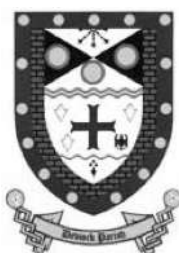


NUT TREE

November 2026 Volume 41 (8)



Nature Notes

It has been a miserable day, with low cloud and spots of rain in the air. Perhaps, autumn is slowly making its mark, though temperatures continue to remain higher than expected. So, I decide to take a risk and walk along one of the lanes leading to higher ground overlooking the village. But I do not get far before the loud, excited calls of gulls over the sea distract me. In the distance, there is a tight, swirling ball of birds close to the surface, so I abandon my plan and go to investigate. The gulls appear to be attracted to food at the surface, probably small fish forced close inshore by larger ones. Nothing unusual in this, but the number of gulls involved is immense and the huge, mobile congregation covers maybe just twenty metres in length.

A careful sweep across the gulls shows a mix of Herring and Black-headed. Hoping to find something less common, I soon manage to identify the odd Mediterranean Gull. There are a few Cormorants in attendance and lurking in the murky background Gannets are prospecting the ocean from a higher viewpoint. I make a rough count and stop at 800 gulls. Since it is low tide, there are a few rock pools between me and the breaking waves. At the edge of these a young Grey Heron and three Little Egrets stand motionless, unable to take part, onlookers to the spectacle. Suddenly the cacophony subsides until I can hear only the crashing waves. Abruptly, the gulls disperse, moving first westward then eastward, congregating for a while off the minor headland of Bass Rock.

In a few minutes, the gulls move away completely and the sea looks empty except for the odd bird. It seems that the source of food has moved on. Spots of rain have now turned into drops, so I turn and walk back along the beach, plastered by swathes of

kelp. I do my duty and pick up the odd bit of plastic from amongst the seaweed, though I think twice about the packet of pepperoni. Thankfully, it is empty and the bin is not too far. Further on, I come across a thin tube that is connected to the shredded remains of a small plastic bag. Quickly, I am reminded of a recent visit to Derriford and I realize that I am holding a drip from a hospital. There is an odd anxiety about the patient to which it was once attached. Whilst I manage this imponderable thought, I notice that another mass of gulls has gathered further along the beach. They have reassembled. By now the rain has increased and the visibility worsened. I leave the gulls to themselves and return home, pleased that I did not continue with my original choice of a country walk.

Alan Payne

Councillor News – The A38

Many of you will have seen the recent proposals from National Highways for improving safety on the A38 between Liskeard and Trerulefoot.

We have waited far too long for improvements at Menheniot and Lean Quarry, and the history of serious and fatal collisions makes it clear that something needs to be done.

My concern is whether the current proposals are the right answer. Much of the scheme involves preventing drivers from turning right across the A38. That removes dangerous manoeuvres, but it also means some previously short local journeys could become diversions of several miles.

National Highways' own modelling predicts traffic almost doubling on some surrounding rural roads, with hundreds of additional U-turns at Trerulefoot.

That is a worry for anyone using our lanes, particularly pedestrians, cyclists, horse riders and local residents. We do not want to solve one safety problem by creating many more elsewhere.

There has been a strong public response, and I am urging National Highways will take the opportunity to listen and properly consider alternatives.

One thing I have been looking into is what happened to the more comprehensive solution previously proposed. In 2018, a regional investment proposal identified a grade-separated junction at Menheniot/Lean Quarry, removing dangerous crossings while maintaining local access, at an estimated £14.2 million.

By 2022, estimates presented by National Highways for later schemes ranged from £80 million to over £200 million, with the closest comparable single-junction and link-road option costing £167 million.

These were not necessarily identical designs, but that is an extraordinary difference which cannot be explained by construction inflation alone. I have asked our MP to seek clarification.

National Highways describes the current proposal as an interim scheme, developed around the funding available. I believe we should pursue sensible, affordable measures to improve safety now, while keeping the longer-term options alive.

With the housing and employment growth expected across South East Cornwall and Plymouth, we need a road that will serve us safely for decades to come.

We need to make the A38 safer - without dividing our communities or simply moving the danger onto the lanes we all use every day.

Cllr Mark Gibbons - Looe East & Deviock
cllr.mark.gibbons@cornwall.gov.uk | 07342-530644

St Germans Parish Council

The Parish Council have commissioned architects to draw up plans for a new shelter at the Cemetery. This will be a big improvement on the previous structure, and will be constructed from block and stone, with a slate roof. This will provide a sheltered seating area for visitors and a store for the bins and water butt.

We have received one set of designs for the play park in St Germans and are working to commission quotes from another company. As always, we welcome suggestions from local residents with children if they have ideas they would like to see incorporated.

Unfortunately, the work for the cross hatching at the junction at Tideford has been delayed again but is expected to be completed before the end of the year.

We were pleased to welcome Nick Carhart as a new councillor, and he started at September's meeting. There are still Parish Councillor vacancies for Polbathic and Tideford wards. This is a rewarding and interesting role so if you are interested in helping to maintain and shape the Parish's future please come along and find out what we are all about.

The date of the next meeting is Monday, 30th November at 18:30 at Polbathic Hall, and 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.

Julian True

Deviock Parish Council

There will be three meetings in November: Thursday 12th (Full Council, 19:00) and Thursday 26th (Planning Committee, 18:30, immediately followed by Finance & General Purposes). All meetings will take place at The Zone in Donderry. See Agendas for details prior to each meeting.

Memorial Garden: The ramp was completed ahead of schedule. Thank you to local contractor Dan for doing a great job and with the minimum of disruption.

