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DEC/JAN SOUTH EAST CORNWALL 2025/26



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Welcome to the Christmas Edition of The Local Post Magazine

As we reach the end of another year in South East Cornwall, we want to say a heartfelt thank you to our loyal readers, dedicated contributors, and the wonderful local businesses who advertise with us.

Your support keeps The Local Post alive and free for everyone to enjoy.

This festive edition celebrates community spirit, local stories, and all the joy the season brings.

As you shop, dine, and celebrate locally, please remember to support our advertisers — they help keep your community connected all year round.

Merry Christmas & Happy New Year from all of the Local Post Team




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Cllr Kate Ewert – Rame Peninsula & St Germans division.



As we reach the end of 2025, I find myself reflecting on what has been a fast-paced and productive year. The first half was dominated by the local elections, and I was absolutely honoured to be re-elected to serve you for another four years as your Cornwall Councillor. Since then, it's been full steam ahead – working on casework, supporting residents, and continuing to push for projects that make a real difference across our communities.

One such project is the pedestrian crossing in Tideford – something I've been campaigning for since I was first elected in 2021. If you live in or regularly visit Tideford, you'll know just how dangerous it can be to cross the A38. For those passing through, it might just seem like a pinch point on a busy road, but for local residents – especially children and older people – it's a daily risk. The idea of a push-button crossing once felt like a long shot, but thanks to persistent lobbying and the brilliant work of Safe38, we've made real progress. The scheme went out for consultation a few months ago, and had a very good response rate. It received overwhelming support – I'm delighted to say Cornwall Council has now signed it off. There are still a few steps to go, but all being well, construction should begin early next year.

For those of you who enjoy walking, cycling or running in our beautiful corner of Cornwall, I'd encourage you to take a look at the Walk, Wheel, Cycle Trust's online mapping tool. They're gathering ideas on how to make active travel safer and more accessible – not just for now, but to help shape future funding bids and identify physical barriers that make getting around difficult. You can share your thoughts here: <https://communitymap.uk/project/255/>

December is always a joyful time across our villages – with festive markets, light switch-ons, and carol concerts bringing us together. It's also a moment to pause and reflect on the year gone by, and to remember those we've lost who won't be joining us in 2026, I know we will carry them in our hearts.

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So, from me to you – wishing you a very Merry Christmas and a happy, healthy, and hopeful New Year.

As always, if I can help with anything, please don't hesitate to get in touch by email on cllr.kate.ewert@cornwall.gov.uk or by giving me a call, or dropping me a message on 07873193631

12 OBSCURE FACTS ABOUT LISKEARD'S PAST

In my research into the people and places of Cornwall, I sometimes come across details that make me exclaim, "No!", "Wow, that's interesting!", "I didn't know that!" or even "Unbelievable!" Here, then, are a dozen fascinating fragments of Liskeard's long and layered story — facts seldom found in travel guides but which reveal the depth and colour of this ancient Cornish town.

Liskeard, whose history stretches far beyond the Norman Conquest, remains today a true jewel of old Cornwall.

1. A Royal Borough Before the Normans

Long before William the Conqueror's arrival, Liskeard was already a royal borough with the right to hold markets and collect tolls. King Richard, Earl of Cornwall, later confirmed its privileges in the 13th century, securing its place as one of Cornwall's four ancient stannary towns.

2. The Hidden Tunnel Legend

Beneath the heart of the town lies a network of ancient passages said to link St Martin's Church, Stuart House, and the Guildhall. Though now sealed, these tunnels were reputedly used by smugglers and Royalist couriers during the Civil War.



3. The Holy Well of Pure Water

The Pipe Well, set in granite on Well Lane, has flowed for centuries. Its clear water was once believed to cure eye ailments, and its origins may even predate Christianity—making it one of Cornwall's oldest continuously used wells.

4. The Railway that Rescued the Town

When Brunel's Cornwall Railway reached Liskeard in 1859, locals feared ruin for the coaching trade. Yet within years, the Liskeard & Looe branch line—built to carry granite, minerals, and flowers—breathed new life into the town's economy.

5. King Charles I's Secret Stay

In 1644, King Charles I lodged in Stuart House during his campaign through Cornwall. Legend tells that he scratched his initials into a windowpane—a mark long treasured by townfolk as proof of royal presence.

