

THE CARHARRACK NEWS

With the compliments of Carharrack Parish Council

ISSUE 85 SUMMER 2025

www.carharrackparishcouncil.co.uk

FREE PUBLICATION



Hiya Sunshine!

My name is Eliza and I am 15. I've lived in Carharrack since I was 3 and go to Redruth school. I have been offered a place in the newsletter to express myself and hopefully bring a bit of joy to your day.

A bit about me- I am creative, imaginative and very loyal to my friends. I love to help people and always put others before myself. My favourite colour is purple but all colours are great! I have a crazy sweet tooth and *love* doughnuts, and I think cats are awesome!

Cambodia 2026

In June 2026 I will be going on a school trip to Cambodia (in South-East Asia). I'll be doing community and environmental work such as building wells and planting trees. Before then I have to raise a grand total of £5000!

If you like, you can help to support me by:

- ♥ Coming to the monthly market at Mills Hall, where I have a cake stall!

♥ Donating at:

<https://www.gofundme.com/f/ehkqy-cambodia-2026>

or use the QR code:



♥ Signing up to my EasyFundraising at:
<https://www.easyfundraising.org.uk/causes/camps-international-cambodia-2026-eliza-wittamore/> or use the QR code:



♥ Checking out my Vinted @eleanorewolf

Or just come and say hi- It's always nice to see a friendly face!

I've been making floral hand-painted cards like these: ➡
You can buy one (or more!) from Kolor Kutz in Redruth, the monthly market, or commission one from me by emailing at eliza@kaysee.co.uk



Seasonal affirmation

Letting go of the past makes room for the future ❤️

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***Encouraging and Building a Clean, Safe and Friendly Community.
Respecting History and Supporting Future Generations***

A warm welcome to the Summer Edition of The Carharrack News.

*The main focus in recent weeks has been the election of parish, town and county councillors. At the time of writing we await to see who our elected county councillor will be. Like many other **parish councils** in Cornwall we are **not** holding an election as we only have three uncontested seats filled. The other four seats will have to be filled with co-opted parish councillors. You can read more about the work of the parish council and the **need** to fill these vacant seats further in the magazine. With a limited team we can only do so much at the moment. Please remember that we are volunteers. With a full compliment of parish councillors we would have a stronger voice and be able to achieve so much more. Please give this opportunity some serious thought.*

We are pleased to note that there has been a considerable reduction in the amount of litter. We are aware that there are members of our community who regularly pick up litter in and around our roads, residential areas and footpaths. This is such a great help and very much appreciated at the present time.

Congratulations to everyone involved with the Carharrack Players pantomime. Both on stage and behind the scenes. It is good to know that the pantomime is in safe hands and rebuilding again.

The Mills Hall has seen some considerable improvements and this is also another positive aspect of our community. Well done to everyone involved for their commitment and hard work.

The allotment site was hit hard by Storm Darragh. It required two skips to remove the debris, tidy up and make the site safe again for everyone. Since then there has been something of a revolution with “No Dig” plots. You can read more about this in the coming pages and perhaps use this within your own garden or growing areas at home.

The headteacher and staff from St Day and Carharrack School came to visit the Pound Field recently. It is hoped that this area can provide an outdoor space for educational purposes into the future.

The community market each month continues to evolve. Everyone is welcome to pop in. Tea, coffee and homemade soup is always available to enjoy around a communal table for a small donation. It is always a friendly and informal event. The peat free compost remains very popular, but you have to get there early!

Traffic speeds through the village continue to be of great concern to many residents. Further information and an up-date on the actions we have taken are explained and shared with you all on a separate page. Sadly another accident occurred at the Pound Junction recently involving a number of vehicles. Please continue to be extra vigilant in this area. Reduce your speed, be kind and courteous to all users of this junction and take your time. If you slow down, the vehicle behind you has to slow down.

Whilst we are on the subject of vehicles can we ask that you are mindful with your parking on the roads and residential areas. We know we are limited for space but wherever possible please avoid obstructing driveways and/or reducing visibility for other road users at junctions and corners. Thank you

Thank you to all contributors to this community magazine. If you have something to contribute just get in touch. So many people in our parish enjoy receiving their copy and if you would like to volunteer to take on a delivery round (only 4 times a year) we would love to hear from you.

The Evening Bat

Have you been on a nighttime stroll and seen fluttering creatures, silhouetted against the evening sky? The Latin name for them is *Vespertilionidae* and they truly are a charm to watch. They dart about chaotically, but are fantastic pilots; that is, until their usual path is interrupted.