Sanitary waste bins in Men's toilets: It was agreed in October's Full Council meeting that sanitary waste bins will be provided in Men's toilets in Seaton and Donderry, in support of men who need to wear pads, pouches, stomas, catheters, colostomy or ileostomy bags.

Dog fouling: Seaton sea wall is currently suffering from increasing amounts of dog waste. Please would dog owners pick up after their dogs and deposit waste in the bins provided.

Driving in flood conditions: It is that time of year when we will expect Beach Road in Seaton and surrounding roads to flood in the next few months. When flooding occurs at this location, it is inadvisable to park between the entrance to the main car park and the green, as this is where the water is deepest. Importantly, please do not drive through flood water. Every year, we are made aware of vehicles that are damaged beyond repair, so please take the advice of the Met Office: *"If the road is flooded, turn around and find another route."*

Co-option: The Parish Council is actively looking to co-opt more Councillors, so please contact the Clerk to find out more or to express an interest, or we can arrange an informal coffee with an existing Councillor. Further information can also be found on the 'frequently asked questions' 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.deviockparish.org.uk/.

The Parish Clerk can be contacted Monday to Friday by email at clerk.deviockpc@btinternet.com. Please note the Council's email address will be changing in due course.

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

Remember remember the 5th November. This refers to Fireworks night - which probably divides the village community into those who love the visual spectacle and social gatherings, with those who have anxious pets cowering in their beds, or distressed due to the loud bangs. Hopefully everyone who wants to enjoy a night of sensory overload does so at an organised event or behaves with consideration to their neighbours and any animals.

November 11th - respects are usually made in person at the memorial statue outside the old Institute on Remembrance Day at 11:00. Please take a couple of minutes to think about how fortunate we are not to be at war, and reflect on the sacrifices made by our predecessors, who bravely defended our country and its freedom, long may this continue.

Church Hill wall - finally completed! I am sure the building contractors (Cormack) would like to thank all affected residents for their patience (and baked goods gifts.) - it looks very smart now... Enjoy your regained access Church Hill residents.

As winter approaches it can bring with it a sense of apprehension (S.A.D) - so let me cheer you up as I write this entry. I have just heard on the radio that it is 100 years since A.A. Milne's first full-length *Winnie-the-Pooh* book was published - October 14, 1926. For many of us (oldies and I hope a few youngsters) the adventures of Pooh Bear, Piglet, Eeyore and Tigger - companions of Christopher Robin in the 100 Acre Wood were part of our childhoods. Therefore, my suggestion for this month is to look up (or read the book) and enjoy some wise words about life, friendship and difficult days from A.A. Milne's fictional characters.

"You're braver than you believe, stronger than you seem, and smarter than you think." - Christopher Robin

As always feel free to contact me with any events happening in Hessenford (or nearby) in December, village points of interest, words of wisdom. Or feedback your thoughts on; fireworks, Remembrance Day and Winnie-the-Pooh, I would love to hear them, tam@skim.co.uk

To book the Hall: www.hessenford.com

Tamsyn Jarvis

Lynher Church St Germans

Hello from St Germans Chapel. Prior to the busyness of Christmas we have a quiet month.

Our regular Bible Study group is on the 5th and 19th of November and all are welcome, church goers or not. Please call 01503-230403 for details.

Our charity coffee morning is on the 21st November from 10:00 until 12:00. The charity this month is Samaritan's Purse which provides care and gifts for children, in severe need, all over the world. There is no charge but all donations will go to the cause.

Our usual Sunday worship is at 10:30 every Sunday and everyone is welcome.

Looking forward to December, during the first week we have an Advent Quiet Morning to take a little time out and think of the Reason for the Season. We will be delighted to see you at this relaxed event. Please see December Nut Tree for further details or contact 01503-230403. Looking forward to seeing you very soon. St Germans Chapel extends a warm welcome to you.

Steve Gerrard

St Germans and District Garden Club

The next two months see our AGM and Christmas Dinner.

The Garden Club AGM is on the 19th November in the Eliot Hall

- We meet at 18:30 for 19:00
- It will be a short AGM followed by a social evening

December heralds our Christmas Party on the 16th December.

Arrive 18:45 for 19:00. Polbathic Choir will be entertaining us with Festive singing whilst guests enjoy mulled wine. Our resident bread maker, Rob Jubb, will be providing some of his excellent varieties of bread. And just to prove his versatility Rob will be making the mulled wine too.

Dinner served from 19:30.

Menu and Food:

- Main course – two meats and a vegetarian option of nut roast, together with roast potatoes and salad sides
- Desert – chocolate pudding and one other plus mince pies – the mince pies will be provided by our chair Helen Hocking

- Followed by tea/coffee with cheese and biscuits – N.B. cheese will also be available with the main course together with baguettes

We will need to be told if anyone has any allergies but we cannot guarantee to provide suitable alternatives for all allergies. We are catering for 40 people so tickets are sure to sell fast. Tickets will cost £20 per head. We will be having a raffle with the Committee providing prizes, though we would always welcome other donations. We will be providing suitable Christmas music during the meal.

Tickets can be purchased from the Treasurer, Liz McDonald – 07908-225309 or the St Germans Shop.

Ken Gurr
Honorary Secretary St Germans and District Garden Club

St Germans Thursday Club

Hello all, how quickly we have moved into Autumn, a beautiful time of year but I know for many the nights drawing in is a difficult time so if you feel you need some company why not join us at Thursday Club, I can assure you of a warm welcome.

In September we had our Harvest Festival, what a pleasant afternoon we spent together. We were very pleased to welcome Helen Burke who led us in a harvest hymn and a wonderful talk. A collection for the local Foodbank was very well supported.