6. Liskeard's Forgotten Silver Mine

At Tremabe, west of the town, a small 18th-century mine briefly produced silver. Though the vein was soon exhausted, it is said that a few coins minted from its ore once circulated locally—Cornish silver from Cornish soil.

7. St Martin's Church: A Towering Heritage

St Martin's is the second-largest parish church in Cornwall. Its 85-foot tower dominates the skyline, and within are medieval carvings, a Norman font, and memorials to the Trelawnys, whose influence shaped Cornish life for generations.



8. The Solicitor Who Saved the Duchy

During Queen Victoria's reign, local solicitor John Buller managed Duchy of Cornwall estates. His careful stewardship and wise financial advice helped stabilise the royal income—earning him quiet gratitude from the Crown.

9. The Language of the Miners

Even into the 18th century, Cornish was still spoken around Liskeard. Early Methodist preachers often needed interpreters when addressing miners from the Caradon Hills, where the old tongue lingered longest.

10. The Clock That Would not Stop

Installed in 1858, the Guildhall clock famously ran without pause throughout the Second World War. Its steady chime became the heartbeat of a community that refused to lose faith.



11. A Market Built on Salt and Sheep

Liskeard's medieval market thrived on trade in salted meat and wool. For centuries it ranked among the busiest in the West Country, drawing drovers and merchants from Bodmin Moor and beyond.

12. The Miner Poet's Inspiration

The Cornish poet John Harris (1820–1884), who worked in the nearby Caradon mines, found inspiration in the hills above Liskeard. He called them "the stairway to God's sunrise"—a perfect phrase for the spirit of the place.

So, dear reader—did you know any (or all) of these remarkable glimpses into Liskeard's hidden past?

Geoff Williams



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DEC / JAN WELLNESS

Seasonal Balance by the Sea

As December rolls into January, Cornwall slows down – the beaches quieten, the air turns crisp, and the rhythm of life feels softer. It's the perfect time to refocus on health and wellbeing, to rest, recharge, and set gentle intentions for the year ahead.



Start with movement that fits the season. You don't need the gym when Cornwall's coastline is your playground. A brisk walk along Whitsand Bay, the Rame Peninsula, or Bodmin Moor clears the mind and boosts circulation. On stormy days, try yoga or Pilates at home – even ten minutes of mindful stretching can ease tension and lift your mood.

Nutrition plays a big part in winter wellness. Cold weather calls for comfort, but it doesn't have to mean unhealthy eating. Fill your plate with hearty soups, local root vegetables, and winter greens. Add a spoonful of Cornish honey to tea to soothe the throat and support immunity. Stay hydrated – it's easy to forget in colder months – and enjoy herbal infusions with ginger, lemon, or mint.

Then, focus on mindfulness and rest. The darker evenings are an invitation to slow down: light a candle, put away the phone, and spend time reading or journaling. Practising gratitude – even a few lines a day – can reduce stress and bring calm to the chaos of winter.

Finally, remember connection is part of wellness too. Meet a friend for a coastal walk, visit a local market, or volunteer in your community. Staying connected keeps spirits high and hearts warm.

This winter, let Cornwall's calm inspire you – move gently, eat well, and take time to breathe. Health isn't about doing more; it's about living in rhythm with the season.

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CRAFTED IN CORNWALL

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LICENSING ACT 2003

I Craig Brook-Hewitt give notice that I have applied to Cornwall Council as Licensing Authority for the grant of a Premises Licence in respect of Mother's Ruin 1751, Unit 7 to 11 Enterprise Court, Marine Drive, Torpoint, PL11 2EH

The application is to carry out the following licensable activities:

Sale by retail of alcohol between the hours of 08:00 and 22:00

A responsible authority or other person wishing to make representations to this application may do so by writing to Licensing Team, Cornwall Council, New County Hall, Truro TR1 3AY or email licensing@cornwall.gov.uk not later than Monday 17 November 2025.

A record of the application can be viewed at the Licensing Authority's address Monday to Friday (except Bank Holidays) during normal office hours. Details are also at www.cornwall.gov.uk by searching 'List of current premises licence applications'. Alternatively, telephone the Licensing Office on 0300 1234 212.

