



August 2026 Volume 41 (5)

Nature Notes

I am out before 06:00 and I welcome the easterly breeze that takes a degree or two off the twenty I was expecting. Strips of cumulus cloud, some dark and menacing, offer the prospect of a meagre shower, but I have to be optimistic. Looking down, I catch sight of a Jersey Tiger Moth, its three creamy-white bars across each black forewing forming the familiar, angled pattern. Occasionally misidentified as a butterfly, because of its daytime habits, the species is often found resting on pale walls or on vegetation in the garden. It is a moth of July and August, once rare but now quite common across the south of England. Remaining on the road is not a sound option for the moth and I retrieve the individual, moving it to safety.

I walk to the coast and settle down to scan any movement across the sea. In the distance the double light of the lighthouse continues to shine well after dawn. Most Gannets are flying west, with the wind, the occasional one diving. The slight shimmer of the air towards the horizon is not helpful, but there is little to see this morning at any rate. A small, dark bird then comes into view, its scythe-like wings making light work of the breezy conditions. The Swift is alone and in its element. It is not a local bird since none breed in the village to my knowledge, but individuals travel miles to feed especially in poor weather. Within a couple of weeks, it will be on its way south, one of the earliest summer migrants to vacate our land. Once departed, it will not touch down again until it returns next year.

There are few other signs of migration. Whereas a few weeks ago I saw hundreds of Manx Shearwater, this morning I pick out just one. Heading east are a couple of Common Scoter, a species of sea duck that spends the winter off our coast. The males do not stay long on the breeding grounds in the north of Europe and begin to head south before the summer is over. Large flocks form wavering, sinuous lines, continually changing shape as birds exchange positions in the group. A couple of adult Mediterranean Gulls move close inshore. These have migrated from breeding colonies further east, perhaps the near continent, but the youngsters from this year have yet to arrive.

Moving to the beach I catch sight of a couple of nervous Common Sandpiper. These small waders breed close to upland streams, then transfer to the coast whilst on migration to Africa, though a few spend the winter in the county. Their flight is very distinctive, consisting of the shallow beating of their bowed wings, interspersed with short glides. Resting on a rock at low tide, an individual habitually bobs the rear of its body. I stop by the stream adjacent to the school, but on close inspection I realize that there is no water. The stream that tumbled forcefully onto the beach in the winter has dried up, a worrying consequence of the lack of rainfall. Before returning home, I take a last look at the ocean and note that the ever-reliable lighthouse is still flashing its twin pulses of light.

Alan Payne

Looe East and Deviock Councillor Update

From Truro: Changes to cash payments in council car parks

From 1st August, payment machines in many Cornwall Council car parks will stop accepting cash. Card, contactless, JustPark and Buzzpay payments will remain available.

The Council says almost 90 per cent of parking transactions are already cashless and that the change should save around £80,000 a year. Cash payments will remain available at 43 car parks across Cornwall. I raised concerns about the impact on older residents, people without bank cards or smartphones, and town-centre businesses. I am pleased that cash will continue to be accepted at Millpool car park in Looe and Seaton Park car park.

New Crisis and Resilience Fund

Cornwall Council has launched a new Crisis and Resilience Fund to replace the Household Support Fund and the former Crisis and Care Awards scheme.

The Council has been awarded £8.25 million for 2026/27. The fund can provide emergency financial help, support with essential household costs, housing-related assistance and referrals for debt, benefits and employment advice. A further £1.5 million has been made available to support qualifying households facing increased heating-oil costs. Eligible residents can receive a one-off payment of up to £300.

This support may be particularly important in rural communities where homes are not connected to mains gas. Residents facing an immediate financial crisis should check the eligibility rules or contact the Council's benefits team on 0300 1234 121.

Local News: Proposed housing and retail development at Barbican Road

Proposals are being prepared for a substantial mixed-use development on land east of Barbican Road in Looe. The current proposal is for up to 86 homes, comprising 61 social

rented properties and 25 shared ownership homes. All are described as “affordable”, although that label alone does not tell us enough. I will be working to prioritise local families, working people and younger residents who might otherwise be unable to remain in Looe.

A separate proposal would provide a retail store with the potential to create up to 40 jobs. I have been engaging with the developers for several months to make sure local conditions are properly considered. This includes infrastructure, the impact on neighbouring residents, Looe Academy, traffic at school times and the operation of the Go Cornwall Bus service.

As an early step, I arranged a meeting in April so the developers could explain and discuss their emerging plans with local stakeholders, including Looe Town Council and Councillor Candy. More importantly, the developers have agreed to my request for a full public meeting where residents can question them directly and make their views clear. I have asked for this to take place after the summer, when more people are likely to be available.

The provision of genuinely affordable housing is welcome in principle. Any application will still need close examination of highways, drainage, landscape impact, ecology, access to services and the combined effect of the housing and retail proposals.

*Councillor Mark Gibbons
Independent Cornwall Councillor*

Downderry & Seaton WI

Another busy month for our group. We took part in the Downderry & Seaton Carnival providing refreshments and goodies. Some of us travelled to the Barbican in Plymouth via the Cawsand Ferry for lunch. Our July meeting saw us welcome a member of the local Coastguard to talk about their role in our local community. We will be holding our annual garden party in Seaton taking advantage of the beautiful weather. Later this month we are travelling to Sterts to watch a local theatre company perform Calendar Girls. A local WI supporting a WI on stage.