In October we had a visit to Tamar View Garden Centre, a very enjoyable afternoon looking at the plants and gifts plus a nice coffee in the restaurant, but it was a bit overwhelming to see the Christmas decorations etc. up already.

Coming up in November:

On November the 12th we have our Annual Luncheon at the Eliot Hall. Please note this will be 12:30 for 13:00 start. This event needs to be booked in advance, please contact Nancy if you would like to join us.

November 26th will be Christmas Crafts, everyone welcome, it is all good fun and even if you are not artistic you will get lots of help and encouragement.

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

Quay Lane Surgery

The Patient Participation Group (PPG)

We look forward to seeing you at the Priory Christmas Craft Fair in St Germans on the evening of Friday 27th 17:00 – 20:00 and from 10:00 to 16:00 on Saturday 28th November. If anyone has any small craft items they would like to donate for our table, please contact Rosie Highfield on 07590-007506.

All the money raised goes to funding extra medical and ancillary equipment and improvements which enhance the care, comfort and experience provided at both the surgeries.

We have been asked to encourage more people to use the NHS App if they have a smartphone or a tablet. If you would like to order your repeat prescriptions and access your results this way but feel unsure how to download and set up the App - please send me an email, so we can get in touch.

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

Practice News

COVID Vaccination Clinics for Quay Lane Surgery Patients

As we move into the winter months, protecting ourselves against COVID-19 remains an important way of reducing the risk of serious illness and helping to keep our community healthy.

For the first time this year patients of Quay Lane Surgery are able to access their covid vaccinations closer to home. Clinics will be held at Eliot Hall in St Germans on the following dates:

- Wednesday 28th October - 09:00 to 16:00
- Saturday 7th November - 09:00 to 13:00
- Wednesday 25th November - 09:00 to 16:00

While these clinics are available to Quay Lane patients, the surgery team are not able to book appointments for you and so we ask that eligible patients book their vaccination appointment through the National Booking System wherever possible. Booking in advance helps the team to plan the number of vaccines required for each clinic, reducing the risk of vaccines running out and helping to ensure that everyone who wishes to be vaccinated can be accommodated.

Who should have the COVID-19 vaccine

You can get a COVID-19 vaccine if you:

- are aged 75 or over (including those who will be 75 by 31st January 2027)
- are aged 6 months to 74 years and have a weakened immune system because of a health condition or treatment
- live in a care home for older adults

You may be eligible for a COVID-19 vaccine if you have a weakened immune system because of a health condition or treatment.

This can include if you:

- have or had blood cancer, such as leukaemia, lymphoma or myeloma
- have had an organ transplant, bone marrow transplant or stem cell transplant
- have HIV
- have a genetic disorder that affects your immune system, such as severe combined immunodeficiency (SCID)
- are having or recently had chemotherapy, biological therapy or radiotherapy
- are taking steroid medicine (depending on the dose)
- are having long-term immunosuppressive treatment for a condition such as lupus, rheumatoid arthritis, inflammatory bowel disease (IBD), scleroderma or psoriasis

While the vaccinating team are happy to accept walk-in patients on the day, booking a timed appointment will help minimise queues, reduce waiting times, and allow the clinics to run as smoothly as possible for everyone attending.

If you are eligible for a COVID vaccination this season, we encourage you to take up the offer and help protect yourself, your family, and the wider community.

Tina Seedhouse, Practice Manager

Sir Walter Moyles Almhouses Are Seeking Two New Trustees

Sir Walter Moyles Almhouses (SWMA) is a charity which manages a grade 2* listed almshouse, an historic building in St Germans originally built in 1587. They provide affordable accommodation for local people who meet the qualifying criteria and are managed by a board of volunteer trustees which currently comprises four 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:

- 1) accountancy/financial background,
(Please note this is not a Treasurer role, as we already have an excellent one!)
- 2) Human Resource or similar managerial background

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 by telephone on 07811-397392 or email sirwalterma@gmail.com

Jo Holburn



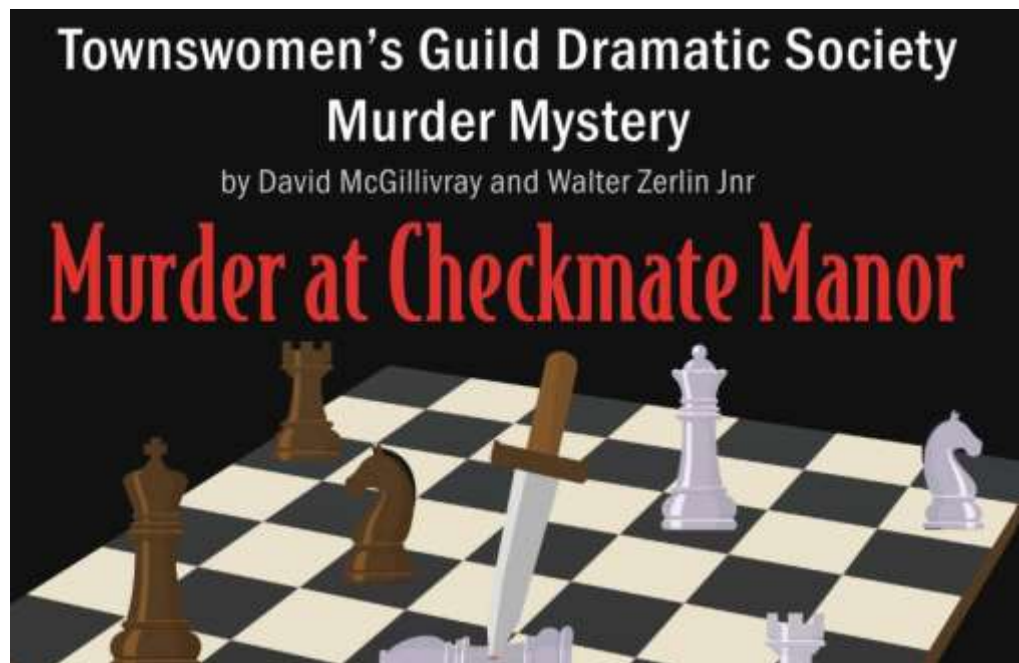
Downderry and Seaton Village Hall (Registered Charity 1210090)

November

Coffee Morning, Tuesday 3rd November 10:00 to 12:00 - Come along for a chat and enjoy a hot or cold drink with homemade cake for £3.00. There will be a book stall and raffle tickets for that morning's draw.

