Eliot Hall, St Germans, doors open at 14:00 for 14:30 start unless otherwise advertised. 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

Swim Bus

My love of sea swimming started when taught by my dad in the North Sea Scotland at five years old. Swimming brings so many benefits to both physical and mental health, it is a lovely thing to share. I hear so many people say they would like to try it but perhaps do not have transport or do not have a group to swim with or are simply nervous to try.

I am keen to start a Swim Bus and have approval to use the Donderry Community Bus. I will try for one a month initially and then if enough interest will move to fortnightly. I am not a lifeguard and the understanding will be that we look after each other and ourselves. Anyone with health needs should check with their GP before starting. Where we swim may change, dependent on weather and tides. We will choose the most appropriate place which is likely to be Cawsand, Portwrinkle or Donderry. These will be simple shore swims to cater for beginners or less experienced swimmers to ensure safety. You may want to just start with a quick dip. I will need to know who is coming and where to organise pick-ups from on route. £5 each, proceeds towards Community Bus.

I hope to have started in October with the next planned swim for Monday 24th November 09:30, please call me to book a place. Emma Lock 07970-244202

Go on give it a go, it is exhilarating, energising and fun!

Emma Lock

Community Bus News

It is most rewarding for the Bus Committee to see our community bus supporting so many activities around the area. In October, including the morning Seaton school journeys, we averaged nine outings per week and with Christmas approaching and new ideas and initiatives kicking in, this is set to rise in the next few months. It goes without saying that this does place an additional burden on drivers and administrators but it is a task they are all well up for!

Speaking of new initiatives, Emma Lock has now launched her 'Sea Swim Club' and they had their first outing on 17th October to Cawsand with the next dates scheduled for 24th November and 8th December. The physical and mental benefits of sea swimming are well proven, and Emma is looking to set up a variety of events (at different locations) that cater for all abilities. So, if this is something you are looking to have a go at, this would be the ideal club to get you going. £5 per trip goes to bus, book directly or chat first with Emma on 07970-244202. *(See Emma's article - Ed.)*

As well as our weekly scheduled trips to Plymouth (Tuesday 09:30) and Liskeard (Thursday 09:30), in November, we have trips to Looe (3rd 11:30), Tavistock (14th 09:30) Truro (19th 09:30). All bookings are taken through Bev Brighton on 01503-250944. On Friday 28th we also have an excursion to Ivybridge and Endsleigh Garden Centre (09:30, £8) and with Christmas in mind we are already taking bookings for a trip to Totnes late night Christmas market on 9th December (15:30, £10). A full schedule of our service can be found here, on village notice boards, the DaSRA website and our own website at www.dscombus.com.

Our wonderful fund raisers at the 'Friends of the Bus' have also organised some very exciting fund-raising events, the first of which is the 'Auction Night' at the Smugglers Inn on Saturday 15th November, starting at 19:30. This is centred around a Cheese and Wine evening and has some quite spectacular lots ranging from a week's holiday flat in Lanzarote, three course meals, designer handbags, vintage whiskey, gallons of Ale, massages/wellness treats, local overnight hotel stays (B&B) and much more. Do not miss this one! Later in the month we also have the ever-popular Bingo night, also at the Smugglers, on Saturday 29th. The Community Bus for these events will shuttle from Downterry starting at 18:00 and we can update you further at the coffee morning on Wednesday 12th (Village Hall 10:30) and on our website www.dscombus.com. Full details and updates from the Friends of the Bus can be found on their Facebook site – <https://www.facebook.com/groups/1120178456052971/>

NEW DRIVERS? In truth, after 34 years in the army, I never saw myself getting so involved in something like this but now I appear to be Chairman.... how did that happen? The reason is because when I saw how hard so many people were selflessly working to make this Bus viable that I felt 'enthused' to join in. If you feel you would

like to join us as a driver or administrator, then please do get in contact with me – it would be great to have you on the team. See more at <https://www.dscombus.com/volunteers>.

Rob Gascoigne – Chairman (dscombus@gmail.com)

