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THE LOCAL POST

AUGUST 2026

SOUTH EAST CORNWALL



SUMMER BEER, CIDER & MUSIC FESTIVAL

SAT 22nd AUG

The Cornish Cowboy
The DerryAirs
Jack of all Trades
Pork Chop & A Cider Banjo
Black Friday
The Budgie Smugglers

FINISH 11PM

SUN 23rd AUG

Clay Country Wailers
Long Gone Silver
Charlie & Harry Churchill
The Equalisers

FINISH 8PM

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ISSUES OF THE MAGAZINE.

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ADVERTISING RATES

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

Half & quarter sizes available from £70 per month

WELCOME

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

We hope you're making the most of the summer and enjoying everything South East Cornwall has to offer. From local festivals and community events to coastal walks and family days out, August is a wonderful time to explore our fantastic area.

A huge thank you goes to our advertisers, whose continued support keeps The Local Post completely free for thousands of readers every month. We are now delivering over 3,500 copies to homes and businesses throughout South East Cornwall, and thanks to increasing demand, we're already expanding our distribution with over 40 outlets locally.

If you own a local business, there's never been a better time to advertise with us. Not only will your business reach thousands of local homes each month, but we're also delighted to offer a professional advert design service for businesses that need a helping hand creating an eye-catching advert. Whether you're advertising for the first time or refreshing your existing design, we're here to help.

Finally, we'd like to send our very best wishes to our regular contributor, Geoff Williams, who has recently been unwell. We're sure our readers will join the entire The Local Post team in wishing Geoff a speedy recovery.

Thank you for your continued support, and we hope you enjoy this month's edition.

Dan, Bex & Kirstie

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Cllr Kate Ewert – Rame Peninsula & St Germans division.



CLLR KATE EWERT

I sit here in mid-July writing this column in the midst of our second, or perhaps third, heatwave of the summer. I know it is summer and summers can be hot, but it does not usually feel quite like this. People still talk about the summer of 1976, which was so extreme that, 50 years later, it remains the benchmark against which all other hot summers are measured.

We have had a winter of extreme rain, flooding and storms, and now we are experiencing extreme heat.

We are also facing the very real threat of wildfires. That is not normal either, is it? I completely understand why people are worried and, of course, we can all play our part in reducing the risks. Making sure barbecues are fully extinguished, avoiding fireworks during long dry periods and never dropping lit cigarettes, whether on the ground or out of car windows, can all help prevent fires from starting.

The bigger concern, however, is climate change. I know there is ongoing debate about whether climate change is entirely man-made or part of a natural cycle. I am not going to enter that debate here, although my own view is that even if natural cycles play a role, human activity has accelerated the changes we are seeing.

There is plenty of information available about the steps we can take as individuals, from switching to electric vehicles and improving home insulation to making more sustainable choices about energy use and food. These are all positive measures, but unfortunately many are beyond the financial reach of households here in Cornwall.

Fortunately, there is support available. Community Energy Plus, a Cornwall-based charity, offers advice on reducing energy costs and keeping your home cool in summer and warm in winter without breaking the bank. You can find more information at: <https://cep.org.uk/information-pages/help-available-to-householders/>

Cornwall Council also provides advice on saving energy and reducing household bills: <https://letstalk.cornwall.gov.uk/save-energy>

I would also encourage people to look out for screenings of the People's Emergency Briefing, a film that explores the climate and nature crisis. Screenings are taking place in village halls across the area, and details can be found here: <https://www.nebriefing.org/screening-map>

I hope you all enjoy the summer season and, for those of you running tourism businesses, that you have a successful and busy few months ahead.

As ever, if I can help with anything related to Cornwall Council, please drop me an email at cllr.kate.ewert@cornwall.gov.uk.