Camp Theatre Production 'Murder at Checkmate Manor', Friday 6th November 18:30 to 22:00 –

Will Lady Bishop survive the night? Have the Colonel and Mrs King made a wrong move? What fate awaits Mrs Castle the cook? And did Pawn the Butler really do it? With a Murder Mystery Quiz, prize for a lucky audience member, the evening is likely to linger long in the memory. What could possibly go wrong? Tickets £14 each, see contact details below to book.



Wednesday 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.

Games Afternoon, Thursday 12th November 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.

Show Night, Saturday 14th November 18:30 to 22:00 - Join us for a spectacular Show Night 'Downderry Does Disney' featuring an all-local lineup of resident performers. Grab your friends, family, and neighbours for a night of pure entertainment, brilliant acts, and massive applause. You will not want to miss

seeing who steps into the spotlight! **SOLD OUT** to go on the waiting list email downderryandseatonvillagehall@gmail.com

Little & Bigger Breakfast, Saturday 21st November 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 22nd November 10:00 to 13:00 - Shop local for great fresh produce. Hot and cold drinks and breakfast baps available. Entry is free.

Bingo, Friday 27th 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.

Save the Dates in December: Downderry Christmas Extravaganza Saturday 5th; Christmas Craft Fair Saturday 5th and Sunday 6th, Christmas Quiz Night Friday 11th, Children's Christmas Magical Mayhem (11 years of age and under) Sunday 13th, Christmas Bingo Friday 18th.

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: Qigong with Nicola 14:00; **Tuesdays:** VH Short Mat Bowls Group 14:00, Pilates with Sarah 18:00, VH Drama Group 19:15, VH Snooker Matches 19:30; **Wednesdays:** VH Badminton Group 14:00, Whitsand Harmony Rehearsal 19:30; **Thursdays:** Box Fit with Body-Architects Cornwall 18:00, VH Drama Group 19:30 (19th), Community Bus Coffee Morning (12th); **Fridays:** Chair Yoga with Casey 10:30. **Daily:** VH Snooker Room is open to members most days 09:00 to 23:30.



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*

Deviack Activities Group (DAG)

at The Zone Health & Wellbeing Hub Donderry PL11 3JZ

November Programme

Craft Café: Mondays 14:00 – 16:00 £3.

Monday 2nd November at 14:00; Mo Springall from Project Linus will be visiting us to talk about the work of this amazing group which collects and distributes blankets and quilts to children who are ill or in need. Do come along!

For the remainder of November we will be working on decorated pinecones and folded fabric baubles to add to your seasonal display. But you can always bring one of your own projects or try one of ours, we have a vast selection. Or just come for a cuppa and chat. All welcome.

On Monday 30th November come and join us to decorate St Nic's Church.

November Workshops:

Thursday 19th 19:00 – 21:00 - An introduction to Acrylics with Jennie Boniface £15. This is the second of two workshops to get you started.

Saturday 28th 10:00 – 14:00. Driftwood Christmas Tree Workshop £10. Come along and make your own driftwood Christmas Tree using natural driftwood with a solid wood base. For more information and to book contact karen.deviackactivitiesgroup@gmail.com

Music Club: Wednesdays 14:00 – 15:30 £3. This group is for beginners and those who want to develop their skills in a friendly, fun and supportive group. The main instruments are ukuleles and guitars. Ukuleles are available to start you off. Just turn up.

Table Tennis: Wednesdays 17:00 – 18:00 £2 (please note the new time). Another fun supportive group. No experience needed, all levels welcome. Equipment provided. A great way to make new friends and get some gentle exercise. Just turn up.

Lantern Making For The Lantern Parade December 5th With SCALLYWAGS children and their parents will take place at St Nicolas Primary School the week before the Parade.

Community Lantern Making Workshops: will take place at The Zone on Saturday 21st and Sunday 22nd November from 10:00. Come along and create lanterns for the Christmas Extravaganza Lantern Parade. All ages welcome! No experience needed! See posts and posters nearer the time. For information about these activities contact Leanne on 07895-804935 leanneronk@yahoo.com

For 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

DOWNDERRY

In October we are hosting some friendly and informal Digital Skills sessions in The Zone. They may be behind us when Nut Tree arrives, but just in case they are on Monday 26th October and Wednesday 28th so please drop by to find out about;

- Banking & Financial Safety
- AI as your Everyday Digital Helper
- Apps, Subscriptions
- Phone Security
- Social Media

Please check times at www.thezonedownderry.org

Downderry Activities Group (DAG) will be hosting a community lantern making workshop in The Zone on Saturday 21st and Sunday 22nd November from 10:00 to 16:00. No need to bring anything except yourselves! All ages welcome, please come and join in the fun.

December 20th, our annual Carol Concert is at 14:00, in partnership with St Nicolas. Please come along for a Festive sing, followed by tea and mince pies. Venue is The Zone.

