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JUNE 2026

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ADVERTISING SPACE, SUBMIT EVENT
LISTINGS AND CATCH UP ON PAST
ISSUES OF THE MAGAZINE.

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WELCOME

**WELCOME TO THE JUNE EDITION OF
THE LOCAL POST.**

Somehow, we've arrived at that sweet spot in the year. The evenings stretch a little longer, the days feel warmer, and there's a sense that summer has finally knocked on the door and let itself in. June brings that shift in pace, where life moves outdoors, plans feel lighter, and even a simple evening walk can feel like a treat.

This month, we're also celebrating Father's Day. Whether it's a homemade card, a trip to the coast, or a well-earned pub lunch, it's a chance to press pause and spend time together. You'll find plenty of ideas inside to help you make the most of it.

As always, this issue is packed with local features, ideas and inspiration to keep you connected with what's happening across South East Cornwall. It's all about making the most of where we live.

And a quick word, especially for local businesses. This magazine exists because of you. Every advert helps keep The Local Post landing on doorsteps free of charge each month. If you're looking to reach local households in a genuine, trusted way, we'd love to have you on board. It's simple, effective, and supports your community at the same time.

For now, grab a cuppa, put your feet up, and enjoy the issue.

Dan, Bex & Kirstie

ADVERTISING RATES

	ONE MONTH	TWO TO SIX	ELEVEN
FULL PAGE	£150	£125	£100
HALF PAGE	£80	£70	£50
QUARTER PAGE	£45	£40	£25
INSIDE FRONT/BACK	£160	£140	£120
FRONT PAGE	£180	£160	£140

Half & quarter sizes available from £70 per month

Supporting local Economy

Event Listings

Basic

Example - **Coffee Morning** - Eliot Hall - St Germans - 10am to 12pm - Free

Enhanced - £5.00

Example - **Coffee Morning** - Eliot Hall - St Germans - 10am to 12pm - Free

The Eliot Hall welcome you to join us for a community coffee morning. Raising funds for our village hall so come along to catch up with friends or to meet new ones.

Premium from £25.00

Your enhanced event listing plus quarter or half page advert

Advertising Rates

	One month	Two to six	Eleven
Full Page	£150	£125	£100
Half Page	£80	£70	£50
Quarter Page	£45	£40	£25
Front Page	£180	£160	£140
Inside Front or Back Page	£160	£140	£120

THE LOCAL POST

Free basic listings for all events happening in your local area: Unlimited event listings for all 'not for profit' and community events.

Four complimentary basic listings per issue for all local businesses.

Stand out from the crowd with the enhanced listing for just £5.00 per listing. Add 30 words to enhance your event. Need more exposure? Talk to us about a quarter or half page advert on our event pages.

Advertorials

One month advert cost plus £15 - 20% discount on an advert in the next issue

We'll highlight your business in our Advertorial section, a chance to show what makes your business so special. Each month will focus on a specific region of South East Cornwall or our theme of the month, we'll also include one off events in our listings guide for extra exposure for your business.

The technical & legal stuff

Deadlines: Copy deadlines are the 10th of each month - we go to press mid month so that all issues can be distributed before the start of the new month.

Advert formats: The magazine is a full colour A5 publication so please submit your adverts as image files JPEG: PNG: in a print quality DPI (300).

Advertising & Listings: Book your advert or listing via our website, email or by calling us, we will then contact you via email for your copy.

Get in Touch

Email: info@thelocalpost.co.uk
Website: www.thelocalpost.co.uk
Social Media: Facebook - The Local Post
Phone / Whatsapp: 07861295781

Advertising Terms & Conditions

By signing up to advertise in The Local Post, you agree to the following terms:

1. Booking and Submission Deadlines

All advertisers must confirm their booking and submit final artwork by the 10th of each month to be included in the following issue. Late submissions may result in your ad being postponed to a future issue.

2. Artwork Requirements

All artwork must meet the specifications provided by The Local Post (e.g., file format, dimensions, resolution). Please ensure your artwork is in either: JPEG, PNG, PDF or TIFF format and in the correct orientation for the advert chosen, e.g. Portrait or Landscape.

We are not responsible for the quality of printed ads if supplied artwork does not meet these standards.

3. Payment Terms

Full payment is required upon booking unless otherwise agreed in writing. Non-payment may result in cancellation of the advert.

4. Content Standards

We reserve the right to reject any advert that we deem inappropriate, misleading, offensive, or not in line with our publication standards.

5. Cancellations

Cancellations must be made in writing at least 7 days before the submission deadline. No refunds will be given for cancellations made after that period.

6. Liability

Advertisers are responsible for the accuracy and legality of their content. The Local Post accepts no liability for any claims arising from published ads.

7. Publication Placement

While we make every effort to honour placement requests, ad placement is not guaranteed unless specifically agreed upon in writing.

THE LOCAL POST

Full Page
138mm x 195mm

Front Page
138mm x 160mm

Half Page
138mm x 97mm

Quarter Page
67mm x 97mm

Cllr Kate Ewert – Rame Peninsula & St Germans division.



CLLR KATE EWERT

CELEBRATING OUR COMMUNITY

This month, I wanted to take a moment to celebrate the wonderful work happening across the Rame Peninsula. We are incredibly fortunate to have so many dedicated groups and organisations supporting our communities. From the fantastic RBL in Tideford, where a warm welcome is always guaranteed, to the invaluable support offered by local charities such as CHAT in Torpoint and the Peninsula Trust in Millbrook and Maker with Rame, it really highlights the caring and community-minded spirit of the people who live here.

