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FEB 2026 SOUTH EAST CORNWALL



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WELCOME

news

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The Local Post is a free community magazine currently distributing over 3,000 copies each month throughout South East Cornwall. Based in St Germans, it is owned and operated by Dan, a homegrown local tradesman, along with the dynamic Bex. We have a vibrant community of content contributors and a touch of sales and marketing from Kirstie, who is also a local small business owner.

Launched three years ago, The Local Post aims to promote local businesses, trades people, and community events directly to the residents of South East Cornwall through an informative monthly magazine.

In 2026, we will introduce exciting new seasonal features, free community event listings, and advertorial highlights showcasing local areas.

We have a deep love for South East Cornwall. It's not just our home; it's a thriving community filled with your customers and ours. Our focus is on boosting local businesses, supporting the community, and nurturing a sustainable local economy.

New for 2026

Seasonal Advertorial

Every month we have seasonal themed content pages, from Easter Egg hunts to Christmas lights, music festivals and activities. Share all the amazing things that you do in South East Cornwall.

FEBRUARY

Winter wellness: Social interaction: Warm spaces

MARCH

St Pirans Day: Mothers Day: Spring Gardens

APRIL

Easter activities: Open days: Family days out

MAY

May Bank Holiday traditions: Cornish Heritage

JUNE

Fathers day: Sports & activities: Outdoor living

JULY

Festivals: Music & events

AUGUST

Secret Cornwall: Beach days out: Events

SEPTEMBER

Supporting local: Home improvement

OCTOBER

Autumn: Halloween: Local producers

NOVEMBER

Arts & crafts: Artisan makers: Workshops: Gifts

DECEMBER

Christmas & The New Year Issue

Local Area Spotlight

We'll highlight a different area of our amazing county every issue. Things to do, places to visit & local businesses to support. All advertising will be enhanced by advertorial content it's your chance to tell both locals & visitors why they should support your business or event.

MARCH

Lanhydrock: Lostwithiel: St Winnow

APRIL

Cardinham: St Neot: Warleggan: Braddock

MAY

Antony: Torpoint: Millbrook: St John's Maker with Rame

JUNE

Bocconoc: Lanreath: St Veep: Duloe: St Keyne & Trewidand: Morval

JULY

St Germans: Landrake: St Erme: Menheniot: Gwiththock

AUGUST

Looe: St Martin-by-Looe: Polyn: Lantolios: Dewick: Shevick

SEPTEMBER

Liskeard: Dobwalls: St Pinnock

OCTOBER

Saltash: Bots-Fleming: Landulph: Pilton

Get in Touch

Email: info@thelocalpost.co.uk

Website: www.thelocalpost.co.uk

Facebook Messenger: The Local Post

THE LOCAL POST

Distribution of 3000 copies through out South East Cornwall in 2025 with a mission to double that amount in 2026. Delivered through the door to households in Torpoint, Tideford, Craithole, Landrake, Menheniot & Widegates. Copies picked up from over 35 local distribution locations all year by local residents & visitors.

- DOB WALLS**: *The Highgrove, *Spur Shop
- LANREATH**: *Lanreath Shop, *The Punch Bowl
- PELYNT**: *The Jubilee Inn, *Premier Shop, *Spur Shop
- LOOE**: *Caddy Shack, *Library, *Doctors Surgery
- SEASON**: *The Beach House, *Smugglers Inn
- WIDEGATES**: *Trellick Farm Shop
- LANKEARD**: *Addington Kiling Station, *Liskeard Co-Op, *Liskeard Leisure Centre, *Lantolios Villa, *Doctors Surgery
- LANDRAKE**: *Landrake Shop & Post Office, *The Rubbers Arms
- ST GERMAN'S**: *St Germans Shop, *Doctors Surgery, *The Ellet Arms
- FOULMATHIC**: *The Halfway House
- DOWNDERRY**: *Beachside, *Inn on the Shere, *Doctors Surgery
- CRAITHOLE**: *The Fingering Inn, *Silix Cafe
- HAIT**: *Trist Service Station, *Tamar View Garden Centre
- TORPOINT**: *Cafoutier, *Torpoint Co-Op, *Family Hub Centre, *Messiah Selling Club, *Post office, *The Wheelers

Supporting local Economy

THE LOCAL POST

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 welcomes 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

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.