November / December Dates

DATE		DESTINATION	DEPART	LENGTH OF STAY	FARES SINGLE	FARES RETURN
<u>November</u>						
Tuesday	4	Plymouth	9.30 am	4 Hours	£3.00	£5.00
Thursday	6	Liskeard	9.30 am	2 Hours	£2.00	£4.00
Friday	7	LOOE	11.30am	3 Hours	£3.00	£5.00
Tuesday	11	Plymouth	9.30 am	4 Hours	£3.00	£5.00
Wednesday	12	Tea, Biscuits and mini quiz at <u>VILLAGE HALL</u> , £3.00			10.30 am -12.00	
Thursday	13	Liskeard	9.30 am	2 Hours	£2.00	£4.00
Friday	14	TAVISTOCK	9.30 am	4 Hours	£5.00	£10.00
Tuesday	18	Plymouth	9.30 am	4 Hours	Cheese	£5.00
Wednesday	19	TRURO	9.30 am	4 Hours	£6.00	£12.00
Thursday	20	Liskeard	9.30 am	2 Hours	£2.00	£4.00
Tuesday	25	Plymouth	9.30 am	4 Hours	£3.00	£5.00
Thursday	27	Liskeard	9.30 am	2 Hours	£2.00	£4.00
Friday	28	Ivybridge and Endsleigh Garden Centre	9.30 am	4 Hours		Bus £8
Fri	28	Smugglers, Cheese and Wine, plus Auction by the Friends of the Bus			Auction starts from 7.30pm See Notice Boards for details	
Sat	29	Smugglers, Bingo for the Bus, must book a table, food available before			Bingo starts 8.00pm Bus shuttle from 6.00pm	
<u>DEC</u>						
Wednesday	3	EXETER	9.30 am	4 Hours	£8.00	£15.00
Friday	5	LOOE	11.30am	3 Hours	£3.00	£5.00
Sat	13	Smugglers quiz night, for the bus Plus Mega Raffle, food available before Quiz			Quiz starts 8.00pm See Notice Boards for more details	
Tuesday	16	Totnes late night shopping + Xmas market	3.30pm	4 Hours		£10.00
Wednesday	17	TRURO	9.30 am	4 Hours	£6.00	£12.00

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

Downderry Bus 300 Club

The very lucky winners of the October 300 Club draw are:

1st. No. 59 - Kevin Done. 2nd. No. 151 - Dr. Roger Orcutt. 3rd. No.184 - Mike Redmand.

Many thanks everyone.

Jo Woodley: 01503-250489

The SHOP

Owned by
Downderry &
Seaton Community

This month marks another exciting step forward: the community has officially chosen the name *The Shop – Owned by Downderry & Seaton Community*. With that, we have also launched a new email address:

hello@theshopindownderry.com (don't worry, the old one still works too).

Thanks to the incredible efforts of a few volunteers, the old interior has now been stripped out, this clears the way for the exciting transformation ahead.

We are also thrilled to welcome several new faces to the project team: Chris of Tredan, Barry Lowton of Eleqx and Kyle Haigh of KDH. Their expertise and enthusiasm will be invaluable as we move into the next phase of development.

Thank you, as always, to everyone who continues to support the Community Shop, whether through time, skills, or encouragement. Together, we are building a space that will serve and strengthen our community for years to come.

Michelle Davies - Shop Committee Member

Polbathic Village Hall's Christmas Bingo

Fancy a fun night out then come and join us at Polbathic Hall's Christmas Bingo, fun for all the family. Prizes for winning lines and houses plus a money game, raffle and free refreshments. This is not just bingo this is Christmas bingo! We look forward to seeing you there. Friday 5th December doors open at 19:00 for eyes down at 19:30.

Jenny Warr

Simple Ways To Save The Planet



I was writing an article the other day, when a friend suggested I used AI to speed up the process. My initial response was "why would I? I'm a writer." However, I could see the attraction; it would undoubtedly have got the job done quickly, leaving time for other things.

However, there is a big problem with AI, which seems to be rarely mentioned. AI is enormously power hungry, using vast energy for small tasks. AI is not the only energy hungry newcomer; bitcoin, and other virtual currencies are similarly problematic. As is social media.

In a bid to check the energy use of our websites, I visited a site called www.websitecarbon.com. This clever tool allows you to see how much energy a website uses. While I was reassured that the websites I manage were not too energy heavy, my halo moment quickly disappeared when I put social media into the mix. Facebook and Instagram have a huge footprint, using 78% and 89% more energy than the average webpage, and run on servers powered by fossil-fuels. From the Website Carbon Calculator I also gleaned the following:

The internet consumes 3.5% of all electricity used globally, and accounts for 1.32% of all global emissions. (Source: Our World in Data)

- The International Energy Agency predicts that electricity demand from energy centres worldwide will double by 2030. (Source: IEA site)
- Transfer size has increased by 64%. Desktop and mobile sites are nearly 1mb heavier than they were seven years ago. (Source: HTTP archive)

Electric cars are also increasing our need for electricity. As renewables make up on average just over 18% of our power, we cannot yet produce enough green energy to cope. With AI and social media added to the mix, we lengthen our reliance on fossil-fuel generation, opening a cohesive argument for the need for new nuclear power stations.