No meetings in August, but we will be back in September with lots of events planned for the autumn. One event will be a coffee morning in support of Cornwall Hospice taking place at the Smugglers, Seaton on Friday 25th September. Please watch social media for further details.

If you would like to find out more about our group, please come along and meet us. We can be found from September in The Zone 14:00 – 16:00 on the second Tuesday for our monthly meeting and third Tuesday for our Craft Group. We also run a book club which meets on either the third or last Tuesday each month 14:00 – 16:00 at the Inn on the Shore. You can also keep an eye on our Facebook page to see what events are coming up and which have taken place.

Julie Green, Secretary

Deviack Parish Council

There will be one meeting in August and two meetings in September: Thursday 10th September (Full Council, 19:00), Thursday 20th August and Thursday 24th September (Planning Committee, 18:30). All meetings will take place at The Zone in Donderry. See Agendas for details prior to each meeting.

Broads Yard: Car park users will shortly be able to use the JustPark mobile App to pay for hourly and weekly parking at Broads Yard, also season tickets. Charges will apply for using the App, payable to JustPark. To be eligible for a residents-only season ticket, residents will need to provide the Parish Council with proof of home address before purchasing via the App.

Memorial Garden: An accessible ramp is to be installed at the Memorial Garden (at the entrance facing the Inn on the Shore) after the school summer holidays.

Dog fouling: Please would visitors to the Parish and residents pick up after their dogs and deposit waste in the bins provided. There are plenty of bins in Donderry and Seaton, and Hessenford has a dog waste bin on the path next to the church. The Parish Council is happy to say that a dog waste bin will be installed in Narkurs once a collection service has been arranged with Cornwall Council.

Co-option: The Parish Council is still looking to co-opt more Councillors, so please contact the Clerk to find out more or to express an interest. Further information can also be found on the FAQs page of our website.

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.deviackparish.org.uk/.

The Parish Clerk can be contacted Monday to Friday by email at clerk.deviackpc@btinternet.com. Please note the Council's email address will be changing over the summer; any emails received will be forwarded automatically to the new address. The Parish Office at the Vestry in Donderry is open to the public on the first and third Wednesday of the month (non-meeting weeks) from 15:00 (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.

Lynher Church St Germans

Hello everyone from the Chapel. One benefit of an old building like ours is it is wonderfully cool in the present heat.

Services are as usual during August and September, they are at 10:30 every Sunday. A cool building but a very warm welcome to everyone.

Our Charity Coffee and Cake Morning on the 15th August, from 10:00 to 12:00, is in aid of McMillan Nurses and is part of their annual fundraising coffee morning effort. Please come and support this wonderful charity. In September our Charity Coffee and Cake Morning is on the 19th September and is in aid of Water Aid, please support us to help those who have no access to clean water throughout the world.

Have a wonderful summer and we hope to see you soon.

Steve Gerrard

St Germans Thursday Club

Unfortunately, our outing to Looe on the 25th June had to be cancelled due to the fact it was just too hot for a lot of our members so the decision was made that it would be best to cancel. On the 9th July we were delighted to welcome Lizzie Stroud and Geoff Clarke who gave us a superb afternoon of 'Music from the Shows' plus other popular tunes, what a wonderful afternoon was enjoyed by everyone. Thank you so much Lizzie and Geoff.

Coming up in August:

August 13th: we are looking forward to a cream tea at Penhale Pantry, Dobwalls. Details will be finalised at our July 23rd meeting.

September 10th: will be an afternoon of knitting for the Children's Hospice, if you cannot knit don't worry come and join us and enjoy some good company and friendly chatter.

September 24th: will be our Harvest Festival with Mrs Helen Burke. We will be collecting foodstuff in aid of the local Foodbank.

All meetings are held at the Eliot Hall, St Germans at 14:30 doors open at 14:00 unless otherwise advertised. Visitors are always welcome. Entry is £3 at the door which includes a cup of tea or coffee and fun raffle.

For general enquiries please contact Nancy Meadows on 01503 - 230945.

Linda Barnes

Hessenford News

Finally, our summer has arrived - I do hope you are able to be out there enjoying it - lapping up the vitamin D!

As I am sure you are aware August is the most important month in the calendar for Hessenford. We are celebrating our annual event with a fun fete from 14:00 – 16:00 leading straight into the duck race just across the road outside The Copley Arms. If you are new to the village, visiting or have never attended - please come and join in this convivial gathering. We are aiming to make this a great event, fitting as many stalls and games as possible in the village hall exterior space with soft drinks and homemade cakes available too. I am hoping that you will have seen posters around the village and that a flyer will be enclosed with details about the fete. **Saturday August 1st 14:00 onwards...**

It would be great if any residents who were not included (but would like to be in the future) send me an email tam@skim.co.uk - or please use the same email if you have any feedback about the event or suggestions for 2027. I would still really like to organise a monthly pub quiz, however, I think September might be a better month to kick that off.