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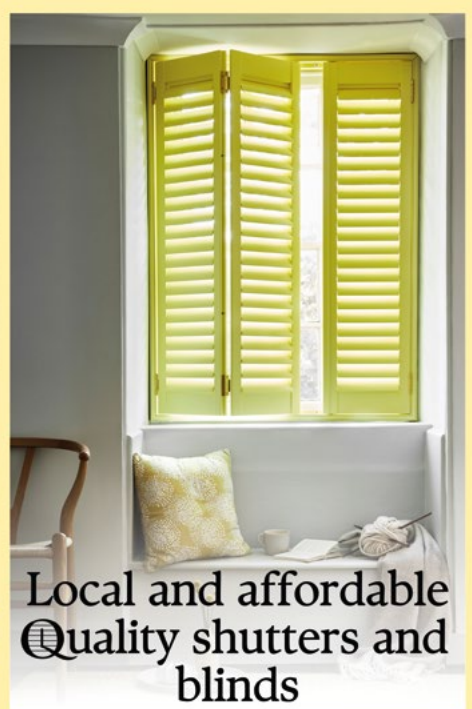


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AUGUST WELLNESS

SAVOUR THE BEST OF SUMMER

August is often the month when summer is at its finest. The gardens are in full bloom, local produce is at its freshest, and there's still plenty of time to enjoy the long, warm days before autumn begins to appear on the horizon. It's the perfect opportunity to slow down, recharge and focus on your wellbeing.

One of the easiest ways to boost both your physical and mental health is to spend more time outdoors. South East Cornwall is blessed with beautiful beaches, woodland walks and peaceful countryside. A morning stroll along the coast at Seaton or Dowderry, a wander through Cardinham Woods, or an afternoon exploring the Rame Peninsula can help clear your mind while giving your body some gentle exercise.

August is also a fantastic time to make the most of seasonal food. Local farm shops and markets are full of fresh tomatoes, sweetcorn, runner beans, berries, plums and apples. Try creating colourful salads, homemade fruit smoothies or a barbecue using fresh local ingredients. Eating a variety of seasonal fruit and vegetables is an easy way to increase your intake of vitamins and fibre while supporting local growers.

Don't forget to look after yourself during the warmer weather. Keep a reusable water bottle with you, wear sunscreen if you're spending time outside, and make time to rest. Wellness isn't always about being busy. Reading a book in the garden, practising a few minutes of mindfulness, or meeting a friend for a coffee can be just as beneficial as a workout.

August is also a wonderful month to try something new. Join a local walking group, explore a place you've never visited before, or take up a hobby like photography or paddleboarding. New experiences keep both the mind and body active.

As summer begins to draw towards its final weeks, take a moment to appreciate the simple pleasures. A sunset by the sea, an evening picnic, or fresh produce shared with family and friends are often the moments that leave us feeling our happiest. Wellness isn't about perfection, it's about enjoying life one small step at a time.



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AREAS COVERED

Dowderry • Seaton • Looe • Liskeard • Torpoint
and surrounding areas

COUNTING AND CALCULATING CORNWALL BY NUMBERS

Cornwall has only **1** city — Truro.

Some Cornish lanes are under **7** feet wide.

Some villages gain **10** times their population in summer.

A genuine Cornish pasty traditionally has around **20** crimps.

Cornwall has around **30** lifeboat stations.

The longest river, the River Camel, is only about **30** miles long.

Cornwall has over **40** surfing beaches.

The Eden Project has a biome that has a height of nearly **50** metres (**180 feet**).

The Cornish chough disappeared for **54** years before returning naturally.

Cornwall has around **70** harbours.

Bodmin Moor covers about **80** square miles.

Cornwall has around **82** islands and tidal islands if tiny ones are counted.

The strongest recorded winds in Cornwall have exceeded **100** mph.

Over **200** Methodist chapels still survive in Cornwall.

There are more than **300** beaches in Cornwall

The Duchy has over **400** miles of coastline

St Michael's Mount is connected by a causeway about **500** metres long.

Some Cornish pubs claim histories of over **500** years.

(The Old Inn at St Breward is between **900-1,000** years old!)

Cornwall once had over **600** Methodist chapels.

Some church towers are over **700** years old.

The Minack Theatre seats around **750** people on cliffs above the sea.

Around **1,500** shipwrecks are recorded off the Cornish coast.

Cornwall averages about **1,600** sunshine hours annually.