I was recently delighted to attend the opening of the new community shop in Craffhole. While the shop has been part of the village for some time, it has now moved into the village hall, bringing with it the added benefit of parking. The team has also extended opening hours into the afternoon and broadened the range of stock available. It is entirely volunteer-run and a real credit to everyone involved. If you haven't visited yet, I would highly recommend popping in to take a look and show your support. I understand they have also benefited from advice and encouragement from the excellent St Germans community shop, located right by the pub, a great example of communities helping each other.

If you're feeling inspired and would like to volunteer some of your time to support any of these fantastic initiatives, please do get in touch and I will happily point you in the right direction.

Last month, I shared some concerns about Cornwall Council's proposals to reintroduce glyphosate for weed management, particularly the way parish councils were being consulted. I am very pleased to report that, following a successful motion to Full Council, the leader has reconsidered the approach. Cornwall Council will now engage more meaningfully with communities, allowing for a more informed and transparent decision-making process.

At the same Full Council meeting, I was pleased to work alongside Cllr James Mustoe to bring forward a motion to review the current school admissions policy. I'm delighted to say this received strong cross-party support. As it stands, the policy can be particularly challenging for families in rural areas. Locally, this affects families in St Germans and Polbathic, where some are required to pay for transport to Looe School, while other children living nearby travel for free on the same bus. Our motion simply calls for a review of the designated schools policy to address these

inconsistencies. We are encouraged that the Cabinet Member for Transport has committed to looking into this, and we will continue to work with him and officers to ensure progress is made.

As always, if there's anything I can assist with regarding Cornwall Council matters, please do get in touch at:
cllr.kate.ewert@cornwall.gov.uk

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**We need you!
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For more information please contact Dan: 07861295781.



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JUNE WELLNESS

MAKING THE MOST OF LONGER DAYS

June is a great time to reset your routine and focus on feeling well. With long, light evenings and warmer weather, it becomes much easier to spend time outdoors and stay active without it feeling like a chore.

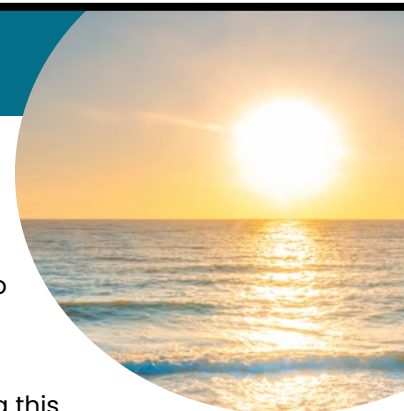
One of the simplest ways to boost your wellbeing this month is to build more movement into your day. It doesn't have to mean intense exercise. A walk along the coast, an evening stroll through the village, or even time spent gardening can all make a real difference. Fresh air and natural light help improve mood, support better sleep, and give you a natural energy lift.

If you're looking for something more social, June is a good time to try a local class or group. Many community halls across South East Cornwall run yoga, Pilates or low-impact fitness sessions that suit a range of abilities. Outdoor groups also tend to pick up at this time of year, offering everything from walking clubs to bootcamp-style sessions.

Food plays a big part in how we feel, and June brings plenty of fresh options. Try adding more seasonal produce to your meals, such as berries, salad leaves, tomatoes and herbs. Simple meals made with fresh ingredients can help you feel lighter and more energised. Staying hydrated is just as important, especially as temperatures rise, so keep water close by throughout the day.

It's also worth making time to slow down. Sitting in the garden, meeting a friend for a coffee, or simply taking a break from busy routines can help reduce stress.

Wellness doesn't need to be complicated. Small, consistent habits often have the biggest impact, and June is the perfect time to start.



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BEING A BAL MAIDEN

I am a bal maiden, called Morwenna, and Geoff has asked me to tell you, Local Post readers, about my life and work in 19th-century Cornwall.

A bal maiden was a woman who worked at the mines in Cornwall. The word "bal" means "mine" in Cornish, and "maiden" means a young woman or girl. We were mostly daughters of miners or farmers who needed to help earn money for our families. In those days, mining was one of the main ways people made a living here.

Our work was hard but very important. Unlike the men, who went down deep into the mines to bring up ore, we worked on the surface. We sorted the ore to separate valuable metals like tin and copper from waste rock and dirt. This meant breaking the ore with heavy tools and washing it to prepare it for smelting.

The work was long and tough. We started early in the morning and worked until evening. We stood or bent over stone troughs or wooden tables all day, breaking and cleaning the ore. The dust and dirt made the air thick, and the work could be cold and wet, especially in winter. We wore plain cotton dresses, aprons, and scarves to keep our hair tidy. Our hands became rough and sore from the constant hammering and washing.

Many of us worked together, which helped keep our spirits up. It was hard work, but we looked out for one another. After work, some of us went to chapel or sang together, finding comfort in faith and friendship.



Our pay was low—just a few shillings a week—but it helped our families a great deal. Many homes could not get by on men's wages alone, so the money we earned was needed. For women in Cornwall, there were not many jobs available, so working as a bal maiden was an important way to help.

Although our work was necessary, bal maidens have often been forgotten in Cornwall's mining history. Because we worked above ground, some people thought our work was easier or less

important. But without the work we did, the mines would not have been as productive.

Later in the 1800s, as mines closed or machines took over, fewer women worked as bal maidens. Some of us moved on to other jobs or left Cornwall to find work elsewhere. I hope that's OK for Geoff.