I lived on a bat route once. They'd swoop through my garden, before flitting away to the woods. One warm evening, I left the door wide open. To my surprise they flew in, disoriented by the change in their surroundings. One clung to the candelabra; it was a most gothic scene.

Bats aren't blind, but when the world is lost in darkness, they use sound to see. To echolocate they emit high frequency squeaks. The ripple of sound, undetectable by human ears, bounces off nearby objects, returning to the bat's radar-like senses. As their name suggests, brown long-eared bats have endearingly large listeners. Some bats, such as the horseshoe, have bizarre noses which accurately direct their squeak.

Bats are insectivores, feasting on moths, midges, mosquitoes and other pests. With a high metabolic rate, they consume a third of their body weight each night. That is until October, when they stop eating and sleep until March. Their heart slows to twenty beats a minute - a shocking contrast to a waking rate of one thousand beats. During hibernation, their body temperature can drop to almost freezing.

Elongated fingers, webbed with leathery skin: there is no other creature with wings like the bats'. They rest upside down, hanging by their feet. We typically think of them as cave dwelling, but they also take shelter in the rafters of barns and derelict buildings.

Bachelor bats come and go, foraging with others, but often roosting alone. The maternity group has a matriarchal social structure. Dominant females occupy the best roosting spots, away from drafts. Huddled in groups of a handful to a few dozen, they take care of one another's pups. They're talkative, though we never hear it. If one bat notices a potential danger, she will alert the others. When a pup feels peckish, he squeaks like a baby bird.

You and I might think bats are spooky, but in Cuba, Japan and China, they're good luck. The Chinese word *fú* means both bat (蝠) and fortune (福) though the two differ in written character. So if you ever have the pleasure of meeting one, remember: for the sake of good fortune, try not to frighten it away!



Carharrack Parish Council

Parish Clerk: Julie Pearson

email: clerk@carharrackparishcouncil.co.uk

post: Parish Council Post Box, Mills Hall, Carharrack

Cllr. Valerie Aldridge - Allotments

email: cllr.aldridge@carharrackparishcouncil.co.uk

Cllr. Bettina Holland - Chair

email: chair@carharrackparishcouncil.co.uk

email: cllr.holland@carharrackparishcouncil.co.uk

tel: 07875 751093

Cllr. Tiffany Large

email: cllr.large@carharrackparishcouncil.co.uk

We currently have four co-opted vacancies.

2025 Meeting Dates

16th June

18th August

20th October

15th December

Venue: Mills Hall, Carharrack at 7.15pm

Agenda and Minutes are displayed on our Parish Council noticeboard and website.

The Carharrack News is published by Carharrack Parish Council and is distributed by volunteers free of charge to each property within the parish as part of the Parish Council's aim for wider community involvement.

The Parish Council editorial team is responsible for the content, layout and preparation of **The Carharrack News** and the views expressed by contributors does not necessarily represent the views of the Parish Council.



COMMUNITY MARKET

MILLS HALL, CARHARRACK
TR16 5QW
1-3PM

Peat-Free
compost
Feb 8th
Mar 8th
Apr 12th
May 10th

Low Carbon
Energy
Adviser

FEB 8TH, MARCH 8TH, APRIL 12TH, MAY 10TH, JUNE 14TH

Bettina's
Textile
repairs &
Renewals

Wendy's
aromatherapeutics
hand blended,
organic skincare

Zoltan the
Knife
Sharpener
(not Aug)

Carley's
seed & nut
butters

Local plants,
jams and
chutneys

Naked
Sprout
toilet rolls

Locally
grown fruit
and veg
produce



Incredible
Bulk
zero waste
refill

Peber's
Artisan
Sourdough
bread

Homemade
cakes
including
vegan cakes

Cusgarne
Organic
Farm
Produce.