It is an offence knowingly or recklessly to make a false statement in connection with this application, the maximum fine on summary conviction being £5000.

Signed 

Applicant / on behalf of the applicant



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A Very Merry Christmas
From The Smugglers Team



THE SMUGGLERS INN

Christmas CALENDAR

Fri 12th Dec	Festive Acoustic Open Mic	From 8pm
Sat 13th Dec	Charity Christmas Quiz Night	Starts 8pm
Wed 17th Dec	Mid Week Carvery	12 - 7:30pm
Fri 19th Dec	Christmas Party Night	FREE ENTRY!
Sun 21st Dec	Carols with Keltique Choir	From 6pm
Christmas Eve	Midweek Festive Carvery	12 - 5:30pm
	Bar Open	'til 10pm
Christmas Day	Merry Christmas! - Bar	11am - 3pm
Boxing Day	Normal Menu	12-6pm
	Bar Open	'til 7:30pm
Sat 27th Dec	Christmas Pool Competition	Starts 7pm
New Years Eve	Family NYE Party (Ticketed)	From 7:30pm
New Years Day	Normal Menu	Open 12 noon

The Smugglers Inn, Seaton, PL11 3JD
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DECEMBER RECIPE

PESTO AND CHEESE CHRISTMAS TREE

This pesto Christmas tree is the perfect festive party food. Ideal for those afternoon parties with kids and adults.

INGREDIENTS

2 X 320G/11½OZ PACKETS READY-ROLLED PUFF PASTRY
50G/1¾OZ PESTO
80G/3OZ CHEDDAR, GRATED
1 FREE-RANGE EGG, BEATEN
2 TSP SESAME SEEDS, OPTIONAL
SALT AND FRESHLY GROUND BLACK PEPPER, TO TASTE

METHOD

- 1 - PREHEAT THE OVEN TO 180C/160C FAN/GAS 4 AND LINE A BAKING TRAY WITH GREASEPROOF PAPER.
- 2 - LAY THE TWO SHEETS OF PUFF PASTRY ONE ON TOP OF THE OTHER ON THE LINED BAKING TRAY, TAKING CARE NOT TO ALLOW THEM TO STICK TOGETHER. CUT INTO A LONG TRIANGLE SHAPE. CUT A LITTLE STUMP FOR THE END OF YOUR TREE AT THE WIDER END, REMOVE AND RESERVE ANY SCRAPS OF PASTRY COVERED IN THE FRIDGE.
- 3 - CAREFULLY PEEL THE TOP LAYER OF PASTRY OFF THE 'TREE' AND SET TO ONE SIDE.
- 4 - SPREAD THE PESTO OVER THE BASE AND SPRINKLE WITH THE CHEESE BEFORE SANDWICHING THE BASE WITH THE RESERVED LAYER OF PASTRY TO COVER.
- 5 - STARTING AT THE POINTED END, USING A SHARP KNIFE, CUT EVENLY SPACED LINES ON EACH SIDE THAT GET LONGER TOWARDS THE BASE OF THE TREE. MAKE SURE TO LEAVE A GAP RUNNING UP THE MIDDLE AS THE TRUNK OF THE TREE.
- 6 - STARTING ON ONE SIDE, TAKE TWO OF THE STRIPS AND TWIST THEM TOGETHER. REPEAT ON BOTH SIDES.
- 7 - REMOVE ANY SCRAPS FROM THE FRIDGE AND, USING A CUTTER (OR JUST WITH A KNIFE FREEHAND) CUT DECORATIVE STARS, PLACING A LARGE ONE AT THE TOP OF THE TREE AND SMALLER ONES ALONG THE MIDDLE.
- 8 - BRUSH WITH BEATEN EGG ALL OVER, SEASON TO TASTE WITH SALT AND PEPPER AND SPRINKLE WITH THE SESAME SEEDS, IF USING.
- 9 - BAKE IN THE OVEN FOR 20 MINUTES. ALLOW TO COOL SLIGHTLY BEFORE SERVING.

BBC FOOD

FESTIVE FAMILY FUN:

Things to Do with the Kids This Christmas in South East Cornwall
 Christmas in South East Cornwall is full of sparkle, community spirit, and family-friendly fun. Whether you're after cosy traditions or outdoor adventures, there's plenty to keep little ones entertained this festive season.