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.

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:

- 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.
- 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.
- Payment Terms**
Full payment is required upon booking unless otherwise agreed in writing. Non-payment may result in cancellation of the advert.
- Content Standards**
We reserve the right to reject any advert that we deem inappropriate, misleading, offensive, or not in line with our publication standards.
- 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.
- 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.
- 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



CLLr Kate Ewert – Rame Peninsula & St Germans division.



CLLR KATE EWERT

Tolls and AI

Firstly, may I wish you all a very happy New Year. I hope that 2026 brings you health, happiness, and everything you wish for.

December delivered the unwelcome news of a 150% increase in the administration fee for monthly TamarTags; the device used predominantly by local residents to access discounted crossings. The current fee is 80p per month, and a proposal was brought to the latest Tamar Crossings Joint Committee meeting to raise this to £2 per month.

When the toll itself is increased, there is a statutory requirement for consultation, and it is always a lengthy and contentious process and often becoming something of a political football. However, the administration fee appears to fall outside that requirement and can be increased following a recommendation from the Joint Committee and signoff from cabinet members at Plymouth City Council and Cornwall Council. This is precisely what occurred: the Joint Committee considered the proposal at their December meeting and voted in favour of the increase.

What I find deeply concerning is that several committee members have since stated that they were not made fully aware of what they were voting on, or that they did not feel they had enough information to make an informed decision. I am pleased that the two Joint Chairs have listened to the concerns raised by councillors, including myself, as well as local MPs, and have agreed to convene an extraordinary meeting on 12 January to reconsider the decision. I will report back in next month's update.

In the early hours of Christmas morning, homes and businesses across Polbathic, Craffhole, Downderry, Seaton, Hessenford, and Looe were targeted with graffiti in what appeared to be a misguided protest against the growth of artificial intelligence. Many of you will have seen this on the news or on social media.

While there are certainly legitimate concerns around AI; ranging from the spread of fake videos and misinformation, to the impact on creative industries, to the risks of people relying on inaccurate AI-generated answers, this act of vandalism was entirely misdirected. The businesses affected are hardworking small enterprises at the very heart of our communities. Many are gathering places where people talk, meet, and engage in real life, the very opposite of the digital world the vandals claim to oppose.

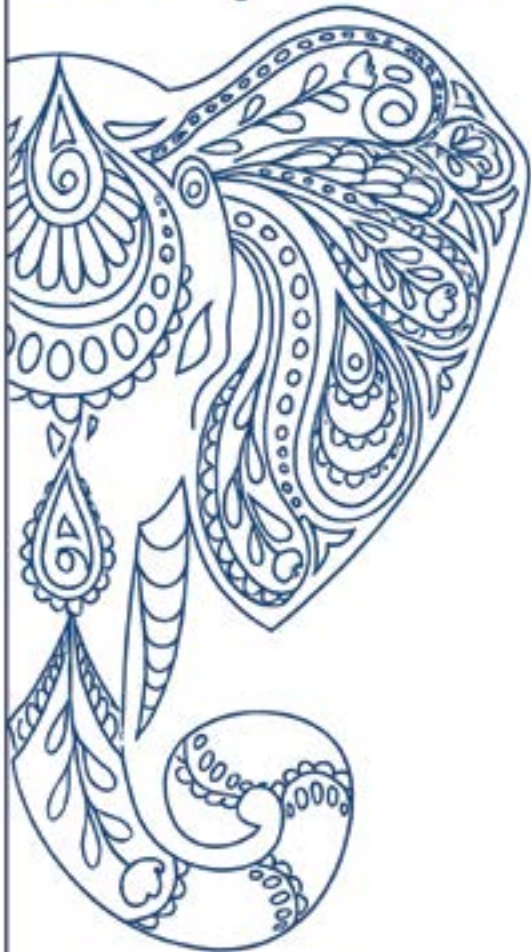
This incident caused distress and significant financial damage, with some households waking on Christmas morning to thousands of pounds' worth of repairs. I am reassured that the Police are treating this matter extremely seriously. If anyone has information, please quote the single police reference 50250328700 when reporting it.