Have you noticed an increase in butterflies this year, including varieties rarely spotted previously? The Red Admiral and Cabbage White are the regulars - Meadow Brown, Common Blue have been seen in the fields. However, I have seen Commas and Small Coppers (orange ones) in and around the poly tunnel, plus the occasional multicoloured Peacock butterfly is always a joy to see. Statistics for this insect are depressing - claiming 80% of butterfly species have significantly declined since our last heatwave in 1976 - a 'Butterfly Emergency' has been declared. Habitat loss and global warming have influenced the population of the Pearl-bordered Fritillary (-70%) and Small Tortoiseshell (-87%) over the past five decades.

There is an abundance of information about butterflies online - you many have heard of the Butterfly Conservation's Big Butterfly Count, a UK wide survey, if you would like to join in head to: <https://bigbutterflycount.butterfly-conservation.org/> - it is a fun way to learn about the various species and you can download a free sheet to provide useful information for this organisation.

Hessenford Village Hall

Please note the Village Hall is available for any community group gatherings, or private functions and parties should you need the space.. All for a very reasonable hourly rate! Visit www.hessenford.com or call Fiona for further details about the Hall if you do not have internet access: 07753 - 937812

The next Hessenford Hall gathering is Saturday 8th August - Coffee, Cake and Chat (11:00 – 13:00) All Welcome.

For your information, all monies raised from the fete is for the purpose of upkeep and maintenance of the Hall and church. The takings are banked into properly audited charity

registered accounts managed by the Rame and Rivers Group Treasurer and are externally audited each year. Use of the funds has to be bid for through a formal PCC meeting and approved by the meeting.

Tamsyn Jarvis

Eliot Hall, St Germans

“WIDDERSHINS” with David Mynne at the Eliot Hall, St Germans, Saturday 5th September 19:00. Bar and doors open at 18:30.

We are so excited to have secured a visit from David Mynne, Cornish actor, a founder member of Kneehigh, and a performer of one man shows working nationally and internationally.

Save the date for this exciting performance. Tickets are available from www.cornwall365.com and St Germans Community Shop.

Welcome to WIDDERSHINS: a long-forgotten village buried deep in a dark, wild corner of Cornwall. Here, Bob Droll (local raconteur, folklore enthusiast and village-hall caretaker) will take you on a tour of a place where mystery lurks about every corner. You will not believe the shocking tales of poor ‘Pity Me’ Jose; or of Cryer Bledstone, the Sea Captain afraid of death!

Expect stories told with a sting, poetry cracked and darkly comic, unforgettable characters and physical theatre, alongside the usual irreverence, wit and silliness. It will be dark, delirious and delightful.

Widdershins is an exciting original work, scripted specifically for David, by renowned writer Carl Grose and directed by Olivier Award winner Simon Harvey. Suitable for adults and older children (12+)

Briony Woods

Thank you - FREDERICK ‘JOHN’ SYMONS (16-Dec-1936 - 10-Jun-2026)

John’s family would like to thank those who sent cards, messages of sympathy and for attending the Thanksgiving service. Thank you too for donations made in memory of John, to Quay Lane Surgery PPG. A special thank you to David Watters for his help and thoughtful, caring service.

Barbara Symons

Quay Lane Surgery

The Patient Participation Group (PPG)

Since 2013 the PPG's patient funds have provided nearly £23,000 of medical and ancillary equipment and improvements to enhance the care, comfort and experience provided at both the surgeries.

Our fundraising team will be at the Producers Market in Donderry and Seaton Village Hall on Sunday 16th August from 10:00 to 13:00 hoping to sell whatever we can bake, create, grow, preserve and produce ourselves - and we hope we will see you there!

Claire Croft, Chair - email, quaylaneppg@gmail.com

Practice News

🌟 We are incredibly proud to share some fantastic news with our patients! 🌟
According to the latest National GP Patient Survey, Quay Lane Surgery has been ranked the **best practice in Cornwall for patient experience**.
An amazing 98% of patients who responded to the survey said they had a good overall experience with our practice.
We would like to thank our patients for their feedback and continued support, and our dedicated team for their hard work and commitment to providing high-quality care every day.

Staying Safe During a Heatwave

As temperatures rise over the summer months, we would like to remind all patients how important it is to take extra care during hot weather. While many people enjoy sunshine and warmer days, prolonged periods of heat can pose serious health risks, particularly for older adults, young children, pregnant women, and those living with long-term health conditions such as heart disease, lung disease, diabetes, or kidney problems.

Top Tips for Staying Cool and Well

Drink plenty of fluids Try to drink regularly throughout the day, even if you do not feel thirsty. Water is the best option. Avoid excessive alcohol, which can increase the risk of dehydration.

Keep your home cool Close curtains or blinds in rooms that face the sun and open windows when the temperature outside is cooler, particularly overnight if it is safe to do so.

Avoid the hottest part of the day If possible, stay indoors between 11:00 and 15:00 when the sun is at its strongest. If you do need to go outside, seek shade and take regular breaks.

Dress appropriately Wear loose-fitting, lightweight clothing and a wide-brimmed hat if you are outdoors. Use sunscreen with a high SPF and reapply regularly.

Think about vulnerable neighbours and relatives A quick phone call or visit can make a real difference. Ensure they have enough food, fluids and any medication they may need.

Be Aware of Heat Exhaustion

Heat exhaustion is not usually serious if recognised and treated quickly. Symptoms can include:

- Headache
- Dizziness
- Excessive sweating
- Feeling sick
- Tiredness or weakness
- Muscle cramps
- Fast breathing or pulse

Move to a cool place, drink fluids, loosen clothing and cool the skin with water or damp cloths. Most people should improve within 30 minutes.