It certainly was. I'm glad Morwenna told me all that. It certainly gave me a better understanding of Cornwall's mining past and the hard work and the important role in Cornwall's history that bal maidens played to support their families. The history is not all about men and pasties, as Morwenna remarked, the bal maidens are often forgotten.

GEOFF WILLIAMS



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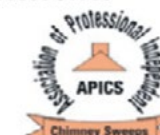
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LOCAL AREA SPOTLIGHT

BOCONNOC, LANREATH, ST VEEP, DULOE, ST KEYNE, TREWEDLAND & MORVAL

This month we're exploring a quieter corner of South East Cornwall, where rolling countryside, hidden history and friendly local businesses make these villages well worth discovering.

Start with Boconnoc Estate, a beautiful stretch of parkland perfect for walks, picnics and spotting wildlife. The peaceful setting makes it ideal for families or anyone looking to slow down and enjoy nature. Nearby Lanreath offers scenic lanes and countryside views, perfect for a gentle cycle or afternoon stroll.



In St VEEP, you'll find quiet walking routes and access to the upper reaches of the River Fowey. It's a lovely spot for those who enjoy exploring lesser-known paths. Not far away, Duloe is home to the fascinating Duloe Stone Circle, a small but striking prehistoric site that's well worth a visit.

For something a little different, head to St Keyne and visit the well-known St Keyne Well, steeped in local legend. It's a fun and unusual stop, especially for families interested in Cornwall's folklore.

The nearby hamlet of Trewedland offers peaceful countryside and easy access to walking routes, while Morval is close to the popular Adrenalin Quarry, where older children and adults can enjoy zip wires, giant swings and other outdoor adventures.

While exploring, keep an eye out for local farm shops, roadside stalls and village cafés. These small, independent businesses are at the heart of the community and offer everything from fresh produce to homemade treats.

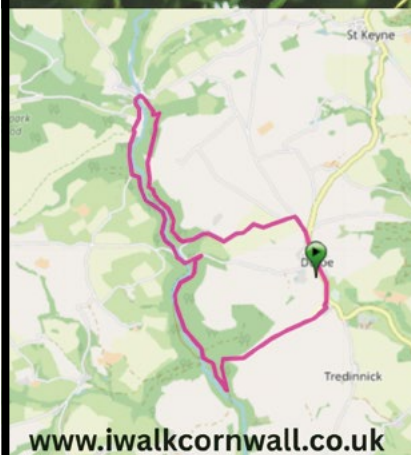
Whether you're after a quiet walk, a bit of history or a family day out, this area has something for everyone.



Area Spotlight recommended walk in partnership with iwalk Cornwall

The iwalk app gives access to 311 walks in Cornwall from 2 to 13 miles. Most are circular and the majority are in the 3-6 mile range. Packed with local history and nature, information can be purchased through the app which guides you around the route.

A circular walk through the woodland along the West Looe River to Herodsfoot from Duloe, where Cornwall's smallest stone circle stands.



Highlights

- Duloe Stone Circle
- Views of the West Looe River
- Woodland wildlife
- Victorian church in Herodsfoot
- Bluebells in spring

Vital statistics

- OS Explorer: 107
- Distance: 6.5 miles/10.5 km
- Steepness grade: Moderate
- Recommended footwear: Waterproof boots
- Last updated: 2025-12-17
- No stiles: ✓
- Pub: ✓

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iWalk Cornwall



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THE SMUGGLERS INN

★ **EVENTS & SPECIAL NIGHTS** ★



CHARITY HORSE RACING NIGHT

6th JUNE



QUIZ NIGHT FOR THE RNLI

13th JUNE



SALAD BAR NIGHT

20th JUNE



FATHER'S DAY CARVERY

SUNDAY 21st JUNE



RAME PENINSULAR BEER & BUSES DAY

SATURDAY 27th JUNE



The Smugglers Inn
Seaton, Torpoint, Cornwall, PL11 3JD

01503 250923
contact@smugglersinn.co.uk
www.smugglersinn.co.uk



Book now and join us this June!

JUNE RECIPE

CHICKEN & NEW POTATO TRAYBAKE

Pop chicken thighs and potatoes in one pot and roast with olives, lemon, garlic and bay leaves for a lazy weekend lunch or dinner

Prep Time: 15 mins - Cook Time: 1hr 15mins - Servings: 2-4

INGREDIENTS

3 TBSP OLIVE OIL
500G NEW POTATOES
140G LARGE PITTED GREEN OLIVES
1 LEMON - QUARTERED
8 FRESH BAY LEAVES
6 GARLIC CLOVES - UNPEELED
4 LARGE CHICKEN THIGHS
BAG WATERCRESS
OR SALAD LEAVES, TO SERVE

METHOD

STEP 1

HEAT OVEN TO 200C/180C FAN/GAS 6. POUR THE OLIVE OIL INTO A LARGE ROASTING TIN AND ADD THE POTATOES, OLIVES, LEMON QUARTERS, BAY LEAVES AND GARLIC. TOSS EVERYTHING TOGETHER SO IT'S COATED IN OIL AND EVENLY DISTRIBUTED. ADD THE CHICKEN THIGHS, SKIN-SIDE UP, AND SEASON.

STEP 2

PUT THE ROASTING TIN IN THE OVEN AND ROAST FOR 1 HR, BASTING WITH THE PAN JUICES HALFWAY THROUGH COOKING. AFTER 1 HR, CHECK THAT THE POTATOES ARE SOFT AND THE CHICKEN IS COOKED THROUGH, THEN RETURN TO THE OVEN FOR A FINAL 15 MINS TO CRISP THE CHICKEN SKIN.