Contact email uniteddeg@gmail.com
Facebook United Downs Environment Group



United Downs Environment Group Meetings and events Calendar May - Dec 2025

Events

May 7th

7pm UDEG Meeting & AGM: Mills Hall,
Carharrack

Sat May 10th

Community Market and Compost Refill
1-3pm Mills Hall, Carharrack

Sat June 14th

Community Market
1-3pm Mills Hall, Carharrack

Wednesday July 2nd

7pm UDEG Meeting: Gwennap Parish Rooms

Sat July 12th

Community Market
1-3pm Mills Hall, Carharrack

Sat August 9th

Community Market
1-3pm Mills Hall, Carharrack

Wednesday Sept 3rd

7pm UDEG Meeting: Star Inn, St Day

Sat September 13th

Community Market
1-3pm Mills Hall, Carharrack

Sat Oct 11th

Community Market and Compost Refill
1-3pm Mills Hall, Carharrack

Wednesday Nov 5th

7pm UDEG Meeting: Mills Hall, Carharrack

Nov 30th Made in St Day Xmas Fayre

Dec 5th Children's Preloved Xmas present
Sale

Everyone welcome to all
meetings and events.

Want to know more details?

email: uniteddeg@gmail.com

Facebook: United Downs
Environment Group

or have a chat with us at any of the
events

Community Market

Mills Hall, Fore Street Carharrack.
2nd Saturday of the month 1-3pm

Full Addresses

Mills Hall

Fore Street Carharrack TR16 5QW

Star Inn

Vogue, St Day TR16 5NP

Gwennap Parish Rooms

Richard Jory Playing Field

Pulla Cross TR4 8SA

Want to help, or have any ideas
how to make these events better
please do contact us.



Want to know more details? Go to...

United Downs Environment Group *email:* uniteddeg@gmail.com or chat @community market

Peat Free Compost - Continues to be a great success! People have asked for a self service option, this seemed to work well, what do you think? **Dates for 2025:** 10th May, 14th June, 13th September and 11th October. Serving starts 1pm – 2pm. Blue Bags £3, Refill £2.20. We look forward to seeing you there!

Hydrotreated Vegetable Oil (HVO) – UDEG remains proactive with John Weedon, Director of Mitchell & Webber to seek a green option for those homes that cannot be fitted with 'Air/Ground Source Heat Pumps'. Several properties in Kehelland are involved with Mitchell & Webber's HVO pilot project. UDEG met with Members of Parliament, home owners, visited homes of varying styles, & Kehelland Methodist Chapel. Story so far...**1.** Rural off gas grid homes are very difficult to decarbonise, nearly 50% pre 1919. **2.** HVO provides up to a Net 88% reduction in home heating emissions in pure format. **3. No need to change the existing boiler** or disruptive building work **4.** All oil heated homes are suitable for immediate conversion to a renewable liquid fuel blend. **5.** Produced entirely from recycled materials, does not use food crops or land and meets exacting British and EU sustainability. **6.** HVO is independently assessed in terms of sustainability and passes strict UK Government and EU benchmarks as a sustainable fuel. HVO used for domestic heating purposes must comply with British Standard EN 15940 and PAS 5420...for more information please contact UDEG...Uniteddeg@gmail.com



United Downs Race Track – Exciting News! A Bio-Blitz at United Downs Racetrack has been arranged by Dr French (Colin), member of Cornwall and Isles of Scilly Federation for Biological Recorders (CISFBR) with fellow members, 18th May. Objective is to gather data of the rare flowering plants and ferns. You may be unaware of the Racetrack's high level of biodiversity, presenting high nature conservation value, an oasis of *'rare and/or threatened flowering plants & ferns'*. Here's a wee sample of rare plants: Wild Strawberry; Common Stork's Bill; Ling; Carlina Thistle; Heath speedwell; Common Eyebright; Confused Eyebright; Cornish Ramping-Fumitory to name a few. *Dr Colin French BSc PhD Environmental Consultant*. At the same time a member of Cornwall Butterfly Conservation will assess the area to establish the present status of butterflies. We are delighted to be working in partnership with all the groups involved at the Racetrack. We shall let you know how it goes...

Blossom – The blossom trees planted by the community of St Day, December 2021 are stunning, with their abundant spring flowers in pastel shades from whites to deeper pinks. Why not take a stroll around St Day to see for yourself. Many people have made comments on the one at the Enterprise Centre – it is eye-catching!

School Walk About – UDEG invited Head Teacher, Susannah Storey and fellow teachers to enjoy some of the green spaces we have available here in St Day and Carharrack. Taking time out to enjoy Burnwithian Woodland, Community Orchard and The Pound was a real treat, with the suggestion they will use the areas to escape, relax, for education and for their own well being.



Coastline – UDEG working in partnership with members of Coastline to protect the blossom trees from damage. Thank you to Simon and Anthony who take care of the trees at Carew & Trenant. Thanks to Nathan & Liam for organising and purchasing the tree guards. The trees remain healthy, the blossom is spectacular! Do take time out to have a look at the blossom.