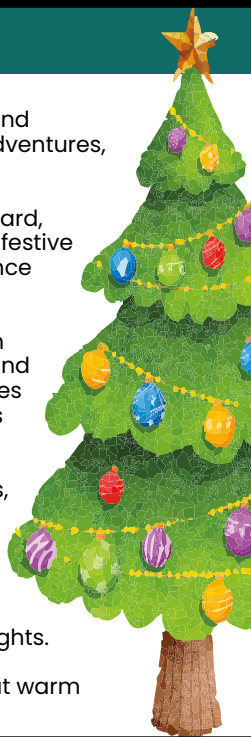
Start with a visit to one of the region's many Christmas markets. Liskeard, Saltash, and Torpoint all host lively fairs packed with crafts, gifts, and festive treats — perfect for children to soak up the magic (and sample a mince pie or two).

For outdoor magic, take a winter walk along Seaton Beach or through Mount Edgcumbe Country Park. Wrap up warm, hunt for pinecones, and finish with hot chocolate at a local café. Many National Trust properties nearby, such as Antony House, offer seasonal trails and family events too.

Look out for Santa's grottos and light displays at local garden centres, where kids can meet Father Christmas and enjoy twinkling decorations. For creative fun, check community halls for Christmas craft sessions, storytelling, or festive film afternoons.

And when the excitement settles, cosy up at home for a Cornish Christmas movie night — complete with pasties, popcorn, and fairy lights.

Wherever you go, enjoy the season together — making memories that warm even the frostiest winter days.



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DEVIOCK ACTIVITES GROUP DECEMBER @ St Nics Church,Downderry

CRAFT CAFE & ART GROUP £3

Mondays 10am-12noon Come along & make some lovely Christmas decorations each week.



Also Monday 1st Help us decorate the Church
Last session will be Monday 8th December



TABLE TENNIS £2

Wednesdays 6pm-7pm All levels welcome, equipment provided,
friendly group

Last session Wednesday 17th December

MUSIC CLUB £3

Thursdays 2.15pm-3.45pm Learn to play the ukulele or guitar or come
along to sing.

A fun session with a friendly bunch of people.

Last session Thursday 11th December

DEVIOCK ACTIVITIES GROUP IN JANUARY

We anticipate being back at the ZONE as follows

CRAFT CAFE & ART GROUP

MONDAYS 2pm-4pm Craft of the month Crochet-beginners welcome.

MUSIC CLUB

WEDNESDAYS 2pm-3.30pm

TABLE TENNIS

WEDNESDAYS 6pm-7pm

For update to date information see local facebook pages nearer the time
or contact zonedownderry@aol.com

Happy Christmas to all our supporters & we hope to see you & new
participants in the New Year at the Zone Health & Wellbeing Hub .

Swim Bus

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.

I'm keen to start a Swim Bus and have approval to use the Downderry Community Bus. I will try for one a month initially and then if enough interest will move to fortnightly. 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 may change, 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 will need to know who is coming and where from to organise pick ups on route. £5 each, proceeds towards community bus.

Suggested start on Friday 17th October, Monday 24th November and Monday 8th December 9.30am, please call me to book a place.

Emma Lock 07970244202 Go on give it a go, it's exhilarating energising and fun!



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Have a stroll along the beach and enjoy a hot or cold drink with a mince pie & cream while making new friends. £2.50 each on the door.

SATURDAY 6TH DECEMBER 10AM TO 7PM & SUNDAY 7TH DECEMBER 10AM TO 3PM - CHRISTMAS CRAFT FAIR

Come and support our many talented local crafters and buy some unique handmade pieces which you, your family and friends will love. Entry is free. Payment by cash or card.

THURSDAY 11TH DECEMBER 2PM TO 5PM - GAMES AFTERNOON

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.

FRIDAY 12TH DECEMBER 6.30PM FOR 7.30PM START - BINGO

Have a fun evening out with family and friends and win chicken dinners and cash prizes. This is a non-commercial Fundraising Event with all proceeds going to the Village Hall.