As ever, if you have any questions or concerns, you can contact me at cllr.kate.ewert@cornwall.gov.uk.

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WWW.THELOCALPOSTMAGAZINE.CO.UK

Elephant Flair



Seamstress - St Germans
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www.elephantflair.co.uk

LOCAL SAILING CLUB SUPPORTS NCI RAME HEAD

Members of The Quay Sailing Club at St. Germans have again given their generous support to the important work done by the National Coastwatch Institution volunteers at Rame Head through a £150 donation from its annual gala fundraising event. A 'cheque' was presented to Station Manager Rob Hillman by John Manley, Vice Commodore of the club, following a talk given by Jon Tully, one of the NCI Rame Head watchkeepers.



In September 2022, Jon, a keen sailor and boat owner, decided that it was time for him to build a wooden boat. The first thing he realised is that he didn't know where to start! So, after some research he signed up for a 40 week boat building course at the Boat Building Academy and Furniture School at Lyme Regis. Great idea, but Jon was living in Surrey at the time, so he packed up and moved to Lyme Regis with his wife Jenny, their two cats and Jenny's horse!

Jon's account of his year building his wooden boat was filled with humour, very entertaining and very well received by members of The Quay Sailing Club. His narrative of



the successes, failures and lessons learned was accompanied by an excellent presentation that went through the entire boat building process, starting with learning to use the woodworking tools required; making some test pieces, which were passed around and duly inspected by the audience; following on to the techniques and finally to the build process, culminating in successfully launching the boat and setting sail. Jon also learned how to make the sails, oars, mast and spars, in fact, everything except the metalwork.

Jon summarised his boat building experience as one during which he gained new life skills and improved some he thought he had already mastered; coped with the challenges of learning and applying new skills; managed the disappointments when things didn't go according to plan; met new people, shared success and greatly enjoyed the camaraderie of working in a group to achieve the best outcome possible, all within an immovable launch date deadline!

Jon's talk was followed by the presentation of the donation 'cheque' and a raffle, with the lucky winners taking home prizes generously donated by various Plymouth based businesses. The National Coastwatch Institution is a registered charity that relies on the generosity and support of the public, local communities and businesses. The Quay Sailing Club's support is greatly appreciated, and members of the public are, subject to any operational restrictions, always welcome to visit us at the Lookout at Rame Head.



TAMAR BRIDGE COLLAPSE (IMAGINED)

A Year After the Bridge Collapse By our Special Reporter, Ivor Penn-Cill

It has now been twelve long months since the Tamar Bridge collapsed and both sides of the river are still feeling the shockwaves. What was once a gleaming symbol of Cornish-Devon unity became, in a matter of seconds, a twisted reminder of how much we depend on a single stretch of steel and concrete. The collapse cut off the main A38 link between Saltash and Plymouth, throwing thousands of lives into chaos.



panicked, and a deep sense of isolation set in as Cornwall and Devon suddenly felt much farther apart.

The economic damage was immediate. Shops in Saltash lost customers almost overnight. Plymouth businesses relying on Cornish trade saw takings plummet. Delivery firms faced spiralling fuel costs, and small companies – florists, bakers, couriers – struggled to stay afloat. The tourist trade took a hammering too. Visitors who might have popped across the bridge for a day in Cornwall turned back rather than face the snarl-ups. Bed and breakfasts along the Tamar saw cancellations roll in one after another.

But behind the statistics lie the personal stories. Families split by the river now find visiting one another a rare event. The Torpoint Ferry has been running at full stretch, yet even that offers little relief. A grandmother in Saltash told me she's only seen her grandchildren in Plymouth twice this year – the ferry queues, she said, "just aren't worth it." The collapse didn't just break a bridge; it broke daily routines and family rhythms.

Emergency services have felt the strain too. Ambulances that once sped from Plymouth hospitals to Cornish patients in minutes now crawl along narrow roads. Fire and police units face the same problem, with response times doubled or worse. In several heartbreaking cases, that delay has proved fatal.