St Day Feast – "Look out for UDEG stall!" "Another chance to win £20 in our any age, FREE to enter competition". See you soon

Want to know more or wish to join this exciting work please contact us

United Downs Environment Group *email:* uniteddeg@gmail.com or chat @community market

Are you or someone you love in need of a helping hand?

Pendeen Community Care Ltd provides bespoke care services to the people of Camborne, Redruth and surrounding villages.

We provide personal care, domestic services and social visits including specialist care.


Have you ever thought of working in the care profession?

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Office hours 9-4 Monday - Friday

 Pendeen Community Care Ltd

pendeencare@btconnect.com

www.pendeencare.co.uk

Directors; Jane Field RGN, & Victoria Anthony MA



Regulated by



The Welcome Club

We are at St.Day Community Centre on the 2nd and 4th Thursdays
in the month from 2pm-4pm.

*Activities include music, craft, gentle exercises, line dancing,
quizzes, bingo.*

With tea, coffee. biscuits and a chat.

Everyone welcome

Dates – 24th April, 8th May*, 22nd May, 12th & 26th June and 10th
July.

*Note – there will be a Welcome Club special event on 8th May, which is **VE Day**
80th Anniversary and will be held at Holy Trinity Church Hall, St.Day

ST DAY POST OFFICE

Opening Hours:

Mon, Tues, Thurs, Fri: 9am - 12.45pm & 1.45pm - 5.30pm
Wed & Sat: 9am - 12.30pm

•

Banking Services

Barclays, Cahoot, HSBC, Lloyds, Natwest, Santander and Smile

•

Car Tax, Commission Free Foreign Currencies, E Top-Ups for
Mobile Phones, Amazon Vouchers, Pay Your Bills, Flowers by
Post, Stationery and Greeting Cards.

Pick Up/Drop Off Point for Amazon & DPD

•

A Warm and Friendly Welcome Awaits You



Dear Friends

Welcome to another issue of the Carharrack News and I hope you all had a good Easter celebration.

For our church family at Church of The Cross (COTC) it was a time for looking back some 2000 years and reflecting on the Crucifixion, Death and the Resurrection of our Lord Jesus. It was also the opportunity for Repentance and Salvation today because of what happened on the cross. Of course, Easter isn't the only time to repent and ask for salvation, it is an individual act which anyone can ask for at any time. At church Marilyn and I often sing a gospel song called 'On The Other Side of the Cross' and as we take in the words, we are made more aware of why Jesus died on the cross and what it means to us, as Christians, following His resurrection.

We are now looking forward to Pentecost and The Church receiving the Holy Spirit.

It was sad to see the closing of the Methodist Chapel in Carharrack after some 200 years when John Wesley first preached in the area, I wonder if any residents of Carharrack know of ancestors who attended one of Wesley's meetings? I would love to hear from you if you have any stories to tell.

COTC preach and teach in the Wesleyan Methodist tradition and believe that the Holy Bible is the infallible word of God.



Our services are open to the working of the Holy Spirit both in our preaching and our music; also in our times of fellowship after the service.

Our work within the community includes:

The Welcome Club – held in St Day Community Centre from 2pm to 4pm on the 2nd and 4th Thursdays in the month.

Coffee Morning – Next one on Friday 23rd May, 10am to 12noon. Bacon and Sausage baps available.

Autumn one on Friday 19th September.

Afternoon Tea – Thursday 17th July, 2pm to 4pm. Please book a table if possible.

Recent fund raising for The Royal British Legion and Cornwall Hospice Care.

You will be welcome to come and fellowship with us on Sunday mornings at 10am and to any of our outreach events.

Our service and events are held in St Piran's Church, Carharrack.

Pastor Graham Homer

01209 820881

Email: grahamhomer@talktalk.net

What does a Parish Councillor Do?

As you will see we currently have 4 vacancies on the parish council. Do you have skills, experience and knowledge to join us and make a difference in this community?

We currently meet every other month. We have a Code of Conduct that applies to all of us. We attend having prior knowledge of the agenda and items for discussion so that everyone is well informed and has had time to consider the decisions and issues that need to be made.

We keep in contact between our meetings via email, the occasional committee meeting or a site meeting.

We may have a planning application to discuss and pass on any observations or knowledge relevant to the area and community.

We produce this magazine and organise a team of volunteers to hand deliver to all properties in the parish.