Cornwall once had over **2,000** engine houses linked to mining.

Some mine shafts exceeded **3,000** feet in depth.

Some Cornish hedges are over **4,000** years old.

Cornwall's oldest settlements are over **5,000** years old.

Cornwall has about **7,000** miles of public footpaths.

Tintagel Castle attracts around **200,000** visitors annually.

Cornwall receives roughly **5,000,000** visitors a year.

AND FINALLY....

Over **3,000** copies of The Local Post are distributed every month to homes and businesses in SE Cornwall.

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GEOFF WILLIAMS

THE LOCAL POST



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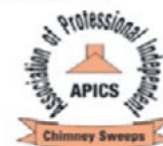
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LOCAL AREA SPOTLIGHT

LOOE, ST MARTIN-BY-LOOE, PELYNT, LANSALLOS, DEVIOCK & SHEVIOCK

Whether you're looking for a seaside adventure, peaceful countryside walks or hidden Cornish history, this month's spotlight villages offer something for everyone.

The bustling fishing town of Looe is one of South East Cornwall's most popular destinations. Wander around the picturesque harbour, browse independent shops, enjoy an ice cream on the quay or take a boat trip to spot seals and the local marine wildlife. Fresh seafood is a must, and local favourites such as The Sardine Factory and Sarah's Pasty Shop are well worth a visit.



Visit cornwall



nationalchurchtrust

Just inland, St Martin-by-Looe offers peaceful countryside, quiet lanes and the beautiful St Martin's Church, providing a relaxing contrast to the busy coastline.

Nearby Pelynt is a thriving village with a welcoming community and easy access to scenic walks. Stop by Jubilee Inn for a hearty meal after exploring the surrounding countryside.



cartole.co.uk

A short drive away lies the picturesque village of Lansallos. Follow the footpaths down to the beautiful cove at Lansallos Beach, where crystal-clear waters and dramatic cliffs make it a hidden gem for walkers, photographers and families alike.



Cornwall tour

Further along the coast, Deviock and Sheviock provide the gateway to the spectacular beaches of Whitsand Bay. Enjoy breathtaking coastal walks, explore the historic Rame Head Heritage Coast, or simply relax while taking in some of the finest sea views in Cornwall.

From hidden coves and historic churches to welcoming cafés and independent businesses, this corner of South East Cornwall is full of places waiting to be discovered. Support local whenever you can and enjoy exploring everything these wonderful communities have to offer this summer.

AUGUST RECIPE

CHARRED COURGETTES, RUNNER BEANS & RICOTTA

Prep Time: 10 mins - Cook Time: 20 mins - Servings: 8-10

This vegetarian side dish of charred courgettes and runner beans sings summer and also has a small bite of hot chilli. It goes down well at barbecues.

INGREDIENTS

- 50g mixed seeds
- 2 tbsp honey
- ¼ tsp chilli flakes
- ½ lemon - zested & juiced
- 250g tub ricotta
- 3 courgettes - thickly sliced on the diagonal
- 400g runner beans
- 3 tbsp good-quality olive oil + extra to serve
- edible flowers to decorate (optional)



METHOD

STEP 1 - Toast the seeds in a dry pan until they start to pop, then stir in the honey, chilli and a good pinch of sea salt. Once all the seeds are sticky and forming clusters, tip out onto a piece of baking parchment and leave to cool. Mix the lemon zest and some seasoning into the ricotta and set aside.

STEP 2 - Toss the courgettes and runner beans in the oil, then season. Fire up the barbecue or get a griddle pan searing hot on the hob. Working in batches, cook the veg until charred and softened but still a little crunchy.

STEP 3 - Spread the ricotta along the bottom of a large sharing platter and top with the veg. Squeeze over the lemon juice, then scatter over the honeyed seeds. Finish with a drizzle of olive oil and a scattering of sea salt, then dot with edible flowers for extra wow factor, if you like.