In those first few days, confusion was total. Commuters sat in endless queues, trying to find a way round via Callington or Gunnislake. Local radio broadcast travel bulletins every few minutes, and anyone with a satnav soon learned that the "quickest route" was a cruel joke. Journeys that once took fifteen minutes stretched into two hours. Tempers frayed, businesses

The repair bill has ballooned beyond all expectation – now estimated at £350 million – with legal battles over responsibility still rumbling on. Local councils say they need national support, but progress has been painfully slow. Environmental effects have also grown worse. Extra emissions from rerouted traffic have polluted once-quiet lanes, and heavy lorries have damaged rural roads not built for such loads.



The official inquiry continues, with engineers, politicians, and contractors all trading blame. Was it poor maintenance, ageing materials, or simple neglect? Whatever the answer, the public's patience is wearing thin. People don't want excuses; they want their bridge back.

Standing by the riverbank last week, I watched the broken span silhouetted against the evening sky. The Tamar flowed peacefully below, indifferent to the human turmoil above it. Yet for thousands, that gap across the water remains a wound that has not healed.

– Special Report by Ivor Penn-Cill, Local Post

Geoff Williams



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February

CALENDAR

- Sun 1st Feb Knockout Pool Competition Starts 6:30pm
£5 to enter, winner takes all!
- Tue 10th Feb Family Supper Night From 5pm
- feed a family of 4 for just £24 (pre-booked only)
- Fri 13th Feb Acoustic Folk and Blues Open Mic Starts 8pm
hosted by Mike Shipman
- Sat 14th Feb Valentines Day - Romantic Menu From 5pm
- Sat 21st Feb Music Bingo Night From 8pm
- includes Play Your Cards Right!
- Wed 25th Feb Amplified Open Mic Night From 7:30pm
hosted by Nik Ward
- Sat 28th Feb Charity Quiz Night Starts 8pm
- includes Play Your Cards Right!
- Sun 1st Mar Knockout Pool Competition Starts 6:30pm
£5 to enter, winner takes all!
- Fri 13th Mar Acoustic Folk and Blues Open Mic From 8pm
hosted by Mike Shipman
- Sun 15th Mar Mothers Day Carvery From 12 noon
Our busiest carvery. Book early to avoid disappointment

The Smugglers Inn, Seaton, PL11 3JD
Tel: 01503 250 923 :: www.smugglersinn.co.uk

**THE SMUGGLERS INN
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Here at the Smugglers we pride ourselves on serving our local community every day of the year!



With our delicious food & family friendly dining, our doggie menu, our events for local charities, our warm space where no purchase is required to come in and warm up by the fire... and so much more!

We'd love for you to pop in and support the local that supports your community!



**CHARITY
QUIZ
NIGHT!
SAT 28th FEB**

- Raising Money for Dowlerry & Seaton Community Bus
- £3 per person to enter
- Maximum 6 per team
- Plus Play Your Cards Right with CASH Jackpot!!

**EVERY SUNDAY
IS
CARVERY DAY!**

Check out why so many of our customers say our carvery really is "the best"!

Your choice of up to 4 delicious roast meats, giant yorkies, 7 vegetables, crispy roasties & scrummy gravy!

**BOOK NOW
TO
SECURE YOUR TABLE!**

**MUSIC AT
THE SMUGGLERS**

**Acoustic Blues & Folk Night
2nd Friday every month
at 8pm**

**Open Mic Night
Last Wednesday every
month at 7:30pm**

*All are welcome to perform
or just listen!
plus music events all thru 2026!*

The Smugglers Inn, Seaton, Torpoint, Cornwall. PL11 3JD
Tel: 01503 250923 Web: www.smugglersinn.co.uk

FEBRUARY RECIPE

CARAMELISED BUTTERNUT SQUASH SOUP

Prep Time: 20 mins - Cook Time: 30 mins - Total Time: 50 mins - Servings: 12

INGREDIENTS:

- 3 TABLESPOONS EXTRA-VIRGIN OLIVE OIL
- 3 POUNDS BUTTERNUT SQUASH, PEELED AND CUBED
- 1 LARGE ONION, SLICED
- 3 TABLESPOONS BUTTER
- 1 TABLESPOON SEA SALT, PLUS MORE TO TASTE
- 1 TEASPOON FRESHLY CRACKED WHITE PEPPER
- 4 CUPS CHICKEN BROTH, OR MORE AS NEEDED
- ¼ CUP HONEY
- ½ CUP HEAVY WHIPPING CREAM
- 1 PINCH GROUND NUTMEG, OR MORE TO TASTE