SATURDAY 20TH DECEMBER 10AM TO 1PM - LITTLE & BIGGER BREAKFAST

Make new friends and enjoy a hearty breakfast of either a breakfast bap for £5.00 or full breakfast for £6.50. Pay on the door.

SUNDAY 21ST DECEMBER 10AM TO 1PM - PRODUCERS MARKET WITH HAMPER RAFFLE

Shop local for great fresh produce. Hot and cold refreshments available and buy raffle tickets for the hamper, all items donated by the producers. Entry is free.

TUESDAY 6TH JANUARY 10AM TO 12 NOON - COFFEE MORNING

Have a stroll along the beach and enjoy a hot or cold drink with a toasted teacake while making new friends. £2.50 each on the door.

THURSDAY 8TH JANUARY 2PM TO 5PM - GAMES AFTERNOON

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.

SATURDAY 17TH JANUARY 10AM TO 1PM - LITTLE & BIGGER BREAKFAST

Make new friends and enjoy a hearty breakfast of either a breakfast bap for £5.00 or full breakfast for £6.50. Pay on the door.

SUNDAY 18TH JANUARY 10AM TO 1PM - PRODUCERS MARKET

Shop local for great fresh produce. Hot and cold refreshments available. Entry is free.

FRIDAY 23RD JANUARY 6.30PM FOR 7.30PM START - QUIZ NIGHT

Enjoy a fun evening with family and friends and test your knowledge at our screen based quiz (tables are for groups of up to 6 only). If you don't have a team, let us know. Entry fee £5 each. Price includes nibbles on the table. To book your place, see contact details below.

FRIDAY 30TH JANUARY 6.30PM FOR 7.30PM START - BINGO

Have a fun evening out with family and friends and win chicken dinners and cash prizes. This is a non-commercial Fundraising Event with all proceeds going to the Village Hall.

ALL WELCOME AT THESE FUNDRAISING EVENTS, INCLUDING DOGS ON LEADS. REASONABLY PRICED BAR AT EVENING EVENTS. PAYMENT BY CASH OR CARD.

REGULAR ACTIVITIES IN THE VILLAGE HALL

Mondays - 2pm Qigong with Nicola

Tuesdays - 2pm VH Short Mat Bowls Group; 6pm Pilates with Sarah; 7.15pm VH Drama Group