When to Seek Urgent Help:

Heatstroke is a medical emergency. Call 999 if someone:

- Has a very high temperature
- Is confused, agitated or behaving unusually
- Loses consciousness
- Stops sweating despite being very hot
- Has a seizure

Medication and Hot Weather

Some medicines can affect how the body responds to heat or increase the risk of dehydration. Continue taking your prescribed medication as advised, but ensure you stay well hydrated. If you are concerned about how hot weather may affect your health condition or medicines, please speak to a pharmacist or contact the surgery for advice.

Remember; A little preparation can go a long way in helping us all stay safe and healthy during hot weather. Please look after yourselves and keep an eye on friends, family members and neighbours who may be more vulnerable to the effects of extreme heat. From all the team at Quay Lane Surgery, we wish you a safe and enjoyable summer.

Tina Seedhouse, Practice Manager

The Things That Hold Us Together

There is something rather lovely about this time of year. The summer holidays are in full swing; the beach is alive with locals and visitors alike; cafés are busy and it is not unusual to hear half a dozen different accents while you are waiting for a coffee or wandering into the Community Shop. We can sometimes forget that people save all year to spend some time in the place we simply call home. And who can blame them? We live somewhere rather special.

But I have found myself thinking recently that what makes our villages special isn't really the beach, the coastline or the spectacular sunsets. They are certainly a huge part of it, but they are not the whole story.

The real magic lies in the people. It is in the familiar faces behind the counter in our Community Shop. It is in the volunteers on a Village Hall event or quietly stacking chairs away at the end of the evening. It is in the classes, laughter and conversations happening every day at The Zone. It is in neighbours checking in on one another, friends stopping for a chat in the street, and local businesses that know many of their customers by name.

None of those things happen by accident. They are the result of many small acts of kindness, generosity and goodwill that often go unnoticed because they are simply part of everyday village life.

As Chair of DaSRA, I am reminded how many people give their time, ideas and energy simply because they care about where they live. Through DaSRA we have been able to support local projects with grants, but we are only one small part of a much bigger picture. Every organisation in our villages – whether it is the Community Shop, the Village Hall, The Zone, our pubs, cafés and restaurants, or the many groups and clubs that quietly get on with making things happen – helps to weave the fabric of our community.

As the hot and sunny summer, so far at least, inevitably moves gently towards autumn and life becomes a little less hectic, perhaps it's a good moment to remember that communities do not thrive because someone else looks after them. They thrive because lots of ordinary people each do their bit. Sometimes that is volunteering. Sometimes it is supporting a local event, joining an organisation, shopping locally or simply taking

the time to say hello to someone you have not seen for a while.

Visitors come here because it is beautiful. They return because it feels welcoming. That is something we should never underestimate and never take for granted.

Thank you to everyone who helps make DOWDERRY and SEATON the kind of place people love to visit – and, more importantly, the kind of place we are proud to call home.

Chris Clarke

Devioc Activities Group

At The Zone Health & Wellbeing Hub DOWDERRY **PL11 3JZ**

September Programme

A reminder that DAG volunteers take a well-earned break in August and groups will reopen from Wednesday 2nd September.

Craft Café: Mondays from 7th 14:00 – 16:00 £3.

In September we are encouraging people to bring their own project, but you can always try one of ours and we have a vast selection! Or just come for a cuppa and a chat. All welcome.

WORKSHOPS:

Thursday 17th 19:30 – 21:30 ‘Seaweed Identification’ £10

Saturday 26th ‘Special Silversmith All Day Workshop’ for more information see emails, posts and posters nearer the time.

For more information and to book contact karen.deviocactivitiesgroup@gmail.com

Music Club: Wednesdays from 2nd 14:00 – 15:30 £3

Bring along your instruments to this fun supportive session which is certainly developing a lovely sound. All levels welcome and voices too. Ukuleles and support available for beginners.

Table Tennis: Wednesdays from 2nd 18:00 – 19:00 £2

Another fun supportive group. No experience needed, all levels welcome. Equipment provided. A great way to make new friends and get some gentle exercise.

For more information about all DAG activities contact parkerviv@aol.com and follow us on Facebook. DAG is run by local people for local people.

Viv Parker



The Zone

Health & Wellbeing Hub

D O W N D E R R Y

Do not forget the **Free Taster sessions** we are offering in August to introduce new participants to some of our great selection of activities for the autumn:

Monday 3 rd :	13.30 – 14:30	Introduction to Pilates with Gocha
Wednesday 12 th :	10:30 -11:30	Introduction to Tapdancing with Jill
	17:30 – 18:15	Introduction to Ashtanga Yoga with Clio
Sunday 16 th :	17:00 – 18:00	Introduction to Restorative Yoga with Clio
Friday 21 st :	10:15 – 11:15	Introduction to Yoga with Lowenna
Saturday 29 th :	14:00 – 17:00	Introduction to the Labyrinth Walk with Teresa

Booking only required for the Labyrinth Walk with teresa@teresawicksteed.co.uk

For more information contact zonedownderry@aol.com
or see our website www.zonedownderry.org

In September we will again be running our full range of great health and wellbeing activities with some new ones we are starting to plan now, for example, Digital Support.