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JULY EVENTS

DATE	EVENT	TIME
Sat 4th July	Village Carnival Party - RockSea Playing	8pm
Sun 5th July	Live Music - The Guise	4pm
Sun 12th July	Live Music - Steve Flanders	4pm
Sat 18th July	Charity Bingo Night	Starts 8pm
Sun 19th July	Live Music - Sammy Jonas	4pm
Sun 26th July	Live Music - Jamie Addison	4pm
Wed 29th July	Open Mic Night	Starts 7:30pm

AUGUST EVENTS

DATE	EVENT	TIME
Sun 2nd Aug	Live Music - Long Gone Silver	4pm
Sat 8th Aug	RNLI Charity Quiz Night	Starts 8pm
Sun 9th Aug	Live Music - MC ²	4pm
Sat 15th Aug	Summer Karaoke Night	From 8pm
Sun 16th Aug	Live Music - Lost Cousins	4pm
Sat 22nd Aug	SMUGGLERS FESTIVAL WEEKEND	All Day
Sun 23rd Aug	SMUGGLERS FESTIVAL WEEKEND	All Day
Wed 26th Aug	Open Mic Night	Starts 7:30pm
Sun 30th Aug	Live Music - The Road Runners	4pm

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Saturday 1st

Yoga (TBC)	The Zone	Downderry	9.30 to 11.00
Craft Fair	Village Hall	Downderry	10.00 to 6.00
Liskeard to the World	Foresters Hall	Liskeard	Various times

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On until 2nd Sept - Monday-Friday 10am-4pm Saturday 10am-1pm

Sunday 2nd

Craft Fair	Village Hall	Downderry	10.00 to 6.00
Holy Communion	St Nicolas	Downderry	10.00
Morning Worship	St Mary's	Shevick	10.00

Monday 3rd

Yoga Gently	Eliot Hall	St Germans	10.00 to 11.00
Craft Fair	Village Hall	Downderry	10.00 to 6.00
Pilates	The Zone	Downderry	11.10 to 12.10
Pilates	The Zone	Downderry	12.15 to 1.15
Free intro to Pilates	The Zone	Downderry	1.30 to 2.30
Legs, Bums & Tums	St Nicolas'	Downderry	6.00 to 7.00
Line Dancing	St Nicos'	Downderry	7.15 to 8.15

Tuesday 4th

Zumba & Line Dancing	St Nicolas'	Downderry	9.15 to 10.15
Craft Fair	Village Hall	Downderry	10.00 to 6.00
Short Mat Bowls	Eliot Hall	St Germans	2.00 to 4.00

Wednesday 5th

Tap class	The Zone	Downderry	10.00 to 11.00
Craft Fair	Village Hall	Downderry	10.00 to 6.00
Yoga	The Zone	Downderry	6.30 to 7.45

Thursday 6th

Scallywags	The Zone	Downderry	10.00 to 11.30
Craft Fair	Village Hall	Downderry	10.00 to 6.00
Pilates	Eliot Hall	St Germans	10.30 to 11.20
Management Meeting	The Zone	Downderry	7.30

Friday 7th

Yoga	The Zone	Downderry	9.00 to 10.00
Craft Fair	Village Hall	Downderry	10.00 to 6.00
Film - Best Goon Brenn	Saltash Studios	Saltash	7.30 to 8.30

Saturday 8th

Craft Fair	Village Hall	Downderry	10.00 to 6.00
Mindfulness Workshop	Saltash Studios	Saltash	10.30 to 12.00
RNLI Charity Quiz Night	The Smugglers	Seaton	9.00

Sunday 9th

Holy Communion	St Philip & James Maryfield	10.00
Morning Worship	The Priory	St Germans 10.00

Rame and Rivers Benefice welcomes all. Weekly worship, community events and special services across our churches. To receive our free weekly What's On update - Email: stggp.nleditor@gmail.com

Craft Fair	Village Hall	Downderry	10.00 to 12.00
Scallywags	The Zone	Downderry	10.00 to 4.00
Songs of Praise	St Germanus	Rame	6.00

Monday 10th

Strong HER Feel Good	Village Hall	Downderry	9.30 to 10.30
Yoga Gently	Eliot Hall	St Germans	10.00 to 11.00
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
Legs, Bums & Tums	St Nicolas'	Downderry	6.00 to 7.00
Line Dancing	St Nicos'	Downderry	7.15 to 8.15
Gardening Club Talk	Memorial Hall	St Cleer	7.30