Our internet use has become like a giant pac-man, greedily gobbling up every crumb of energy it can. So, before you reach out to Chat GPT or upload videos and photos online, think do I really need to do this?

Lizzy Stroud

Rita's Rota – November Dates

3	10:00	DAG Craft Café (SNCh)	17	10:00	DAG Craft Café (SNCh)
	11:10	Pilates with GochaWellness (DSVH)		11:10	Pilates with GochaWellness (DSVH)
	14:00	QiGong with Nicola (DSVH)		14:00	QiGong with Nicola (DSVH)
	18:45	Yoga with Jackie (DSVH)		18:45	Yoga with Jackie (DSVH)
4	10:00	Coffee Morning (DSVH)	18	11:00	Soundbath with Tracey (DSVH)
	14:00	Hessenford WI (WVH)		14:00	Short Mat Bowls (DSVH)
	14:00	Short Mat Bowls (DSVH)		18:00	Pilates with Sarah (DSVH)
	18:00	Pilates with Sarah (DSVH)		19:45	Drama Group Rehearsal (DSVH)
	19:45	Drama Group Rehearsal (DSVH)	19	14:00	Badminton (DSVH)
5	14:00	Badminton (DSVH)		18:00	DAG Table Tennis (SNCh)
	18:00	DAG Table Tennis (SNCh)		19:00	St Germans Gardening Club (EHSG)
	19:30	Whitsand Harmony Rehearsal (DSVH)		19:30	Whitsand Harmony Rehearsal (DSVH)
6	14:15	DAG Music Club (SNCh)		19:30	DAG Willow Workshop (SNCh)
7	10:30	Chair Yoga with Craig (DSVH)	20	14:15	DAG Music Club (SNCh)
	18:30	Camp Theatre Co "The Dresser" (DSVH)	21	10:30	Chair Yoga with Craig (DSVH)
9	10:00	Remembrance Service (SGMC)		18:30	BINGO (DSVH)
	10:00	D&S WI Craft Day (SNCh)	24	09:30	Swim Bus – See Emma Lock article
	10:45	Remembrance Service (TRBL)		10:00	DAG Craft Café (SNCh)
10	10:00	DAG Craft Café (SNCh)		11:10	Pilates with GochaWellness (DSVH)
	11:10	Pilates with GochaWellness (DSVH)		14:00	QiGong with Nicola (DSVH)
	14:00	QiGong with Nicola (DSVH)		18:45	Yoga with Jackie (DSVH)
	18:45	Yoga with Jackie (DSVH)	25	14:00	Short Mat Bowls (DSVH)
11	-	MOBILE LIBRARY DAY		18:00	Pilates with Sarah (DSVH)
	10:30	Coffee Morning (TRBL)		19:45	Drama Group Rehearsal (DSVH)
	11:15	Remembrance Day Refreshments (DSVH)	26	14:00	Badminton (DSVH)
	14:00	Short Mat Bowls (DSVH)		18:00	DAG Table Tennis (SNCh)
	18:00	Pilates with Sarah (DSVH)		19:30	Whitsand Harmony Rehearsal (DSVH)
	19:45	Drama Group Rehearsal (DSVH)	27	14:00	Thursday Club Xmas Crafting (EHSG)
12	14:00	Badminton (DSVH)		14:15	DAG Music Club (SNCh)
	18:00	DAG Table Tennis (SNCh)		18:30	Deviock Council Mtg / Planning (HCH)
	19:30	Whitsand Harmony Rehearsal (DSVH)	28	10:30	Chair yoga with Craig
13	12:30	Thursday Club Annual Lunch (EHSG)	29	18:30	Show Stoppers (DSVH)
	14:00	Games Afternoon (DSVH)	30	10:30	Advent Church Service (SGMC)
	14:15	DAG Music Club (SNCh)			
	19:30	Deviock Full Council Mtg ((HCH)			
14	10:30	Chair Yoga with Craig (DSVH)			
15	10:00	DAG Willow Workshop (SNCh)			
	10:00	Little & Bigger Breakfast (DSVH)			
16	10:00	Producers Market (DSVH)			
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			

BBB Bewshea's By The Beach; CB Community Bus; DSVH Dderry & 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 Downderry; WVH W'gates V Hall

Entries for Rita's Rota should be sent to nuttree.editor@yahoo.com by 17th of the preceding month - Rita Copy deadline for the December Nut Tree is BY 17th November. Please note there is no Nut Tree in January, so copy for the December magazine should include known events for January – nuttree.editor@yahoo.com

Disclaimer: The Editorial Group accepts no responsibility for views expressed in any edition of Nut Tree. Nevertheless we will try to be as accurate as possible and request similar factual correctness from all our correspondents.