STEP 3

REMOVE THE ROASTING TIN FROM THE OVEN. PRESS DOWN ON THE ROASTED GARLIC CLOVES WITH THE BACK OF A SPOON, DISCARD THE SKINS, AND MIX THE MASHED GARLIC WITH THE MEAT JUICES. SERVE WITH WATERCRESS OR YOUR FAVOURITE SALAD LEAVES ON THE SIDE.



BBCGOODFOOD

WHAT'S ON JUNE

LISTINGS FOR ALL THE FAMILY

TO PROMOTE YOUR LOCAL EVENT IN THE NEXT WHAT'S ON LISTING -
EMAIL: INFO@THELOCALPOST.CO.UK
OR SUBMIT VIA OUR WEBSITE:
WWW.THELOCALPOSTMAGAZINE.CO.UK
SUBMISSION DEADLINE EACH MONTH IS THE 10TH.

Monday 1st

Ashtanga Yoga	The Zone	Downderry	6.15 to 7.30
Strong HER Feel Good	Village Hall	Downderry	9.30 to 10.30
Yoga Gently	Eliot Hall	St Germans	10.00 to 11.00

Balance, Strengthen and Restore Inspiring natural movement that supports you to regain and remain independent & Live Well Longer. Stay strong, steady & socially connected

Pilates	The Zone	Downderry	11.10 to 12.10
Pilates	The Zone	Downderry	12.15 to 1.15
Qigong	Village Hall	Downderry	2.00 to 3.00
Craft Cafe DAG	The Zone	Downderry	2.00 to 4.00
Children's Dance	The Zone	Downderry	5.00 to 6.30
Legs. Bums & Tums	St Nicolas'	Downderry	6.00 to 7.00
Yoga	The Zone	Downderry	6.45 to 8.15
Line Dancing	St Nicolas'	Downderry	7.15 to 8.15

Tuesday 2nd

Zumba & Line Dancing	St Nicolas'	Downderry	9.15 to 10.15
Coffee Morning	Village Hall	Downderry	10.00 to 12.00
Gentle Yoga	Eliot Hall	St Germans	10.30 to 11.30
Short Mat Bowls	Village Hall	Downderry	2.00 to 4.00
Short Mat Bowls	Eliot Hall	St Germans	2.00 to 4.00
Children's Ballet	The Zone	Downderry	4.30 to 8.00
Pilates	Village Hall	Downderry	6.00 to 7.00
Creative Workshop	Saltash Studios	Saltash	7.00 to 9.00
Drama Group	Village Hall	Downderry	7.15 to 9.30

Wednesday 3rd

Tap class	The Zone	Downderry	10.00 to 11.00
Music Club DAG	The Zone	Downderry	2.00 to 3.30
Badminton	Village Hall	Downderry	2.00 to 4.00
Table Tennis DAG	The Zone	Downderry	6.00 to 7.00
Yoga	The Zone	Downderry	7.15 to 8.30
Whitsand Harmony	Village Hall	Downderry	7.30 to 9.30

Thursday 4th

Bread & Babes	The Zone	Downderry	9.00 to 11.00
Mindful Strength Yoga	Village Hall	Polbathic	9.30 to 10.30

Expect postural shifts, energy lifts & growing confidence. Movement that brings strength back naturally and nurtures the nervous system for lasting benefits. All levels welcome.

Pilates	Eliot Hall	St Germans	10.30 to 11.15
Movement Class	The Zone	Downderry	3.00 to 4.15
Hatha Yoga	Saltash Studios	Saltash	6.00 to 7.00
Box Fit	Village Hall	Downderry	6.00 to 7.00
Martial Arts	St Nicolas'	Downderry	7.00 to 9.00
Macrame Workshop	Saltash Studios	Saltash	7.30 to 9.30
Scot' Country Dancing	Eliot Hall	St Germans	7.30 to 9.30
Management Meeting	The Zone	Downderry	7.30

Friday 5th

Yoga	The Zone	Downderry	9.00 to 10.00
Chair Yoga	Village Hall	Downderry	10.30 to 11.30
Free Antiques Valuation	Eliot Hall	Downderry	12.00 to 3.00
Film - Best Goon Brenn	Saltash Studios	Saltash	7.30 to 8.30

Saturday 6th

Tai Chi	The Zone	Downderry	10.00 to 11.00
Food Market	The Workshed	Liskeard	10.00 to 1.00
Macrame Workshop	Saltash Studios	Saltash	10.00 to 12.00
Charity Race Night	The Smugglers	Seaton	6.30

Sunday 7th

Yoga Workshop	The Zone	Downderry	9.30 to 11.00
Holy Communion	St Nicolas	Downderry	10.00
Morning Worship	St Mary's	Sheviok	10.00
Pool Competition	The Smugglers	Seaton	6.00

Monday 8th

Ashtanga Yoga	The Zone	Downderry	6.15 to 7.30
Strong HER Feel Good	Village Hall	Downderry	9.30 to 10.30
Yoga Gently	Eliot Hall	St Germans	10.00 to 11.00
Pilates	Village Hall	Polbathic	10.30 to 11.15
Pilates	The Zone	Downderry	11.10 to 12.10
Pilates	The Zone	Downderry	12.15 to 1.15
Qigong	Village Hall	Downderry	2.00 to 3.00
Craft Cafe DAG	The Zone	Downderry	2.00 to 4.00
Children's Dance	The Zone	Downderry	5.00 to 6.30
Legs. Bums & Tums	St Nicolas'	Downderry	6.00 to 7.00
Yoga	The Zone	Downderry	6.45 to 8.15
Line Dancing	St Nicolas'	Downderry	7.15 to 8.15

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Films in June:
Fri 5th & 26th Best Goon Brenn.