Wednesdays - 2pm VH Badminton Group; 7.30pm Whitsand Harmony Rehearsal

Fridays - 10.30am Chair Yoga with Craig

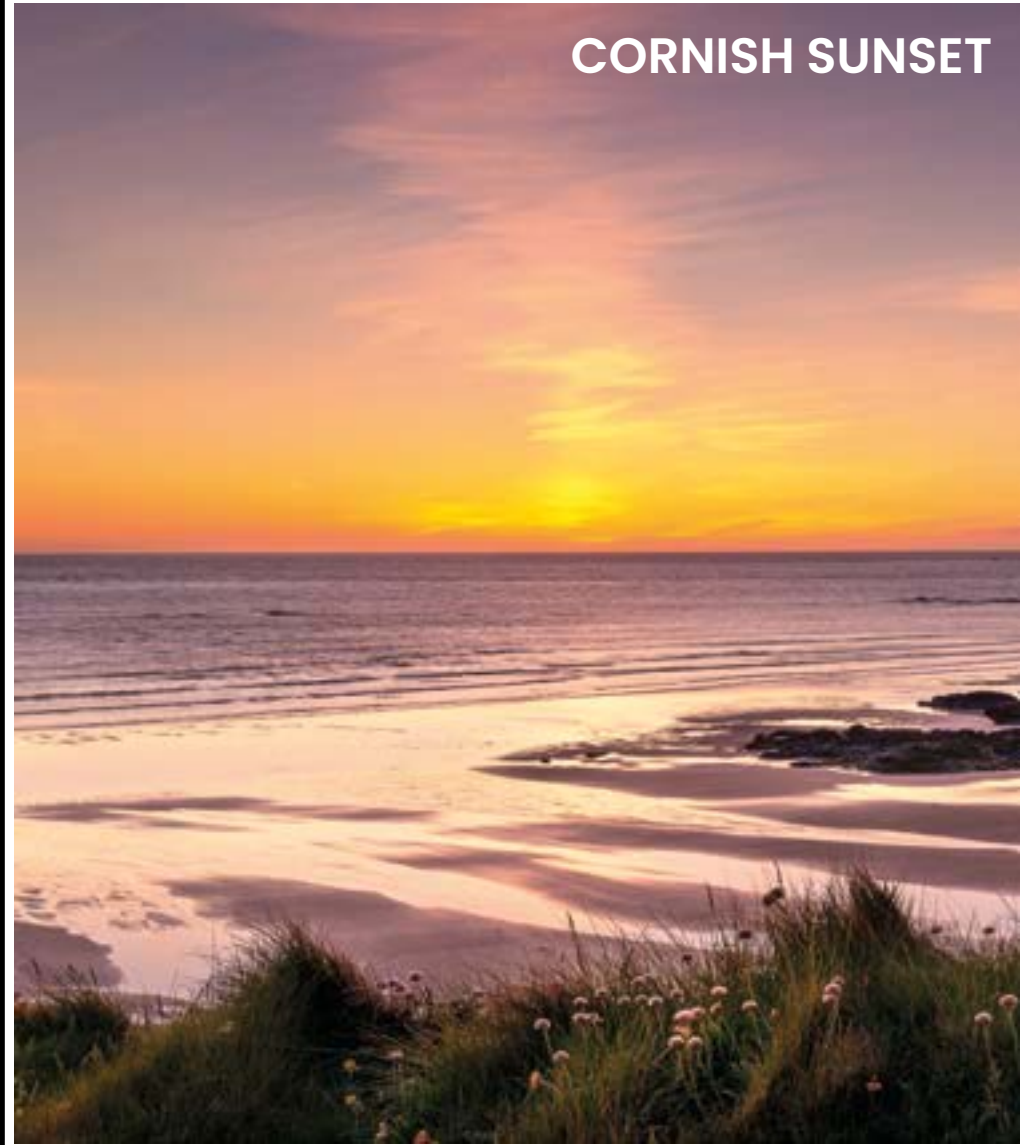
Most days 9am to 11.30pm VH Snooker Room

CONTACT DETAILS: FOR MORE INFORMATION ABOUT THE ABOVE EVENTS AND ACTIVITIES SEE POSTERS AROUND THE AREA, GO TO OUR WEBSITE

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PHOTO OF THE MONTH

CORNISH SUNSET



SENT IN BY ELOWEN

PLEASE SEND YOUR PHOTOS TO: [INFO@THELOCALPOST.CO.UK](mailto:info@thelocalpost.co.uk)



CHARITY CHRISTMAS TREE COLLECTION SERVICE

Sunday 11th January 2026

We'll collect & recycle your used Christmas trees from Liskeard, Saltash, Looe, Torpoint & all areas in between for £5 per tree.

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HOME GARDENING

Cornwall's mild climate means that even in the depths of winter, gardens rarely sleep completely. December and January may be quieter months, but they're full of small, satisfying jobs that prepare your space for a strong start to spring.

Start with a tidy-up. Clear fallen leaves from lawns and paths to prevent rot and slipping, but pile them up in a corner or bag them to make leaf mould – an excellent



mulch for later in the year. Cut back any dead stems from herbaceous plants, but leave some seed heads to feed birds through the colder months.

Next, look after your soil and structure. Cornwall's wet winters can be hard on garden beds, so dig in compost, manure, or seaweed to improve drainage and enrich the soil. Clean, sharpen, and oil tools, repair

fences, and check greenhouses for leaks before the storms roll in.

For a splash of life, plant winter colour. Hellebores, cyclamen, and winter pansies thrive in Cornish conditions, brightening borders when most plants are resting. Pots of snowdrops or early daffodils can lift even the dullest January day.

Now's also the time to plan ahead. Order seeds, sketch new layouts, and decide what to grow next year. On crisp, dry days, prune fruit trees and wisteria while they're dormant.



Finally, keep feeding the wildlife. A simple bird feeder or water dish brings life and movement to the winter garden – and helps local species through the cold.

Gardening in Cornwall over winter isn't about rushing; it's about caring, preparing, and finding quiet joy in the small things. Come spring, your garden will reward you with fresh growth and colour – proof that the calm months were well spent.



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