We set the precept, which you pay to us, authorise payments and make decisions on our expenditure. We process grant applications for groups and organisations who are supporting the many aspects of this community.

We manage the Allotment Site, the Pound Field, The Shute and oversee the regular maintenance of the footpaths and other areas.

We represent Carharrack at the Mining Villages Regeneration Group, the Community Area Partnership and have developed good connections with our neighbouring parishes where we share good practice and support each other.

And lots of other things too

We do need you to come forward to ensure we maintain a parish council in this community that is sustainable for the future

**clerk@carharrackparishcouncil.co.uk
for more information.**

**Carharrack
Players**



PRODUCTION MEETING

&

AGM

THURSDAY 19TH JUNE 2025

AT THE MILLS HALL

19:30 - 21:00

Come to our production meeting where we will be launching all details of the next production for 2026!

Come along to hear how you can get involved From being on stage, backstage, production planning, assisting and much more

MORE INFO



CARHARRACKPLAYERSCOMMITTEE@OUTLOOK.COM



@CARHARRCKPLAYERS



Headteacher: [Susannah Storey](#)

email: secretary@st-day.cornwall.sch.uk



Our School Facebook Page



Search for 'St Day and Carharrack Primary School' on Facebook and you will find a page dedicated to all of the wonderful things we are getting up to! It is a page of celebration where we shine a light on our inspirational pupils while keeping our community up to date with all of our events. Give it a like or follow to stay up to date.



Our School Newsletter



Each week we send out an interactive newsletter that is bursting with news, pictures and videos from our week in school. You can expect to find all of our latest learning, celebrations of extra-curricular achievements, writing challenges, e-safety updates and community notices within its pages. Our families love it!

Take a look at our website at www.st-day.cornwall.sch.uk and navigate to the news section to find all of our newsletters from this year.

While you are there why not take spend some time browsing our newly designed site where you can find information about admissions, classroom learning updates, curriculum information and our most recent, overwhelmingly positive, Ofsted report.

We are a Rights Respecting School

We are incredibly proud to be a [Silver United Nations Rights Respecting School](#).

This means that we live the [UN Rights of the Child](#) each day through our school ethos of *Enjoy, Engage and Excel*.

Children at our school, the rights holders, understand that they have rights and that the adults, the duty bearers, have a responsibility to ensure those rights are acknowledged and respected.

The children also know that with these rights come responsibilities and it is this philosophy which encourages our children to become aware of themselves and the important role which they play in society. Our children know themselves as the [Changemakers of the future](#) and our school community takes an active part in conversations around the future of our planet.

In April we held a school-wide [Earth Week](#) where every child had the opportunity to share their views and aspirations regarding the planet and their place within it. The whole week was shaped around this important conversation and the outcomes were remarkable—our children are making a difference.

Next step—GOLD!





Our recent *Ofsted* Inspection

'Pupils blossom academically, socially and emotionally at this school.'

In January 2025, we were visited by *Ofsted* who carried out a thorough scrutiny of our school - stating we have **'improved significantly across all areas since the previous inspection'**.

Simply put, this is the highest praise under an ungraded inspection any school could receive. At this point in time, there are no actions for improvement.



Additionally, they had this to say:

'Staff build excellent, trusting relationships with the families they serve. This, combined with the high-quality curriculum and the warm, positive relationships that pupils develop with staff, makes the school a place pupils want to come to.'

'The curriculum, behaviour and pupils' personal development are remarkable.'

Book your visit anytime - come and have a look around our brilliant school for yourself.

Our recent *Challenge Partners* visit

We have also recently worked with *Challenge Partners*, an independent organisation with a 'laser focus on teaching and learning, curriculum and outcomes, narrowing achievement gaps, and leadership at all levels.' They were exceptionally complimentary about our school and staff team, awarding us an acclaimed **Area of Excellence** for our school-wide nurture provision and pedagogy.



They had this to say:

'St. Day and Carharrack Community Primary School shines out in the pretty rural Cornish villages it represents, with its exceptional muralled exterior a beacon to a community living its values of 'Enjoyment, Engagement, and Excellence.'

'The bedrock for developing a love of learning at the school is found in the Early Years Foundation Stage (EYFS)'

'The care with which the learning environments are set up across the school sets the tone for a fabulous educational experience.'

'Pupils have access across to the very high-quality science, technology, engineering, and mathematics (STEM) experiences you might find in a specialist STEM school.'

To read both reports, visit our school website at www.st-day.cornwall.sch.uk and navigate to the Statutory Information area.