Fri 12th Wuthering Heights.*

Fri 19th EPIC: Elvis Presley in Concert.

Bar opens 7pm.

Films start 7.30pm. Tickets: £8-£4
 (* 7pm start). www.saltashstudios.org
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OR SUBMIT VIA OUR WEBSITE:
WWW.THELOCALPOSTMAGAZINE.CO.UK
SUBMISSION DEADLINE EACH MONTH IS THE 10TH.

Tuesday 9th

Zumba & Line Dancing	St Nicolas'	Downderry	9.15 to 10.15
Gentle Yoga	Eliot Hall	St Germans	10.30 to 11.30
Downderry & Seaton WI	The Zone	Downderry	2.00 to 4.00
Short Mat Bowls	Village Hall	Downderry	2.00 to 4.00
Short Mat Bowls	Eliot Hall	St Germans	2.00 to 4.00
Children's Ballet	The Zone	Downderry	4.30 to 8.00
Pilates	Village Hall	Downderry	6.00 to 7.00
Lampshade Workshop	Saltash Studios	Saltash	6.30 to 9.00

Wednesday 10th

Tap class	The Zone	Downderry	10.00 to 11.00
Music Club DAG	The Zone	Downderry	2.00 to 3.30
Badminton	Village Hall	Downderry	2.00 to 4.00
Table Tennis DAG	The Zone	Downderry	6.00 to 7.00
Yoga	The Zone	Downderry	7.15 to 8.30
Whitsand Harmony	Village Hall	Downderry	7.30 to 9.30

Thursday 11th

Bread & Babes	The Zone	Downderry	9.00 to 11.00
Mindful Strength Yoga	Village Hall	Polbathic	9.30 to 10.30
Pilates	Eliot Hall	St Germans	10.30 to 11.15
Games Afternoon	Village Hall	Downderry	2.00 to 5.00
Thursday Club	Eliot Hall	St Germans	2.30
Movement Class	The Zone	Downderry	3.00 to 4.15
Hatha Yoga	Saltash Studios	Saltash	6.00 to 7.00
Willow Tree Psychic Fair	Village Hall	Downderry	6.00 to 10.00
Martial Arts	St Nicolas'	Downderry	7.00 to 9.00
Scot' Country Dancing	Eliot Hall	St Germans	7.30 to 9.30
Parish Council Meeting	The Zone	Downderry	7.00

Friday 12th

Yoga	The Zone	Downderry	9.00 to 10.00
Chair Yoga	Village Hall	Downderry	10.30 to 11.30
Film-Wuthering Heights	Saltash Studios	Saltash	7.30 to 9.15
Open Mic Night	The Smugglers	Seaton	8.00

Saturday 13th

Mindfulness	Saltash Studios	Saltash	10.30 to 12.00
Willow Workshop	Saltash Studios	Saltash	1.00 to 4.00
Beach BBQ	The Beach	Downderry	4.00 to 8.00
RNLI Quiz Night	The Smugglers	Seaton	8.00

Sunday 14th

Holy Communion	The Priory	St Germans	10.00
Morning Worship	St Philip & St James	Maryfield	10.00
Evensong	St Germanus	Rame	6.00
Jopes Summer Concert	The Priory	St Germans	7.30

All listings correct at the time of printing.
Please check with individual venues as some events require booking or pre-purchased tickets

Monday 15th

Ashtanga Yoga	The Zone	Downderry	6.15 to 7.30
Strong HER Feel Good	Village Hall	Downderry	9.30 to 10.30
Yoga Gently	Eliot Hall	St Germans	10.00 to 11.00
Pilates	Village Hall	Polbathic	10.30 to 11.15
Qigong	Village Hall	Downderry	2.00 to 3.00
Craft Cafe DAG	The Zone	Downderry	2.00 to 4.00
Children's Dance	The Zone	Downderry	5.00 to 6.30
Legs. Bums & Tums	St Nicolas'	Downderry	6.00 to 7.00
Yoga	The Zone	Downderry	6.45 to 8.15
Line Dancing	St Nicolas'	Downderry	7.15 to 8.15

Tuesday 16th

Zumba & Line Dancing	St Nicolas'	Downderry	9.15 to 10.15
Gentle Yoga	Eliot Hall	St Germans	10.30 to 11.30
Soundbath	Village Hall	Downderry	11.00 to 12.30
Short Mat Bowls	Village Hall	Downderry	2.00 to 4.00
Short Mat Bowls	Eliot Hall	St Germans	2.00 to 4.00
D&S WI Craft Group	The Zone	Downderry	2.00 to 4.00
Children's Ballet	The Zone	Downderry	4.30 to 8.00
Pilates	Village Hall	Downderry	6.00 to 7.00

Wednesday 17th

Tap class	The Zone	Downderry	10.00 to 11.00
Music Club DAG	The Zone	Downderry	2.00 to 3.30
Badminton	Village Hall	Downderry	2.00 to 4.00
Table Tennis DAG	The Zone	Downderry	6.00 to 7.00
Yoga	The Zone	Downderry	7.15 to 8.30
Whitsand Harmony	Village Hall	Downderry	7.30 to 9.30
Garden Club	Eliot Hall	St Germans	7.30