Keep your eyes open for our posts and posters for the full programme nearer the time.

Also keep up with the latest information by checking in with our great new website www.zonedownderry.org and contact individual activity Tutors to confirm dates and times.

We are seeking volunteers to support our Trustee responsible for repairs and improvements to the building. So, if you feel you could offer skills in this sphere please do contact us on zonedownderry@aol.com

We would like to give a **BIG THANKYOU** to Deviock Parish Council, DaSRA, DAG and a kind donor for their support which has enabled us to install the vital fire alarm system at The Zone. This is a huge step forward in keeping our community building safe, welcoming and ready for all the activities and events we enjoy together.

Zone Trustees

St Germans and District Twinning Association

"Save the date" as they say! We are making a few amendments to our programme of activities advertised at the start of the year. So put the following on your calendar now.

October 2nd: We are holding a French evening at Downterry and Seaton Village Hall. Do not worry it is not talking French but we will serve up a 3-course French inspired meal. Members and non-members welcome. Details to follow.

November 26th: Our AGM will take place at the Eliot Hall, St Germans for existing members and new joiners.

Also for those that like to plan in advance our French friends will be returning to us on May 6th to 9th 2027 to enjoy some Cornish hospitality.

Because not all the French twinningers have yet to be hosted in the area, we are also welcoming a group of 35 visitors from Plouguerneau this October. They will be based in Plymouth but will spend a day touring our district by bus to see the sights.

Carol Carter

St Germans & District Garden Club

Good day, which as I write this is yet another bright sunny day with no rain helping us in our gardens. Does anyone know of a good rain charmer to help us?

As usual we have a break from talks and garden visits during August. Having said that, I took Gilly to the Garden House at Buckland Monachrum a week ago and it continues to be a garden of beauty and peace. Not to mention the food offerings in their café/restaurant – well worth a visit.

Our next meeting is on the 16th of September. It is a talk being given by Jim Stephens titled "A year in our garden. How to keep it interesting".

Jim is renowned for his love of camelias and he makes a very welcome return to us. I will be very interested in what he has to say about the autumn period and how he has coped in this current climate.

Doors open as usual at 19:00 with the talk starting at 19:30. I look forwards to seeing you at the Eliot Hall.

Ken Gurr - Honorary Secretary



Downderry and Seaton Village Hall (Registered Charity 1210090)

Together we have raised over £150,000, that is well over half way there! There are many ways you can help, give a donation, become a sponsor by making a regular donation or make a pledge, every pound helps! And if you are a UK taxpayer, please allow us to boost your donation by 25p of Gift Aid for every £1 you donate, at no extra cost to you.

Please go to our website for more information about making a donation, becoming a sponsor, a regular amount no matter the size will make a difference and making a pledge - www.downderryandseatonvillagehall.co.uk.

August

Craft Fair, Saturday 1st to Sunday 9th August (Fridays and Saturdays 10:00 to 18:00, all other days 10:00 to 16:00) - Come and support our many talented local crafters and buy some unique handmade pieces which you, your family and friends will love. There will be some of your favourites as well as many new ones. Entry is free.

Games Afternoon, Thursday 13th August 14:00 to 17:00 - Enjoy a fun afternoon with family and friends or make new ones. Lots of games available to play, or if you have a favourite bring it along! Entry fee £1 each. Hot and cold drinks available, including a reasonably priced bar.

Little & Bigger Breakfast, Saturday 15th August 10:00 to 13:00 - Make new friends and enjoy a hearty breakfast of either a breakfast bap for £5.50 or full breakfast for £7. Pay on the door.

Producers Market, Sunday 16th August 10:00 to 13:00 - Shop local for great fresh produce. Hot and cold drinks and breakfast baps available. Entry is free.

Bingo, Friday 28th August 18:30 for 19:30 start - Have a fun evening out with family and friends, all welcome. Variety of prizes. This is a non-commercial Fundraising Event with all proceeds going to the Village Hall.

September

Coffee Morning, Tuesday 1st September 10:00 to 12:00 - Come along for a chat and enjoy a hot or cold drink with a toasted teacake for £3.00. There will be a book stall and raffle tickets for that morning's draw.

VH Drama Group, Tuesday 1st September 19:15 to 21:15 - If you are interested in taking part in the next panto (February 2027), then come and join us *somewhere over the rainbow* for the read through.

VH Drama Group, Tuesday 8th September 19:15 to 21:15 or Thursday 10th September 19:30 to 21:30 - To secure a part in the next panto, come and join in the fun at one of the audition nights.

Games Afternoon, Thursday 10th September 14:00 to 17:00 - Enjoy a fun afternoon with family and friends or make new ones. Lots of games available to play, or if you have a favourite bring it along! Entry fee £1 each. Hot and cold drinks available, including a reasonably priced bar.

Auction and Music Night, Friday 11th September 18:30 for 19:30 start - This Fundraising Event is the idea of Lesley Rogan with all proceeds going to the Village Hall. Donations on the door would be very much appreciated. This is your chance to bid on some amazing items such as a holiday, pictures, golf voucher, time given, Donderry book and much more. The full list of auction items will be available on www.donderryandseatonvillagehall.co.uk at the beginning of September. You will be able to submit your bids online until Friday 11th September at 15:00. Auction item listings will also be available from The Community Shop and at Donderry Village Hall Fundraising Events. All bids received prior to this event will be carried forward to the live auction. After the auction there will be music by the Rockettes.