We are incredibly proud of these outcomes which reflect the transformations and exceptional journey our School has been on - the hard work and dedication of everyone – staff, children, parents and governors – are all celebrated and capture how much has been achieved to ensure our children in this community get the best possible deal every single day. Come and visit us any time - to see us living our values of **Enjoying, Engaging and Excelling** in all areas of School life.



We Have Spaces Across School!



We love welcoming people to our fantastic, inclusive school community.

To arrange a visit please email secretary@st-day.cornwall.sch.uk or fill in the contact form on our school website.

We look forward to meeting you very soon



The Mills Hall



Your community Hub

A welcoming space for locals and groups ranging from crafts, theatre, music, fitness, pensioners & environmental clubs and of course every celebration that you can think of.

Prices as from 1st April

Main Hall

9am – 1pm £30

2pm – 6pm £30

7pm – 11pm £36

9am – 11pm £72

Meeting Room

9am – 1pm £12

2pm – 6pm £12

7pm – 11pm £12

Annex –

Large Meeting Room

9am – 1pm £18

2pm – 6pm £18

7pm – 11pm £18



Contacts

Chairperson & Building Manager -
Steve Payne

01872 561322 / 07799 461920
wbcars@icloud.com

Bookings/Social Media -
Rachel Payne

01872 561322 / 07777 611930
mills.hall@mail.co.uk

Caretaker - Val Aldridge

01209 821544 / 07719 647352
lorivale@btinternet.com

MONTHLY QUIZ



2nd Saturday of the Month

£3.00 per person

FREE TEA/COFFEE & NIBBLES BYOB

2nd Saturday of every month unless (otherwise stated).

£3.00 per person, teams of 4 or 6 FREE Tea, Coffee & Nibbles

To Book

<https://www.hallbookingonline.com/carharrack>

The Mills Hall Trust

Hello, and a warm welcome to the latest edition to the Carharrack Parish News. Well what a busy start to the year we have had....

January/February we seen The Carharrack Players have lots of rehearsals and bringing out all the different costumes for their production of Princess and the Pea. Which went to stage in February Half Term - this was another successful week for The Carharrack Players with sell out performances every night. Massive Well Done to all involved.

Then we move onto March - which saw us close the hall for major refurbishments. The team of builders / plumbers / electricians move in to gut the ladies and disabled toilets, and the work started in the main hall. We have managed to do all these refurbishments to The Mills Hall, through The National Lottery Funding. So with all this completed it should save us money in our Energy usage.



To Book

<https://www.hallbooking.com/carharrack>



The Mills Hall Trust



As from 1st April we have had to have a 20% price increase on all rental charges.

We are starting to have some different groups use The Mills Hall - from Band Practice, Choir Rehearsal, Coffee Mornings by our local Methodist Church, Toddler Group, Art Group, amongst all the other users. Come a long and support The Mills Hall monthly Fun quiz night on 2nd Saturday of every month, it would be good to see you all.

SPRING

SUMMER

We hope you have a great Spring/Summer - if you would like to join us and look after this community space, then we have got a space for a Trustee. If this is something you would like to do, then drop a line to our email address mills.hall@mail.co.uk

Hope to see you all soon.

Steve P

To Book

<https://www.hallbooking.com/carharrack>



Carharrack Club



Weddings
Functions
Birthdays



Bespoke packages for your event
Call 01209 820722



or

find us on Facebook






TING TANG DOGS
 play days & sleepovers
 Tel: 07443003708 email: tingtangdogs@gmail.com
 Home comforts and secure play field
 Fully licensed and insured
 ★★★★★



MINDFULNESS & FITNESS



Life Active Over 60's

Monday - 9.45- 10.45am
Monday - 11-12pm

Mindfulness Class

Wednesday - 6.30- 7.45pm
The Wellness Hut, Church Road, Stithians, TR3 7DH

Circuit Fitness Class

Thursday - 6.30- 7.30pm

Mindful Core Fitness

Sunday - 9.30- 10.30am

All fitness classes take place at
The Stithians Centre, Church Road, Stithians, TR3 7DH

mindfulnessfitness.co.uk

email: mindfulnessfitness@posteo.net

Contact Jon
07889016264

CLASSES
£7 drop in or
£60 for any 10 classes
FIRST CLASS FREE

**PERSONAL TRAINING
+ MINDFULNESS**
1-1 SESSIONS
1hr - £33
or £165 for 6 x 1hr sessions

the wellness hut 

Bring your wellbeing back into balance with:
**Reflexology, Massage, Breathwork,
Mindfulness, Personal Training,
Cranio-Sacral Therapy + more**
thewellnesshut.co.uk

Traffic Speeds

We are very aware of your concerns regarding the speed of traffic in, around and through the village.