Thursday 18th

Bread & Babes	The Zone	Downderry	9.00 to 11.00
Mindful Strength Yoga	Village Hall	Polbathic	9.30 to 10.30
Pilates	Eliot Hall	St Germans	10.30 to 11.15
C' Bus Afternoon Tea	Village Hall	Downderry	2.00 to 5.00
Movement Class	The Zone	Downderry	3.00 to 4.15
Box Fit	Village Hall	Downderry	6.00 to 7.00
Martial Arts	St Nicolas'	Downderry	7.00 to 9.00
Needle Felting W'shop	The Zone	Downderry	7.30
Scot' Country Dancing	Eliot Hall	St Germans	7.30 to 9.30

Friday 19th

Yoga	The Zone	Downderry	9.00 to 10.00
Chair Yoga	Village Hall	Downderry	10.30 to 11.30
Film - EPIC Elvis Presley	Saltash Studios	Saltash	7.30 to 8.45

Saturday 20th

Makers Market	Saltash Studios	Saltash	10.00 to 3.00
Salad & Grill Night	Tha Smugglers	Seaton	5.00

Sunday 21st

Holy Communion	St James	Torpoint	10.00
Morning Worship	St John the Baptist	St John	10.00
Fathers Day Carvery	The Smugglers	Seaton	12.00

WHAT'S ON JUNE

LISTINGS FOR ALL THE FAMILY

WHAT'S ON JUNE

LISTINGS FOR ALL THE FAMILY

TO PROMOTE YOUR LOCAL EVENT IN THE NEXT WHAT'S ON LISTING -

EMAIL: INFO@THELOCALPOST.CO.UK

OR SUBMIT VIA OUR WEBSITE:

WWW.THELOCALPOSTMAGAZINE.CO.UK

SUBMISSION DEADLINE EACH MONTH IS THE 10TH.

Monday 22nd

Strong HER Feel Good	Village Hall	Downderry	9.30 to 10.30
Yoga Gently	Eliot Hall	St Germans	10.00 to 11.00
Pilates	Village Hall	Polbathic	10.30 to 11.15
Pilates	The Zone	Downderry	11.10 to 12.10
Pilates	The Zone	Downderry	12.15 to 1.15
Craft Cafe	The Zone	Downderry	2.00 to 4.00
Qigong	Village Hall	Downderry	2.00 to 3.00
Childrens Dance	The Zone	Downderry	5.00 to 6.30
Legs, Bums & Tums	St Nicolas'	Downderry	6.00 to 7.00
Yoga	The Zone	Downderry	6.45 to 8.15
Line Dancing	St Nicolas'	Downderry	7.15 to 8.15

Tuesday 23rd

Zumba & Line Dancing	St Nicolas'	Downderry	9.15 to 10.15
Gentle Yoga	Eliot Hall	St Germans	10.30 to 11.30
Short Mat Bowls	Village Hall	Downderry	2.00 to 4.00
Short Mat Bowls	Eliot Hall	St Germans	2.00 to 4.00
Children's Ballet	The Zone	Downderry	4.30 to 8.00
Pilates	Village Hall	Downderry	6.00 to 7.00
VH Drama Group	Village Hall	Downderry	7.15 to 9.00

Wednesday 24th

Tap class	The Zone	Downderry	10.00 to 11.00
Music Club DAG	The Zone	Downderry	2.00 to 3.30
Badminton	Village Hall	Downderry	2.00 to 4.00
Table Tennis DAG	The Zone	Downderry	6.00 to 7.00
Yoga	The Zone	Downderry	7.15 to 8.30
Whitsand Harmony	Village Hall	Downderry	7.30 to 9.30
Open Mic Night	The Smugglers	Seaton	7.30

Thursday 25th

Bread & Babes	The Zone	Downderry	9.00 to 11.00
Mindful Strength Yoga	Village Hall	Polbathic	9.30 to 10.30
Pilates	Eliot Hall	St Germans	10.30 to 11.15
Thursday Club	Eliot Hall	St Germans	2.30
Movement Class	The Zone	Downderry	3.00 to 4.15
Box Fit	Village Hall	Downderry	6.00 to 7.00
Martial Arts	St Nicolas'	Downderry	7.00 to 9.00
Deviock Parish Council	The Zone	Downderry	6.30
Scott' Country Dancing	Eliot Hall	St Germans	7.30 to 9.30

Friday 26th

Yoga	The Zone	Downderry	9.00 to 10.00
Chair Yoga	Village Hall	Downderry	10.30 to 11.30
Yin Yoga & Soundbath	The Priory	St Germans	6.30
Bingo	Village Hall	Downderry	6.30 to 9.00
Film- Best Goon Brenn	Saltash Studios	Saltash	7.30 to 8.30

Saturday 27th

Native Makers Market	Liskeard Library	Liskeard	10.00 to 4.00
Beer & Buses	The Smugglers	Seaton	All day

Enjoy an amazing stop at the Smugglers on Rame Beer And Buses Day... Entertainment all afternoon, including Jack O'Rourke and the Rogues from 7pm

Beer & Buses	Rame Area	Various	All day
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A day of travel on vintage buses around the Rame peninsula on multiple routes visiting many of the areas local pubs & villages.