December 25th, our village Christmas Day dinner, once again we are inviting all who would like to come along for a Festive feast. If you would like to volunteer with cooking for, or serving at, this event then please let us know. Everyone welcome.

A wide range of groups and classes happen throughout each week, so please keep an eye on our calendar or website for more details.

We are, as always, extremely grateful to our loyal and dedicated volunteers who generously give their time, energy and expertise. This month a special thanks to our Trustee Chris and his small team of volunteer helpers who have been taking on the massive task of redecorating the south wall. We are always delighted to hear from anyone who would like to pitch in and lend a hand, particularly anyone with skills and time to help undertake the ongoing maintenance of our beautiful building.

Contact us at zonedownderry@aol.com

Thank you everybody for all that you do to keep The Zone thriving.

Biddy Daniel

Neighbourhood Watch and Your Community

Summer has been a challenge for our Neighbourhood Watch flower boats particularly as water butts ran dry, but I hope that you have all enjoyed the sight of blooming boats in Downderry as well as the Seaton boat managed by the local WI branch.

The initial aim of the flower boats followed a Neighbourhood Watch campaign to create better places to live. The thought is that communities who take care of their environment and pull together become more resilient and safer. We can take pride in our achievements to date; Community Shop, Village Hall Charity, The Zone, Community Bus, Church, Residents Association (DaSRA), Memorial Garden, Tanver Yate, coupled with our pubs and restaurants are all great examples of a vibrant community. (Please choose one at least to join or support).

All this is positive news but not something to take for granted. Neighbourhood Watch, running locally within DaSRA, is a national organisation that provides wide ranging information on crime prevention and importantly regular updates on scams and crime which can reach us via social media as well as traditional routes. Hopefully you will have seen our Anti-Social Behaviour (ASB) awareness campaign on social media. The aim is to educate, empower and encourage people to understand the issue and make reports. But even more powerful than reporting, is prevention. Neighbourhood Watch is built on a shared belief that stronger communities are safer. By looking out for each other, we can reduce the opportunities for anti-social behaviour to occur. You can join your local Downderry and Seaton Watch by searching online for Neighbourhood Watch and follow the “Join Us” link. There is no cost but a wealth of information to help keep you safe. (www.ourwatch.org.uk)

Violence against women and girls (VAWG). Nobody knows what goes on behind closed doors, however, the Government has a strategic aim to halve violence against women and girls in a decade. To support this ambition, a new ten-year government strategy is set to be published this autumn. The Victims’ Commissioner has published a paper outlining six foundational principles that must underpin this strategy. Read the paper in the July edition of “Our Watch” or search online.

Nigel Jones

St Germans and District Twinning Association

So, what have we been up to recently? You may be surprised to see that it is quite a lot.

Twinning for Cornwall Annual Boules Competition September 13th:

This was held at the newly renovated Pavilion and Pistes in Boscawen Park, Truro. St Germans and District sent a team of three who made us proud coming third.

Social Walk on September 27th:

We had our last social walk for the year. We started in the Farriers Café at Mount Edgecombe for lunch or a cream tea. Those who did not fancy a walk stayed in the café whilst the rest walked around the park in the autumn sunshine.

French Evening October 2nd:

Sadly, this was postponed as we did not have sufficient numbers to make it worthwhile as a fundraiser.

October 9th Visit from Breton Friends:

22 guests from our twinned town in Brittany visited us on October 9th, Our Breton friends from Plouguerneau arrived by train and were treated to coffee and biscuits in the Quay sailing club house while Nick explained local history, aided by Dug and Kevin (French translation). The group then walked along the quay to visit the Priory, The Eliot Arms and the Stables cafe before heading back to Plymouth for the ferry. Many of the Breton group had not previously walked around or even been to St Germans and greatly appreciated their day out and hoped to be paired with future UK hosts. More details for potential hosts are available by contacting David at sgdtsecretary@gmail.com

Annual General Meeting on November 29th at the Eliot Hall, St Germans:

This will start at 15:00 with tea and cake followed by the meeting.

We would like to see as many people as possible. Members, Non-members and potential new members. We have one of the largest twinning's in Cornwall but always welcome new members at our events, as they provide the new ideas to see how we can grow and improve our Association.

Burns night 23rd January 2027:

Save the date. Our very popular Burns night is on Saturday 23rd January at the Donderry and Seaton Village Hall. More details will be advertised after Christmas. But if you want to reserve your place at the table early then contact

stgdtsecretary@gmail.com

Carol Carter

November / December Timetable

DATE		DESTINATION	DEPART	LENGTH OF STAY	FARES SINGLE	FARES RETURN
<u>November</u>						
Tuesday	3	Plymouth	9.30 am	4 Hours		FREE
Thursday	5	Liskeard	9.30 am	2 Hours		FREE
Friday	6	LOOE	11.30am	3 Hours	£3.00	£5.00
Tuesday	10	Plymouth	9.30 am	4 Hours	£3.00	£5.00
Thursday	12	Liskeard	9.30 am	2 Hours	£2.00	£4.00
Thursday	12	Homemade soups and puds, THE ZONE			£8	12.30 -2.00
Friday	13	TAVISTOCK	9.30 am	4 Hours	£5.00	£10.00
Tuesday	17	Plymouth	9.30 am	4 Hours	£3.00	£5.00
Wednesday	18	TRURO	9.30 am	4 Hours	£6.00	£12.00
Thursday	19	Liskeard	9.30 am	2 Hours	£2.00	£4.00
Friday	20	LOOE	11.30am	3 Hours	£3.00	£5.00
Tuesday	24	Plymouth	9.30 am	4 Hours	£3.00	£5.00
Thursday	26	Liskeard	9.30 am	2 Hours	£2.00	£4.00
Friday	30	Ivybridge, AND Endsleigh Garden Centre	10.00 am	4 Hours		£8.00
<u>DECEMBER</u>						
Tuesday	1	Plymouth	9.30 am	4 Hours		FREE
Wednesday	2	EXETER + Xmas Mkt	9.30 am	4 Hours	£8.00	£15.00
Thursday	3	Liskeard	9.30 am	2 Hours		FREE
Friday	4	LOOE	11.30am	3 Hours	£3.00	£5.00
<u>Other Excursions/Trips for DECEMBER</u>						
Tuesday	8	Totnes late night shopping + Xmas market	3.30pm	4 Hours		£10.00