Little & Bigger Breakfast, Saturday 19th September 10:00 to 13:00 - Make new friends and enjoy a hearty breakfast of either a breakfast bap for £5.50 or full breakfast for £7. Pay on the door.

Producers Market, Sunday 20th September 10:00 to 13:00 - Shop local for great fresh produce. Hot and cold drinks and breakfast baps available. Entry is free.

Bingo, Friday 25th September 18:30 for 19:30 start - Have a fun evening out with family and friends, all welcome. Variety of prizes. This is a non-commercial Fundraising Event with all proceeds going to the Village Hall.

Myths and Reality of the Voyage of the Mayflower Monday 28th September 19:00 for 19:30 start - Join us for a talk with guest speaker Mike Haywood, who lives in the area and is a regular user of the Village Hall. He also visits many other locations to give this presentation. Much of what we are taught about the Voyage of the Mayflower is a myth. Mike's fully illustrated talk explores the turbulent events leading up to the religious dissidents deciding to leave England, what happens on the hazardous voyage and once they settle in New England.

To reserve your seats go to www.donderryandseatonvillagehall.co.uk.

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:** StrongHER Feel Good with Julie 09:30, Qigong with Nicola 14:00; **Tuesdays:** VH Short Mat Bowls Group 14:00, Pilates with Sarah 18:00, VH Drama Group 19:15 (from 1st September); **Wednesdays:** VH Badminton Group 14:00, Whitsand Harmony Rehearsal 19:30; 9th Community Bus Coffee Morning 10:30, **Thursdays:** Box Fit with Body-Architects Cornwall 18:00. **Everyday:** VH Snooker Room most days 09:00 to 23:30.

Save the Date: Charity Stalls and Craft Fair, Sunday 25th October.

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 & Secretary, Downderry and Seaton Village Hall

August / September Bus Timetable

DATE		DESTINATION	DEPART	LENGTH OF STAY	FARES SINGLE	FARES RETURN
August						
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	Fireworks competition		View from Mt Edgcumbe Leave 8.00pm Donation bucket for entry fee		£5.00
Wednesday	12	Tea, Biscuits and mini quiz at VILLAGE HALL, £3.00			10.30 am -12.00	
Thursday	13	Liskeard	9.30 am	2 Hours	£2.00	£4.00
Friday	14	TOTNES	9.30 am	4 Hours	£5.00	£10.00
Tuesday	18	Plymouth	9.30 am	4 Hours	£3.00	£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
Friday	21	LOOE	11.30am	3 Hours	£3.00	£5.00
Tuesday	25	Plymouth	9.30 am	4 Hours	£3.00	£5.00
Thursday	27	Liskeard	9.30 am	2 Hours	£2.00	£4.00
September						
Friday	4	LOOE	11.30am	3 Hours	£3.00	£5.00
Friday	11	TAVISTOCK	9.30 am	4 Hours	£5.00	£10.00
Wednesday	16	TRURO	9.30 am	4 Hours	£6.00	£12.00
Friday	18	LOOE	11.30am	3 Hours	£3.00	£5.00
Friday	25	Looe Valley Vinyard	10.00 am	4 Hours	tour TBC	£5.00

Community Bus News

I am not sure if we are enjoying or just coping with the hot weather at the moment! but our Community Bus continues to provide support to a whole host of activities and services around our area. Whilst numbers on the Bus for a variety of community support activities continues to grow, numbers are definitely down on our scheduled runs to both Plymouth (09:30 Tuesdays) and Liskeard (09:30 Thursdays). We are advertising as best we can but please do spread the word about this service and use it if you can. We would hate to have to pull back on these services but if they become unviable, we may have no choice. On a more positive note, congratulations to the organisers of the Downton and Seaton Festival! - it was a marvellous day and the Bus thoroughly enjoyed being part of it – Well done!

Website. Our website at www.dscombus.com will keep you up to date with our schedules/events and plans so please do take a look. Likewise, the Friends of the Bus Facebook pages at <https://www.facebook.com/groups/1120178456052971> will keep you up to date on forthcoming fund-raising events and activities.

Excursions. Following hard on the heels of our trip to the Davidstow Air Museum (and Cornwall at War Museum), our next major outing will be to the British Fireworks Championship on 12th August departing at 20:00 from Broads Yard. We view the fireworks from Mount Edgecombe so if you fancy taking a look at this spectacular display then please do book early to reserve your seat. All bookings are taken on 07745-911940 – if you leave your booking details on the answer service, we will ensure your place is reserved. Due to issues with mobile reception, we have had a few issues with connectivity but please do persevere or alternatively text us or use free WhatsApp calling (uses internet rather than mobile signal). We will confirm your place.

Trips. As well as our scheduled services we have trips to Looe on both 7th and 21st August (11:30 – 15:00 depart). Emma Lock's next Swim Bus trip is on 3rd August - The Club choses a variety of nearby locations for sea swimmers of all standards and hardiness, to get together in a welcoming environment to partake of some simple shore swims (people may also attend just for the joy of an outing if they wish).