Sunday 28th

Holy Communion	St Mary's	Sheviok	10.00
Music - Jane Austin	The Priory	St Germans	3.00
Evansong	St Germanus	Rame	6.00

Monday 29th

Strong HER Feel Good	Village Hall	Downderry	9.30 to 10.30
Yoga Gently	Eliot Hall	St Germans	10.00 to 11.00
Pilates	Village Hall	Polbathic	10.30 to 11.15
Pilates	The Zone	Downderry	11.10 to 12.10
Pilates	The Zone	Downderry	12.15 to 1.15
Craft Cafe	The Zone	Downderry	2.00 to 4.00
Qigong	Village Hall	Downderry	2.00 to 3.00
Childrens Dance	The Zone	Downderry	5.00 to 6.30
Legs, Bums & Tums	St Nicolas'	Downderry	6.00 to 7.00
Yoga	The Zone	Downderry	6.45 to 8.15
Line Dancing	St Nicolas'	Downderry	7.15 to 8.15

Tuesday 30th

Zumba & Line Dancing	St Nicolas'	Downderry	9.15 to 10.15
Pain Cafe	Saltash Studios	Saltash	9.30 to 11.00
Coffee Morning	Village Hall	Downderry	10.00 to 12.00
Gentle Yoga	Eliot Hall	St Germans	10.30 to 11.30
Short Mat Bowls	Village Hall	Downderry	2.00 to 4.00
Short Mat Bowls	Eliot Hall	St Germans	2.00 to 4.00
Children's Ballet	The Zone	Downderry	4.30 to 8.00
Pilates	Village Hall	Downderry	6.00 to 7.00
VH Drama Group	Village Hall	Downderry	7.15 to 9.00

Downderry Village Hall - www.downderryandseatonvillagehall.co.uk

Eliot Hall St Germans - www.stgermanscommunityhall.org

Torpoint Mosquito Sailing Club - www.tmsc.org.uk

St Germans Priory - www.stgermanspriory.org

St Nicolas' Church Downderry - 07855 162268

The Zone Downderry - zonedownderry@aol.com

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Basic

Example - Coffee Morning - Eliot Hall - St Germans - 10am to 12pm

Enhanced - £5.00

Example - Coffee Morning - Eliot Hall - St Germans - 10am to 12pm

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FATHER'S DAY IDEAS IN SOUTH EAST CORNWALL

Father's Day this June is the perfect excuse to slow down, spend time together and make the most of everything South East Cornwall has to offer. Whether you're planning a full day out or keeping things simple, there are plenty of ways to make it feel special.

For younger children, a handmade gift often means the most. Simple ideas like painting a mug, decorating a plant pot, or creating a handmade card with a personal message can go a long way. You could even help them put together a small "Dad's Day Off" voucher book, with promises like making breakfast, choosing the film, or a family walk together. If you'd prefer to buy something, local markets and independent shops are great places to find thoughtful gifts, from local food and drink to handmade crafts.

When it comes to activities, you're spoiled for choice. A walk through Cardinham Woods is always a good option, with well-kept trails, space for children to explore, and a café for a relaxed stop along the way. If your idea of a perfect day is by the sea, head to Looe or Seaton for a coastal walk, a paddle, or even a picnic on the beach.

For something a bit more active, older children and adults might enjoy a visit to Adrenalin Quarry, where you'll find zip wires, giant swings and plenty of adrenaline-fuelled fun. It's a great way to turn Father's Day into a shared experience.

Food is often at the heart of the day, and there are plenty of local options. A traditional pub lunch is always popular, and places like The Copley Arms offer a warm welcome and generous portions. Alternatively, pick up fresh produce from a local farm shop and create your own feast to enjoy at home or outdoors.

However you choose to celebrate, the key is spending time together. With stunning scenery, local food and plenty to do, South East Cornwall offers all the ingredients for a relaxed and memorable Father's Day.

Happy Father's Day

SWIM BUS UPDATE

My love of sea swimming started when taught by my Dad in the North Sea Scotland at 5yrs old. Swimming brings so many benefits to both physical and mental



health, it is a lovely thing to share. I hear so many people say they would like to try it but perhaps don't have transport or don't have a group to swim with, or are simply nervous to try.

Swim Bus has started, but very low attendance. We need more willing dippers!

I'm not a lifeguard and the understanding will be that we look after each other and ourselves. Anyone with health needs should check with their GP before starting. Where we swim changes, dependent on weather and tides. We will choose the most appropriate place which is likely to be Cawsand, Portwrinkle or Downderry. These will be simple shore swims to cater to beginners or less experienced swimmers to ensure safety. You may want to just start with a quick dip. I need to know who is coming and where from to organise pick ups on route. £5 each, proceeds towards community bus.

New dates: April 27th, May 11th, June 8th .. Please call me to book a place. Emma Lock 07970244202

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HOME GARDENING

June Gardening in South East Cornwall

June is when the garden really comes into its own. With longer, warmer days and everything growing at pace, it's a month full of colour, life and plenty to do. Whether you're an experienced gardener or just getting started, there's something satisfying about seeing your efforts take shape at this time of year.

One of the key jobs in June is keeping on top of growth. Lawns will need regular mowing, hedges can be lightly trimmed, and borders benefit from a weekly check to remove weeds before they take hold. As temperatures rise, watering becomes more important, especially for pots, hanging baskets and young plants. Early morning or evening is best to help reduce evaporation.

In the vegetable patch, it's a great time to harvest early crops like lettuce, radishes and spinach, while continuing to sow little and often for a steady supply. You can still plant out courgettes, beans and sweetcorn if you haven't already. Flower gardens will benefit from deadheading to keep displays looking fresh and encourage more blooms.

If you're looking for a simple project to try, why not create a small wildlife-friendly corner? It's easy, low cost, and great for all ages. Choose a quiet spot and let a patch of grass grow longer, or scatter some wildflower seeds. Add a shallow dish of water for birds and insects, and perhaps a small pile of logs or stones to create shelter for bugs. Not only will this bring more life into your garden, but it also supports local wildlife and pollinators.

June is also a time to slow down and enjoy the space you've created. Whether it's a cup of tea in the sunshine or an evening spent outdoors, your garden is there to be enjoyed.