DIRECTIONS

HEAT OLIVE OIL IN A LARGE POT OVER HIGH HEAT. COOK AND STIR SQUASH IN HOT OIL UNTIL COMPLETELY BROWNEED, ABOUT 10 MINUTES. ADD ONION, BUTTER, SEA SALT, AND WHITE PEPPER; COOK AND STIR UNTIL ONION IS COMPLETELY TENDER AND BEGINNING TO BROWN, ABOUT 10 MINUTES.

POUR IN CHICKEN BROTH AND HONEY; BRING TO A BOIL. REDUCE HEAT TO MEDIUM-LOW AND SIMMER UNTIL SQUASH IS TENDER, ABOUT 5 MINUTES.

WORKING IN BATCHES, POUR MIXTURE INTO A BLENDER, FILLING NO MORE THAN HALF FULL. COVER AND HOLD THE LID IN PLACE, THEN PULSE A FEW TIMES BEFORE LEAVING ON TO BLEND UNTIL SMOOTH.

STIR CREAM AND NUTMEG INTO PUREED SOUP UNTIL WELL BLENDED. SEASON WITH ADDITIONAL SEA SALT AND WHITE PEPPER AS DESIRED.



ALL RECIPES



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- Mowing
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- Contract Work

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WINTER WELLNESS



Staying Warm, Connected, and Well
Winter in South East Cornwall brings quieter roads, brisk coastal air, and shorter days. While the season encourages us to slow down, it also highlights the importance of looking after both physical and mental wellbeing — especially through warmth, movement, and social connection.

Staying active remains key, even in colder months. Wrapped-up walks along Whitsand Bay, the Rame Peninsula, or local woodland trails keep circulation moving and help lift mood. On wetter days, gentle indoor exercise such as yoga, Pilates, or stretching at home can ease stiff joints and reduce stress without overexertion.

Warm spaces matter more than ever in winter. South East Cornwall's cafés, libraries, village halls, and community centres offer more than shelter from the cold — they provide places to connect. Meeting a friend for coffee, joining a local class, or attending a community event can make a huge difference during darker months. Social interaction helps combat isolation and boosts mental wellbeing, particularly for older residents and families with young children.

Nutrition also supports winter wellness. Hearty soups, slow-cooked meals, and seasonal vegetables help maintain energy and warmth. Staying hydrated is just as important, even when it's cold — herbal teas and warm drinks are ideal.

Finally, make time for rest and mindfulness. Winter evenings are perfect for reading, journaling, or simple breathing exercises by the fire. Practising gratitude or setting gentle intentions can help reset the mind as the year turns.

Wellness in winter isn't about doing more — it's about caring better. By staying connected, seeking warm welcoming spaces, and embracing Cornwall's slower rhythm, winter can become a season of comfort, balance, and quiet strength.

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DEVIOCK ACTIVITIES GROUP

Now back in operation at
The Zone Health & Wellbeing Hub Downderry PL11 3JZ
which is now run by & belongs to the local community



CRAFT CAFE
MONDAYS 2PM-4PM £3
FEBRUARY CRAFTS-

Lavender & Cross stitch hearts, bags & cards

MARCH CRAFTS-

Easter cards & marbled eggs

You can also bring your own project or just come for a cuppa & chat - All welcome.



COMING UP

THURSDAY 19th FEBRUARY

Evening Seaweed Printing Workshop

SATURDAY 21st FEBRUARY SEWING STUDIO

When you can come and join in for a day of sewing and chat amongst like-minded people. Bring your own projects and sewing supplies/machine.

There will be a chance to make your own calico apron too.

MUSIC CLUB WEDNESDAYS 2PM-3.30PM £3

Learn to play the ukulele or improve your skills on an instrument. Voices welcome too. A fun supportive group. No previous experience necessary.

Ukuleles available.

TABLE TENNIS WEDNESDAYS 6PM-7PM £2

Another fun supportive group. No experience needed, all levels welcome. 3 tables available, equipment provided. A great way to make new friends & get some gentle exercise.