Fund Raising. Great to see so many attendees at our Friends of the Bus sponsored monthly Coffee Mornings. It is a chance for me to update you on bus matters and events, and for you to meet our committee members and drivers. It is a very friendly session and a great chance for our community to get together for a snack and a little fun. Our next Monthly Coffee Morning is on Wednesday 12th August, 10:30-12:00 - £3.

New Drivers or Committee Members. A big thank you to Maggie Holden who has kindly agreed to take a look at the Booking Clerk role for the Community Bus – hopefully starting in September. May take a while for her to bed in but we are very grateful and very much looking forward to welcoming her onto our team. We are fortunate enough to have a steady stream of new volunteers for driving duties but are always on the lookout for new drivers if you fancy giving it a go. If you obtained your licence before 1 January 1997, you

automatically qualify to drive our Bus, and we have a comprehensive 'induction' period that will ensure you are well prepared for taking the Bus out on your own.

Rob Gascoigne - Chairman
dscombus@gmail.com

Downderry Bus 300 Club

The lucky winning numbers for the of July Club draw are:

1st. No.66 - Angela Lea. 2nd. No.188 - Tim Coakley. 3rd. No.151 - Roger Orcutt.

Thank you all for supporting OUR Bus.

Jo Woodley (01503 – 250489)

Simple Ways To Save The Planet



As I write, we are in the throes of a third ferocious heatwave. This comes hot on the heels of a winter which felt like one interminable deluge of rain, punctuated by wild winds; two extremes with one central cause - a change in our weather systems.

Sadly, this pattern is unlikely to settle into the familiar comfortable seasons of the past, as global warming takes effect. Recently it seems almost inevitable too that the gulf stream is changing course, which will lead to colder winters and hotter summers. There is lots of future-proofing to do!

A first priority should be to insulate. Should the winters become much colder, you will be grateful for it, and insulation will also keep your home cooler in hot summers. Insulation isn't just about walls and roofs, but simple measures too; Make thick curtains, sew or buy draft excluders. It is often possible to sew insulation material into existing curtains, or if you are like me and not brilliant with a sewing machine, it's surprising what can be achieved with Copydex. You can insulate your floor with thicker carpets, or rugs.

Try and build shade into your garden. A tree, when established, will send its roots down deep, and help to shelter the plants above, reducing soil evaporation and keeping everything healthier. Avoid paving areas, as these produce additional heat, and will become slippery in wet and icy conditions. Areas of green will help to absorb excess rain water, and if left to grow long in summer will help pollinators. Generally look for drought-friendly, tough plants that will withstand whatever is thrown at them.

Think about potential weather events to which your home might be particularly vulnerable and start working protectively now to mitigate any future problems. Could you divert a flood? Are you susceptible to the effects of strong winds? How vulnerable are you to a heatwave? Think resilience and tackle problems before they arrive. Your future self may be very grateful to you one day!

Lizzy Stroud

Cream Tea - Donderry & Seaton Village Hall

Cream Tea! Friday 21st August 15:00 to 17:00 - Enjoy a lovely afternoon with friends whilst raising money for Cornwall Hospices. £6.50 pay on the door. There will be a raffle too.

Gail Burns

St Nic's Coffee Mornings

Here are the dates for the Tuesday coffee mornings at St Nic's for August and September.

August: Tuesdays - 11th, 18th and 25th.

September: Tuesdays - 15th, 22nd and 29th.

All start at 10:30.

Elsa Guilfoyle

Rita's Rota – August Dates

1	10:00	Craft Fair (DSVH)	16	10:00	Producers Market (DSVH)
	14:00	Hessenford Village Fete		10:30	Church Service (SGMC)
2	10:00	Craft Fair (DSVH)		17:00	Yoga Taster Session (TZ)
	10:30	Church Service (SGMC)	17	09:30	StrongHER Feel Good with Julie (DSVH)
3	10:00	Craft Fair (DSVH)		14:00	QiGong with Nicola (DSVH)
	13:30	Pilates Taster Session (TZ)	18	-	MOBILE LIBRARY DAY
4	10:00	Craft Fair (DSVH)		10:30	Coffee Morning (SNCh)
5	10:00	Craft Fair (DSVH)	19	14:00	Badminton (DSVH)
6	10:00	Craft Fair (DSVH)	20	18:00	Box-Fit with Body-Architects (DSVH)
7	10:00	Craft Fair (DSVH)		18:30	Deviock Council Planning Mtg (TZ)
8	10:00	Craft Fair (DSVH)	21	10:15	Yoga Taster Session (TZ)
	11:00	Coffee, Cake & Chat (HCH)		15:00	Cornwall Hospice Cream Tea (DSVH)
9	10:00	Craft Fair (DSVH)	22		
	10:30	Church Service (SGMC)	23	10:30	Church Service (SGMC)
10	09:30	StrongHER Feel Good with Julie (DSVH)	24	09:30	StrongHER Feel Good with Julie (DSVH)
	14:00	QiGong with Nicola (DSVH)		14:00	QiGong with Nicola (DSVH)
11	10:30	Coffee Morning (SNCh)	25	10:30	Coffee Morning (SNCh)
12	10:30	Community Bus Coffee Morning (DSVH)	26	14:00	Badminton (DSVH)
	10:30	Tap Dancing Session (TZ)	27	18:00	Box-Fit with Body-Architects (DSVH)
	14:00	Badminton (DSVH)	28	18:30	Bingo (DSVH)
	17:30	Yoga Taster Session (TZ)	29	14:00	Labyrinth Walk Taster Session (TZ)
13	14:00	Games Afternoon (DSVH)	30	10:30	Church Service (SGMC)
	14:30	Thursday Club (EHSG)	31	09:30	StrongHER Feel Good with Julie (DSVH)
	18:00	Box-Fit with Body-Architects (DSVH)		14:00	QiGong with Nicola (DSVH)
15	10:00	Little & Bigger Breakfast (DSVH)			
	10:00	Charity Coffee & Cake (SGMC)			