So what actions have we taken you ask?

The following email has been circulated to all local businesses and we ask you to take the time to read it, note the contents and wherever possible, share it with your family members and visitors.

Contact has been made with the Community Speed Watch Manager for Devon & Cornwall Police highlighting the issues we have and the areas of most concern. The manager is available to come to the village and meet with volunteers interested in setting up a Community Speed Watch Team - we only need 4 people.

Please email the clerk clerk@carharrackparishcouncil.co.uk to express an interest or phone/text 07875 751093.

The speedwatch teams at St Day and Chacewater have also offered us their support in setting up a team. Please give this serious consideration.

Without community support both in reducing the speed of traffic and/or setting up a Speed Watch Team we have the option of the Speed Detection and Enforcement Team.



Dear Sir/Madam

On behalf of the Parish Council and the village of Carharrack, I am contacting you to seek your assistance in supporting us by raising awareness of the issue that we face in relation to the speed of traffic through the village and ask that you kindly share this email with all staff, clients/customers and subcontractors/suppliers of your business.

The speed limit has been reduced to 20mph in Carharrack, similar to other villages, towns and areas across Cornwall and yet we are still seeing a lot of road users passing through the village and surrounding areas, that are not adhering to the speed limit. Noticeably at times, driving well in excess of the limit which is causing great concern to local residents, along with the greater risk of an accident(s) waiting to happen.

We would kindly ask you to support the Parish Council and the residents by spreading the word where possible, encouraging careful and considerate driving through the local area on behalf of your business and by your suppliers etc. We appreciate that you may already undertaken this initiative and would like to thank you in advance for your consideration, but due to this being an ongoing issue, it has been necessary to reach out to every business in the United Downs area.

Thank you in advance for your assistance in this matter. We look forward to hearing about any initiatives that you may have in place to encourage others to support this, whilst raising awareness of reducing speed. Please share any ideas that you may have with us, so that we can make Carharrack and the surrounding area, safe for everyone.

With kind regards

Julie Pearson

Clerk to Carharrack Parish Council

A final thought - the latest figures have just been released and in 2024 Devon and Cornwall Police dealt with 600 injury collisions on the roads across the two counties of which 56 were fatalities.

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2025 Season at the OC (St Day Old Church)

There have been lots of changes at the OC – all good! We've been working hard behind the scenes to create a more sustainable business model so that our wonderful open-air venue becomes a hub of activity in the community, for the community, without putting pressure on just a few people to make it all happen.

In 2024, we enlisted the help of a local company, Eventy, to explore grant funding opportunities and help get our ducks in a row. Helen has done an amazing job already, and we're delighted to announce that we have received three key grants* which will help the OC consolidate on years of hard work and look to the future.

Helen's hard work, combined with support from our wonderful volunteers and Directors, and the expertise of Jasmine Cole Productions, means we can bring you a fantastic programme of events in 2025.

We are delighted to open our doors on **Friday 6th June** with a firm favourite of the OC's, **Company B!** This rowdy seven-piece jump jive band was a huge hit in 2023, and we just know they will get our exciting season off to a fantastic start.

On **Saturday 14th June at 2pm**, we welcome Scratchworks Theatre, who will present **The Mushroom Show**. Explore the fabulous world of fungi, uncovering the scientific superpowers and amazing abilities of mushrooms! Packed full of interactive theatre, playful music and lots of laughs for all the family, The Mushroom Show is a joyful exploration of connection and community.

On **Saturday 22nd June at 2pm**, we welcome back the fantastic Sun and Moon Theatre with their unique interpretation of Shakespeare's **A Midsummer Night's Dream**, set in 1925. The company's strong ethos to 'make Shakespeare for all' means there could be a few surprises.

Our first evening show takes place on **Thursday 26th June at 7.30pm**. Ha Hum Ah Theatre will entertain with **Around the World in 80 Days**, adapted from the Jules Verne novel. Expect chaotic comedy, split-second costume changes, and a whirlwind of accents and antics as three fearless actors bring this global caper to life.