TO BOOK SEATS TELEPHONE 07745 911940 Mon-Fri 9.00am-5.00pm

Downderry Bus 300 Club

The lucky winning numbers for the October Club draw are:

1st. No.153 - Robert Sutton. 2nd. No.189 - Elaine Moore. 3rd. No.39 - Rob Gascoigne.

Thank you to all who donate to the 300 Club.

Jo Woodley (01503-250489)

Community Bus News

Our Future. The Donderry and District Community Bus Association continues to provide support for a wide range of social, cultural and community activities throughout our area. At our recent AGM, we reviewed our achievements over the past year and demonstrated the sound financial footing on which we are entering the new financial year. My heartfelt thanks go to our committee, drivers, tireless fundraisers and supporters for their outstanding commitment, generosity and selfless dedication. **Thank you all!** We will endeavour to develop our service, doing everything we can to remain flexible and responsive to the needs of our community as we move forward.

Current Schedules. While many of our services continue to thrive, passenger numbers on some of our more traditional routes have declined slightly. To encourage greater use of these services, we have introduced free trips to Plymouth and Liskeard on the first journey of each month (Plymouth: Tuesdays at 09:30 and Liskeard: Thursdays at 09:30). We are publicising this offer through our usual channels, but I would ask you once again to help spread the word. It would be wonderful to see more people hopping aboard our friendly community bus and making the most of this service.

Additional Trips. In November, we will continue our twice-monthly trips to Looe, with journeys on the 6th and 20th, departing at 11:30. We will also be making additional trips to Truro on the 18th and 21st. To book any of these journeys, please call 07745- 911940. Alternatively, you can send us a text message or contact us via WhatsApp.

Excursions. Our next excursion will be to Ivybridge and Endsleigh Garden Centre on Friday, 27th November. Endsleigh Garden Centre offers a wide range of gardening products and plants, clothing and pet supplies, as well as two restaurants. There is plenty to explore, whether you are looking for something for the garden, a little retail therapy or simply a chance to enjoy a coffee and a slice of homemade cake. Looking further ahead, our Christmas market trip to Totnes on 8th December is already filling up quickly, so please book early to avoid disappointment.

Website and Social Media. Our website, www.dscombus.com, is the place to find the latest information about our schedules, events and future plans. Please take a look regularly to keep up to date. You can also follow the Friends of the Bus Facebook Group for news of forthcoming fundraising events and activities: <https://www.facebook.com/groups/1120178456052971>

Fundraising and Community Coffee Morning. As many of you will know, our wonderful 'Friends of the Bus' continue to work tirelessly to raise funds and support our monthly community coffee mornings. Due to a clash with Remembrance Day events, our November coffee morning will not take place in the Village Hall on 11th November. Instead, we will be holding a Homemade Soups and Puddings event at The Zone on Thursday, 12 November, from 12:30 to 14:00. For just £8, you can enjoy some delicious homemade food, with a raffle, quiz and other activities included. I hope you will come along and join us. These gatherings provide an opportunity for me to update you on Bus matters and forthcoming events, while giving you the chance to meet our committee members and drivers. Above all, they are friendly, informal occasions that bring our community together

for good food, conversation and a little fun. We look forward to seeing you there!



**MAJOR
FUNDRAISING
EVENT!!! – MASKED
BALL – 21st November.**

The Friends of the Bus and Smugglers Inn have generously got together to organise one of our major events of the year! Live band, photographer, magician, buffet meal, welcome drinks, raffle, prize for best masks – it just goes on, so get your posh frocks and DJs out if you can. Bus shuttle available from Donderry. Full details will be out shortly so keep an eye on our website and Friends of the Bus Facebook. Tickets will be on sale from Smugglers Inn from 1st November.

It should be a night to remember – do not miss out!

New Drivers and Committee Members. We are fortunate to have a steady stream of new volunteers coming forward to help with driving duties, but we are always keen to welcome more drivers and committee members to our team. If you obtained your driving licence before 1st January 1997, you may already hold the necessary entitlement to drive our Bus. We provide a comprehensive induction and training period to ensure that new drivers feel confident and fully prepared before taking the Bus out independently. We would genuinely love to welcome you to our friendly and dedicated team. If you are interested in finding out more, please get in touch.

Rob Gascoigne - Chairman
dscombus@gmail.com



Downderry & Seaton WI

At the recent CFWI Annual Meeting in Truro our group was presented with the St Kea cup which is given to the WI attracting the greatest increase in membership in Cornwall. We are so fortunate to have won this cup twice in the last three years, thank you to our ladies who have joined us and made this possible.

There is still time to book in for the Christmas craft day on Saturday 7th November. There will be a number of crafts to explore and create - gift bags, Christmas cards, Christmas earrings, decorations, felt garlands amongst them. Everything provided and we also provide lunch and refreshments throughout the day.