If you need more advice, or would simply rather someone else take care of your gardening needs, why not give Kevin a call.



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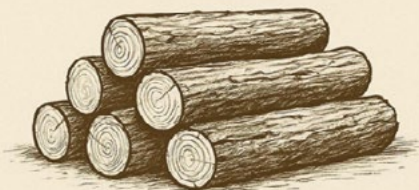
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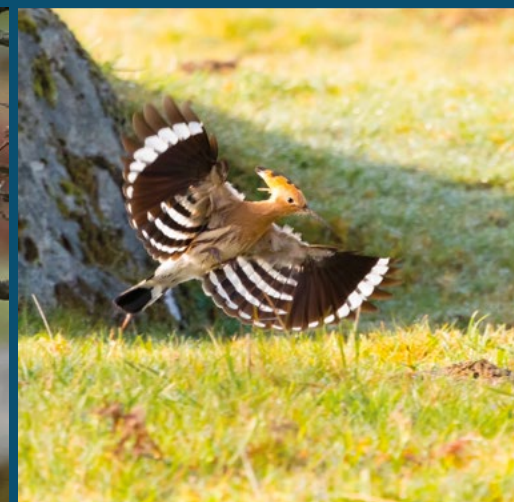
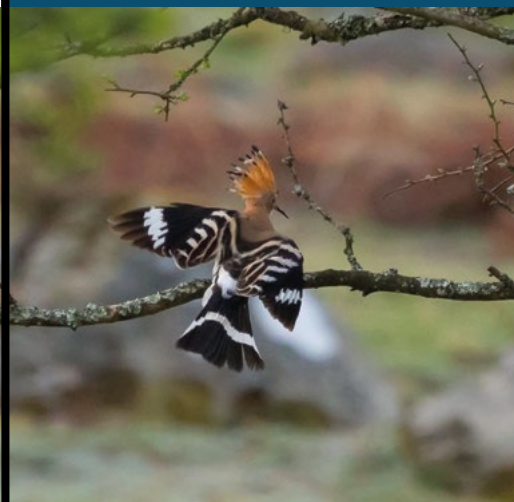
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PHOTO OF THE MONTH



PHOTOS OF A HOOPOE

Yet another fantastic array of photos sent in by the very talented Mark Lamerton of Landrake.

A Hoopoe is a very rare bird - Photos taken on Dartmoor Mark had over 5500 likes on the Facebook bird page - Why not head over and have a look for yourselves.



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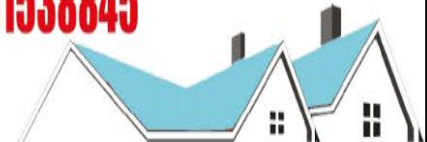
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KIDS PUZZLE PAGE

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Y	N	A	O	G	A	S	J	N	E	R	N	W	J
Z	I	L	L	L	C	A	Z	L	Y	H	K	E	S
A	H	K	B	L	W	P	I	D	C	I	U	K	U
Q	P	E	L	D	I	D	D	H	Z	N	J	B	M
W	L	Z	C	E	O	R	E	D	L	O	H	E	A
T	O	H	K	C	O	E	O	P	L	C	T	M	T
T	D	A	O	A	T	P	Q	G	O	E	Q	J	O
J	K	R	D	A	N	O	A	Y	J	R	K	E	P
A	C	D	H	U	C	G	X	R	L	O	M	P	O
S	T	O	K	K	E	G	A	B	D	S	X	P	P
N	E	K	C	I	H	C	V	R	W	L	W	Q	P
G	I	R	A	F	F	E	E	H	O	R	Y	P	I
A	E	L	E	P	H	A	N	T	Q	O	U	Q	H
N	F	P	Y	E	E	Z	N	A	P	M	I	H	C

CHIMPANZEE

ELEPHANT

LEOPARD

HIPPOPOTAMUS

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PUZZLE PAGE

WORD SEARCH

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E	O	Q	D	S	U	O	N	I	M	U	G	E	L	K
W	C	G	N	I	S	V	G	N	I	B	B	A	T	S
Y	O	I	N	Q	S	E	X	I	F	I	C	U	R	C
S	P	P	R	I	Y	Y	P	D	E	F	O	O	R	P
B	P	J	W	U	T	S	T	H	T	N	I	L	P	P
R	E	B	R	O	N	T	O	S	A	U	R	U	S	R
U	R	L	S	Y	C	P	A	Z	I	Z	N	G	G	O
N	Y	W	O	M	L	R	H	L	O	W	X	I	M	M
T	U	C	G	V	Y	V	E	O	F	B	T	Z	T	E
S	G	N	I	R	E	D	I	S	N	O	C	Z	U	N
R	V	V	M	L	X	D	K	E	C	E	H	A	C	A
P	R	E	G	N	I	D	M	U	H	E	S	R	M	D
Y	L	B	A	R	U	S	A	E	M	B	N	D	Z	E
W	E	G	D	I	R	B	W	A	R	D	X	T	O	S

BELOVED
BOZOS
BRONTOSAURUS
BRUNT
CONSIDERINGS
COPPERY
COVEYS
CRESCENT

CRUCIFIXES
DRAWBRIDGE
FLATTING
GIZZARD
HUMDINGER
LEGUMINOUS
MEASURABLY
OLIGARCHIES

PHONES
PLINTH
PROMENADES
PROOFED
STABBING
TWIST



SILAS COVE
BEACH BAR

Beach Bar serving
Pizza
Tapas &
Sea views

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