SCALLYWAGS AT FEBRUARY HALF TERM & EASTER

Look out for information about Scallywags activities for primary school pupils & their parents.

For more information about DAG activities contact parkerviv@aol.com & follow us on Facebook.

DAG is run by local people for local people.

OTHER ACTIVITIES AT THE ZONE:

Weekly: Pilates with Gocha, Yoga with Jackie, Children's Dance & Ballet & Adult Tap with Jill, Ashtanga Yoga with Clio, Dance/Fitness with Emma, W.I., Yoga with Lowenna. Monthly Tai Chi with Ninja Granny & Drum Circle with Jo. Also regular Yoga Workshops & Soundbaths.



DOWNDERRY & SEATON VILLAGE HALL

Main Road, Downderry, Torpoint, Cornwall. PL11 3JX
(Registered Charity 1210090)

Qigong - Downderry & Seaton Village Hall -

Monday 2nd 2pm to 3pm

VH Coffee Morning - Downderry & Seaton Village Hall -

Tuesday 3rd February 10am to 12 noon

VH Short Mat Bowls Group - Downderry & Seaton Village Hall -

Tuesday 3rd February 2pm to 4pm

Pilates - Downderry & Seaton Village Hall -

Tuesday 3rd February 6pm to 7pm

Community Bus Coffee Morning - Downderry & Seaton Village Hall -

Wednesday 4th February 10am to 12 noon

VH Badminton Group - Downderry & Seaton Village Hall -

Wednesday 4th February 2pm to 4pm

Whitsand Harmony rehearsal - Downderry & Seaton Village Hall -

Wednesday 4th February 7.30pm to 9.30pm

Chair Yoga - Downderry & Seaton Village Hall -

Friday 6th February 10.30am to 11.30am

Panto 'Jack and the Beanstalk' - Downderry & Seaton Village Hall -

Saturday 14th February 1.30pm for 2.30pm start

Panto 'Jack and the Beanstalk' - Downderry & Seaton Village Hall -

Sunday 15th February 1.30pm for 2.30pm start

Panto 'Jack and the Beanstalk' - Downderry & Seaton Village Hall -

Thursday 19th February 6.30pm for 7.30pm start

Panto 'Jack and the Beanstalk' - Downderry & Seaton Village Hall -

Friday 20th February 6.30pm for 7.30pm start

Panto 'Jack and the Beanstalk' - Downderry & Seaton Village Hall -

Saturday 21st February 6.30pm for 7.30pm start

Qigong - Downderry & Seaton Village Hall -

Monday 23rd 2pm to 3pm

Soundbath - Downderry & Seaton Village Hall -

Tuesday 24th February 11am to 12.30pm

VH Short Mat Bowls Group - Downderry & Seaton Village Hall -

Tuesday 24th February 2pm to 4pm

Pilates - Downderry & Seaton Village Hall -

Tuesday 24th February 6pm to 7pm

VH Badminton Group - Downderry & Seaton Village Hall -

Wednesday 25th February 2pm to 4pm

Chair Yoga - Downderry & Seaton Village Hall -

Friday 27th February 10.30am to 11.30am

VH Snooker Room - Downderry & Seaton Village Hall -

Most days 9am to 11.30pm

COFFEE MORNING

Monday 9th February 10.30am - Midday

Tideford British Legion . Everyone welcome.

All proceeds will go to the Poppy Appeal.



LOCAL AREA SPOTLIGHT

St Germans: History, Nature and Local Businesses at the Heart of the Community



Set beside the River Lynher and surrounded by rolling countryside, St Germans is a village rich in history, natural beauty, and strong community spirit. Whether you're visiting for a day or rediscovering what's on your doorstep, there's plenty to see, do, and support locally.



PHOTO CREDIT CORNWALL HERITAGE

At the heart of the village stands St German's Priory Church, one of Cornwall's most historic churches. Its striking architecture and peaceful setting make it well worth a visit. From here, gentle walks lead through the village lanes and down towards the river, where you can enjoy quiet waterside views and spot local wildlife.

Outdoor lovers will enjoy exploring the nearby Rame Peninsula and surrounding footpaths, which offer scenic routes ideal for walking or cycling. The area is particularly beautiful in spring and autumn, when the landscape is alive with colour and birdsong.