Our annual Wreath Workshop takes place on Saturday 5th December at The Zone. There will be a choice of sessions on the day, you can create a wreath or a Christmas table decoration. Refreshments provided, including mulled wine. If you would like to reserve a place, please contact us.

If you would like to find out more about our group, please come along and meet us. We can be found each month in The Zone from 14:00 to 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 to 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

Nora Karseras (02.03.1943 to 06.10.2026)



Nora, beloved wife, mother and grandmother, passed peacefully after living with Alzheimers dementia for some years. Love and thanks go out to all involved in sharing happy times, and helping and caring for Nora through everything. In line with Nora's wishes there will be no funeral.

However, Donderry and its community brought joy to Nora's heart. And so, on Nora's behalf, a request is made for donations to "The Shop"

<https://www.theshopindonderry.com>

which is a community shop created and run by the local community in the village centre. Thank you.

John Karseras

(You can contribute using this QR code or via The Shop website. – Ed)



Wendy Waite (28.08.1945 - 10.10.2026)

Those who knew Wendy are invited to join us to celebrate her life on Monday 16th November. A service will be held at 11:30 at Glynn Valley Crematorium, followed by a gathering at The Beach House, Seaton, from 14:30. If you wish to attend The Beach House, please message Vicky (daughter) on 07794-348568 so we can plan accordingly. Thank you for the many messages and condolences we have received. Graham, Vicky and Sue.

Vicky Holbrook (Waite)

Tideford and St Germans Royal British Legion Remembrance Service

Sunday, 8th November at 10:40. A short act of Remembrance will take place to honour our fallen, at the Royal British Legion Hall, Tideford, in Church Road.

The opportunity to place crosses will be available at the memorial during the dedication.

Following on from this a service will be held at St Lukes Church, Church Road, Tideford.

All members and non-members are welcomed and encouraged to attend. The Club bar will be open throughout. Followed by a 'tea party'. (Indoors if wet).

The Royal British Legion Branch Committee look forward to your company.

Paul Binfield
Branch Membership Secretary

Whitsand Harmony

Whitsand Harmony presents a musical night in aid of the Liskeard, Looe and Torpoint Foodbank. To be held in the Village Hall on Wednesday 2nd December 2026. The doors will open at 19:00 for 19:30. Nibbles will be provided and a reasonable priced bar.

There will be a raffle where proceeds will go to the Village Hall Fund. Donations to the Foodbank are welcome by card or cash.

Whitsand Harmony Needs You!

We are looking for an experienced and enthusiastic keyboard player to accompany our Choir.

This would be on Wednesday evenings 19:30 to 21:30 in the Downterry and Seaton Village Hall.

To join us in January 2027, initially to shadow the current accompanist who is retiring, then full-time position from September 2027. A small Honorarium is offered to cover rehearsals and performances. Up to ten performances a year in Local venues.

If you are interested Please contact us. Email. Robin@treylene.co.uk.

More information about this role can be found on our website

www.whitsandharmony.com.

Melanie Buttall

Eliot Hall, St Germans - Coffee Morning 14th November 10:00 – 12:00

Join us for hot drinks and toasted teacakes as we hold our first coffee morning of the season. The Surgery's Patient Participation Group will be with us - displaying their amazing Christmas hampers - for which raffle tickets will be on sale.

Briony Woods

Polbathic Village Hall 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 4th December doors open at 19:00 for eyes down at 19:30.

Jenny Warr

Tideford Coffee Morning

Monday 2nd November is the date for our next Coffee Morning in the Royal British Legion Hall, Tideford, 10:00 – 12:00. Proceeds going towards the new kitchen. Tea or coffee and a slice of homemade cake for just £3.00. Everyone welcome!

Mandy May

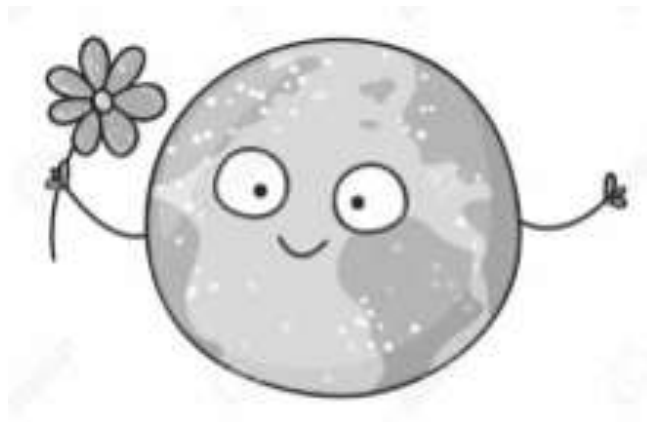
St Nic's Coffee Mornings

The dates for Tuesday coffee mornings at St Nic's are 10th, 17th and 24th November. All start at 10:30.

Elsa Guilfoyle

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.

*Copy Deadline for the December Nut Tree is **by 17th November**.
(Please note there is no Nut Tree in January, so your December contributions need to cover /
promote both December and January events) Ed*



Simple Ways To Save The Planet

I went to an excellent film recently called *Derek vs Derek*. It tells the story of two Devon farmers, diametrically opposed in their ways. Derek Gow is well-known for his wilding work, particularly for breeding native species and being at the forefront of reintroducing beavers to our waterways. His neighbour Derek Banbury is a dairy farmer, who likes everything neat and tidy; his wife is a warm-hearted peacemaker with a keen sense of humour. The film is funny, life-affirming, and demonstrates how there can be a place for both nature and food in our rural landscapes.

Derek Gow makes a persuasive case for making space for nature. In his argument against intensive agriculture he comments "*when the gardens of Buckingham Palace are being used for growing radishes then we know we will have reached food scarcity*." He has a good point; in a society where as much as a third of our food goes to waste, we do need to have a systems rethink.