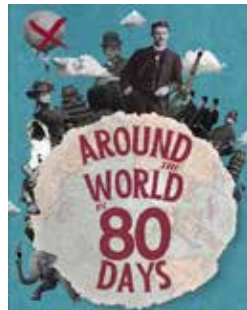
We're excited to bring a beautiful baby show to the OC on **Tuesday 8th July**, with three performances throughout the day (11am, 12pm, 2pm). **Hello Birds** is a sensory story show for babies aged 0-36 months. This Jasmine Cole Productions show features puppets, key word signing and baby-safe props.

On **Tuesday 15th July at 7.30pm**, the brilliant Niall Moorjani returns to the OC with their new show, **The Green Knight (But It's Gay)**. Niall is an award-winning and critically acclaimed storyteller. In this fantastical, queer and hilarious version of the medieval classic, *The Green Knight*, they will enthral audiences by making sub text-text! (We'll give you a clue, it's gay.)

To find out more or to book tickets, visit us on Facebook @ StDayOldChurch or at our website <https://www.stdayoldchurch.org/>

We can't wait to welcome you all back to the OC. Please, tell your friends about the upcoming season and help bring our incredible venue to life once again.

Don't forget – St Day Old Church is a CIC, owned by the community. If you would like to use the venue for your event or community club, please get in touch by emailing sdoccic@gmail.com.



* St Day Old Church CIC has received funding from Cornwall Community Foundation through the Tanner Phoenix Trust and the Social Enterprise Fund; and Cornwall Council's Community Capacity Fund - part of the Good Growth Programme, which is delivering the UK Shared Prosperity Fund in Cornwall and Isles of Scilly.



Holly Dowland Cert CII (MP)

Mortgage & Protection Adviser

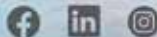


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Caption Competition

* for a little bit of light relief from the usual messages on the subjects of picking up litter, keeping verges clear and cleaning up after your dog (which all residents know about by now), here is something entirely different. A Caption Competition - entries to clerk@carharrackparishcouncil.co.uk or drop your entry into the post box at the Mills Hall. Judging will take place at our next parish council meeting in June - so plenty of time. Good luck.



No Dig At The Allotments

There has been a change of approach at the allotment site this year. No digging!

And its being shared across the site with allotments holders, both experienced and new-comers, arriving on site with cardboard, timber for making boxes and plenty of peat-free compost and mulch.

So what is this all about? No digging at the allotments? Sounds like a great idea. How does it work I hear you cry.

1. It means you have to leave the soil as undisturbed as possible. The tradition of digging and turning the soil over is not permitted wherever possible.
2. The initial stage is to begin with some simple weed control. And this is where recycling of cardboard comes into its own. Use the cardboard to smother existing weeds.
3. Over and around the areas of cardboard you build your beds. These can be timber frames or areas where you apply a thick layer of compost or other organic matter.



4. Plant directly into the surface

Sounds simple - there must be a catch.

No dig is an on-going process and does require maintenance from the gardener/grower.

Each year a layer of compost or manure will need to be added to the beds either in the spring or autumn.

One of the major benefits, apart from being able to hang up the fork and spade, is that weeding is minimized. Just remove any weeds that appear through the mulch.

Worms will be drawn to the mulch and will take up residence and help with the decomposition which in turn enriches the soil beneath.



So with reduced weeding, no digging, a process that promotes a healthy soil eco-system and subsequently healthier plants what is there not to like?

Happy Gardening in 2025

Advertising Rates 2025

Full Page - £18 per edition

Half Page - £10 per edition

Annual Rates - 4 editions

Full page - £65.00

Half Page - £35.00

Our magazine is popular - we now have a waiting list for advertising space! If you wish to add your name or business to that list please get in touch:

clerk@carharrackparishcouncil.co.uk

chair@carharrackparishcouncil.co.uk

Whilst the Parish Council produces this magazine it is all about the community and we really appreciate your contribution. You will have heard from some new contributors in this edition and we would love to have more news, views, photos (old and new), stories and other good things from you.

We need an image (or combination of images) for the front cover of the next edition. We know our younger community members are very skilled with their phones and mobile devices. So here is an opportunity for someone to come up with a front cover image, which is village related, that will show off those skills.

Deadline for the next edition is Monday 14th July 2025

We thank all those who have contributed to this edition, to the advertisers for their continued support and the people within the community who give so much of their time and effort for the benefit of so many others.

Please support the community, the events and perhaps consider becoming a parish councillor in the coming days.

You are needed and valued in whatever way you contribute to your village.



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