PHOTO CREDIT CORNWALL ONLINE

St Germans also benefits from a number of local businesses and community hubs that help keep village life thriving. The village shop and post office provide everyday essentials while offering a friendly welcome and a vital service for residents. Local cafés and pubs nearby are perfect for meeting friends, enjoying a hearty lunch, or warming up with a coffee after a walk.

The village is well connected by train, making it an easy stop for visitors and a gateway to exploring South East Cornwall without the car. Community events, church gatherings, and seasonal activities bring people together throughout the year.



PHOTO CREDIT PIXABAY

Supporting local businesses in St Germans helps preserve its character and keeps this historic village alive. Whether you're visiting the priory, enjoying a countryside walk, or popping into a local shop, every visit plays a part in sustaining this special Cornish community.

The logo for The Beach House, featuring a stylized house icon above the text 'THE BEACH HOUSE'.

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HOME GARDENING

Getting Ready for Spring in South East Cornwall

February marks the turning point in the garden. Days slowly lengthen, early shoots appear, and gardeners across South East Cornwall can begin preparing for the growing season ahead. While frosts are still possible, Cornwall's mild climate means there's plenty to do outdoors and under cover.



Start with tidying and soil care. Clear winter debris, cut back dead stems, and remove weeds before they take hold. If the ground isn't frozen or waterlogged, dig in compost, well-rotted manure, or seaweed to enrich beds and improve drainage – essential after a wet Cornish winter.

February is ideal for planting and sowing. Early vegetables such as broad beans, peas, onions, and garlic can go into the ground in sheltered spots. Under cover, sow tomatoes, peppers, lettuce, and herbs on a sunny windowsill or in a greenhouse. It's also a good time to plant bare-root fruit trees, raspberries, and blackcurrants while they're still dormant.

Add colour with early spring flowers. Snowdrops, crocuses, and primroses brighten borders and pots, while hellebores thrive in Cornish conditions. If you missed autumn bulbs, potted bulbs from garden centres are an easy fix.



There are plenty of local places to buy plants and supplies. Trago Mills (Liskeard), St. Mellion Garden Centre, Saltash Garden Centre, and independent nurseries across the area offer seasonal plants, seed potatoes, compost, and expert advice. Supporting local garden centres keeps skills and knowledge within the community.

Finally, use quieter days to plan ahead. Order seeds, clean tools, and sketch ideas for borders or veg patches. February gardening is about preparation – small jobs now lead to a thriving, colourful garden by spring.



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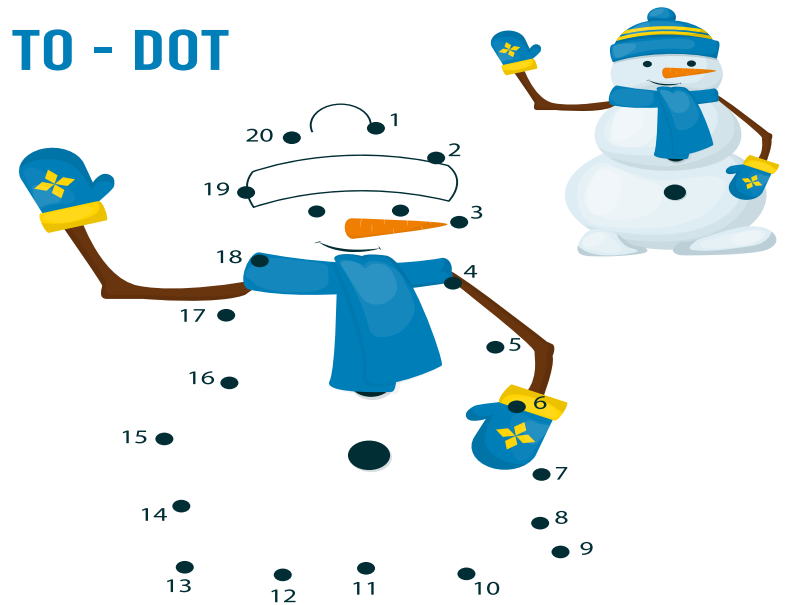
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