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 – September Dates

1	10:00	VH Coffee Morning (DSVH)	17	18:00	Box-Fit with Body-Architects (DSVH)
	14:00	Short Mat Bowls (DSVH)		19:30	Drama Group (DSVH)
	18:00	Pilates with Sarah (DSVH)		19:30	Seaweed Identification Workshop (TZ)
	19:15	Drama Group (DSVH)	18	10:30	Chair Yoga with Craig (DSVH)
2	14:00	Badminton (DSVH)	19	10:00	Little & Bigger Breakfast (DSVH)
	14:00	Music Club (TZ)		10:00	Charity Coffee & Cake (SGMC)
	18:00	Table Tennis (TZ)	20	10:00	Producers Market (DSVH)
	19:30	Whitsand Harmony Rehearsal (DSVH)		10:30	Church Service (SGMC)
3	18:00	Box-Fit with Body-Architects (DSVH)	21	09:30	StrongHER Feel Good with Julie (DSVH)
4	10:30	Chair Yoga with Craig (DSVH)		14:00	QiGong with Nicola (DSVH)
5	19:00	Widdershins Play (EHSG)		14:00	Craft Café (TZ)
6	10:30	Church Service (SGMC)	22	10:30	Coffee Morning (SNCh)
7	09:30	StrongHER Feel Good with Julie (DSVH)		14:00	Short Mat Bowls (DSVH)
	14:00	QiGong with Nicola (DSVH)		18:00	Pilates with Sarah (DSVH)
	14:00	Craft Café (TZ)		19:15	Drama Group (DSVH)
8	14:00	Short Mat Bowls (DSVH)	23	14:00	Badminton (DSVH)
	14:00	D&S WI monthly mtg (TZ)		14:00	Music Club (TZ)
	18:00	Pilates with Sarah (DSVH)		18:00	Table Tennis (TZ)
	19:15	Drama Group (DSVH)		19:30	Whitsand Harmony Rehearsal (DSVH)
9	10:30	Community Bus Coffee Morning (DSVH)	24	14:30	Thursday Club (EHSG)
	14:00	Badminton (DSVH)		18:00	Box-Fit with Body-Architects (DSVH)
	14:00	Music Club (TZ)		18:30	Deviock Council Planning Mtg (TZ)
	18:00	Table Tennis (TZ)	25	10:30	Chair Yoga with Craig (DSVH)
	19:30	Whitsand Harmony Rehearsal (DSVH)		18:30	Bingo (DSVH)
10	14:00	Games Afternoon (DSVH)	26	-	All Day Silversmith Workshop (TZ)
	14:30	Thursday Club (EHSG)	27	10:30	Church Service (SGMC)
	18:00	Box-Fit with Body-Architects (DSVH)	28	09:30	StrongHER Feel Good with Julie (DSVH)
	19:00	Deviock Full Council Mtg (TZ)		14:00	QiGong with Nicola (DSVH)
	19:30	Drama Group (DSVH)		14:00	Craft Café (TZ)
11	10:30	Chair Yoga with Craig (DSVH)		18:30	Myths & Reality of Mayflower (DSVH)
	18:30	Auction & Music Night (DSVH)	29	10:30	Coffee Morning (SNCh)
12				14:00	Short Mat Bowls (DSVH)
13	10:30	Church Service (SGMC)		18:00	Pilates with Sarah (DSVH)
14	09:30	StrongHER Feel Good with Julie (DSVH)		19:15	Drama Group (DSVH)
	14:00	QiGong with Nicola (DSVH)	30	14:00	Badminton (DSVH)
	14:00	Craft Café (TZ)		14:00	Music Club (TZ)
15	-	MOBILE LIBRARY DAY		18:00	Table Tennis (TZ)
	10:30	Coffee Morning (SNCh)		19:30	Whitsand Harmony Rehearsal (DSVH)
	14:00	D&S WI Crafting (TZ)	31		
	14:00	Short Mat Bowls (DSVH)			
	18:00	Pilates with Sarah (DSVH)			
16	14:00	Badminton (DSVH)			
	14:00	Music Club (TZ)			
	18:00	Table Tennis (TZ)			
	19:00	St G Gardening Club (EHSG)			
	19:30	Whitsand Harmony Rehearsal (DSVH)			

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 Donderry; WVH W'gates V Hall

Mobile Library: Entries for Rita's Rota should be sent to
St Germans - Alms Houses 09:45 - 10:05 nuttree.editor@yahoo.com by 17th of the preceding month.
St Germans - Quay Road. 10:15 - 10:50 Rita
Donderry - Inn. 13:55 - 14:35
Seaton - Car Park. 14:45 - 15:05

There is no Nut Tree in September. Copy is required by 17th September for the October edition.