Which is where we can help. You do not have to be a farmer to own land. Nature corridors can be made by gardens. Many of us have properties that back onto fields or lanes. We can have beautiful plots that support life. On BBC iPlayer the film *My Garden of a Thousand Bees* made by Martin Dohrn captures an extraordinary array of bees in his Bristol garden; an urban retreat surrounded by buildings.

Help for wildlife is often most needed in winter. Leave stems long so insects have places to shelter. Grow a wildlife hedge and let it be bushy. Leave log piles for hedgehogs and small mammals. Plant early spring bulbs such as crocuses, hyacinths and snowdrops, so that bees emerging early from hibernation have sustenance, dig a small pond or leave a shallow tray of water out for birds and other creatures. Many of the best solutions involve doing nothing, which is the sort of gardening I quite like, as it leaves time to watch and wonder. Most of us know the grim statistic that the UK is one of the most nature-depleted countries in the world. Together, let us turn that around.

Lizzy Stroud

Rita's Rota – November Dates

1	10:30	Church Service (SGMC)	17	10:30	Coffee Morning (SNCh)
2	10:00	Coffee Morning (TRBL)		14:00	Short Mat Bowls (DSVH)
	14:00	Qigong (DSVH)		18:00	Pilates with Sarah (DSVH)
	14:00	Craft Café (TZ)		19:15	VH Drama Group (DSVH)
3	10:00	VH Coffee Morning (DSVH)	18	14:00	Badminton (DSVH)
	14:00	Short Mat Bowls (DSVH)		14:00	Music Club (TZ)
	18:00	Pilates with Sarah (DSVH)		17:00	Table Tennis (TZ)
	19:15	VH Drama Group (DSVH)		19:30	Whitsand Harmony Rehearsal (DSVH)
4	14:00	Badminton (DSVH)		19:30	Snooker Matches (DSVH)
	14:00	Music Club (TZ)	19	18:00	Box-Fit with Body Architects (DSVH)
	17:00	Table Tennis (TZ)		18:30	Gardening Club AGM (EHSG)
	19:30	Whitsand Harmony Rehearsal (DSVH)		19:00	Craft Workshop – Acrylics (TZ)
	19:30	Snooker Matches (DSVH)		19:15	VH Drama Group (DSVH)
5	18:00	Box-Fit with Body Architects (DSVH)	20	10:30	Chair Yoga with Casey (DSVH)
6	10:30	Chair Yoga with Casey (DSVH)	21	10:00	Charity Coffee Morning (SGMC)
	18:30	Camp Theatre Production (DSVH)		10:00	Little / Bigger Breakfast (DSVH)
7	19:15	Rehearsal for Show Night (DSVH)		10:00	Lantern Making W/shop (TZ)
8	10:30	Church Service (SGMC)	22	10:00	Producers Market (DSVH)
	10:40	Remembrance Act (TRBL)		10:00	Lantern Making W/shop (TZ)
9	14:00	Qigong (DSVH)		10:30	Church Service (SGM)
	14:00	Craft Café (TZ)	23	14:00	Qigong (DSVH)
10	-	MOBILE LIBRARY DAY		14:00	Craft Café (TZ)
	10:30	Coffee Morning (SNCh)	24	10:30	Coffee Morning (SNCh)
	14:00	Short Mat Bowls (DSVH)		14:00	Short Mat Bowls (DSVH)
	18:00	Pilates with Sarah (DSVH)		18:00	Pilates with Sarah (DSVH)
	19:15	VH Drama Group (DSVH)		19:15	VH Drama Group (DSVH)
11	11:15	Remembrance Day R/shments (DSVH)	25	14:00	Badminton (DSVH)
	14:00	Badminton (DSVH)		14:00	Music Club (TZ)
	14:00	Music Club (TZ)		17:00	Table Tennis (TZ)
	17:00	Table Tennis (TZ)		19:30	Whitsand Harmony Rehearsal (DSVH)
	19:30	Whitsand Harmony Rehearsal (DSVH)		19:30	Snooker Matches (DSVH)
12	10:30	Community Bus Coffee Morn. (DSVH)	26	14:30	Thurs Club Christmas Crafts (EHSG)
	12:30	Thurs Club Annual Lunch (EHSG)		18:00	Box-Fit with Body Architects (DSVH)
	12:30	FoB – Soups & Puddings event (TZ)		18:30	Deviock Cncl Planning Mtg (TZ)
	14:00	VH Games Afternono (DSVH)		19:15	Wreath Making (DSVH)
	18:00	Box-Fit with Body Architects (DSVH)	27	10:30	Chair Yoga with Casey (DSVH)
	19:00	Deviock Cncl Full Mtg (TZ)		18:30	VH Bingo (DSVH)
13	10:30	Chair Yoga with Casey (DSVH)	28	10:00	Driftwood Xmas Tree W/Shop (TZ)
14	10:00	Coffee Morning (EHSG)		12:00	VH Drama Group (DSVH)
	18:30	Show Night (DSVH)	29	10:30	Church Service (SGMC)
15	10:30	Church Service (SGMC)		13:45	VH Drama Group (DSVH)
16	14:00	Qigong (DSVH)		15:00	Twinning Assoc AGM (EHSG)
	14:00	Craft café (TZ)	30	14:00	Qigong (DSVH)
				14:00	Craft Café (TZ)
				18:30	St Germans Cncl Mtg (PolH)

Mobile Library: St Germans - Alms Houses (09:45 - 10:05), St Germans - Quay Road (10:15 - 10:50), Donderry – 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 Donderry; 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