Tuesday 11th

Zumba & Line Dancing	St Nicolas'	Downderry	9.15 to 10.15
Short Mat Bowls	Eliot Hall	St Germans	2.00 to 4.00
Fabric Flowers W'shop	Saltash Studios	Saltash	6.30 to 9.00
Whitsand Harmony - Fundraising Concert	RNLI Boathouse	Looe	7.30

Wednesday 12th

Tap class	The Zone	Downderry	10.00 to 11.00
C' Bus Coffee Morning	Village Hall	Downderry	10.30 to 11.30
Intro to Tap	The Zone	Downderry	11.15 to 12.15
Badminton Group	Village Hall	Downderry	2.00 to 4.00
Intro to Ashtanga Yoga	The Zone	Downderry	5.30 to 6.15
Yoga	The Zone	Downderry	6.30 to 7.45

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Thursday 13th

Pilates	Eliot Hall	St Germans	10.30 to 11.20
Games Afternoon	Village Hall	Downderry	2.00 to 5.00
Box Fit	Village Hall	Downderry	6.00 to 7.00
Tamar Yoga	Saltash Studios	Saltash	6.00 to 7.00

Enjoy a gentle yet challenging Yoga this summer with Hannah. Discover the freedom of an easeful body and a calm mind. All levels welcome, to book contact: 07805 264 987

Friday 14th

Yoga	The Zone	Downderry	9.00 to 10.00
Film - The Devil Wears Prada 2	Saltash Studios	Saltash	7.30 to 9.30

Saturday 15th

Little & Bigger B'fast	Village Hall	Downderry	10.00 to 1.00
Gardening Club Show	Memorial Hall	St Cleer	2.00

Sunday 16th

Producers Market	Village Hall	Downderry	10.00 to 1.00
Holy Communion	St James	Torpoint	10.00
Morning Worship	St Mary&St Julian	Maker	10.00
Restorative Yoga	The Zone	Downderry	5.00 to 6.00

Monday 17th

Strong HER Feel Good	Village Hall	Downderry	9.30 to 10.30
Yoga Gently	Eliot Hall	St Germans	10.00 to 11.00
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
Legs, Bums & Tums	St Nicolas'	Downderry	6.00 to 7.00
Line Dancing	St Nicolas'	Downderry	7.15 to 8.15

Tuesday 18th

Zumba & Line Dancing	St Nicolas'	Downderry	9.15 to 10.15
Children's Dance School	The Zone	Downderry	
Short Mat Bowls	Eliot Hall	St Germans	2.00 to 4.00

Wednesday 19th

Tap class	The Zone	Downderry	10.00 to 11.00
Badminton Group	Village Hall	Downderry	2.00 to 4.00
Yoga	The Zone	Downderry	6.30 to 7.45

Thursday 20th

Pilates	Eliot Hall	St Germans	10.30 to 11.20
Box Fit	Village Hall	Downderry	6.00 to 7.00
Tamar Yoga	Saltash Studios	Saltash	6.00 to 7.00
Parish Council Meeting	The Zone	Downderry	7.00

Friday 21st

Yoga	The Zone	Downderry	9.00 to 10.00
Cornwall Hospice - Cream Tea Fundraiser	Village Hall	Downderry	3.00 to 4.30
Film - The Lost Boys of Carbis Bay	Saltash Studios	Saltash	7.30 to 8.30

Saturday 22nd

Festival Weekender	The Smugglers	Seaton	12.00 to 11.00
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Sunday 23rd

Holy Communion	The Priory	St Germans	10.00
Festival Weekender	The Smugglers	Seaton	12.00 to 11.00
Evansong	St Germanus	Rame	6.00

Monday 24th

Strong HER Feel Good	Village Hall	Downderry	9.30 to 10.30
Yoga Gently	Eliot Hall	St Germans	10.00 to 11.00
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
Legs, Bums & Tums	St Nicolas'	Downderry	6.00 to 7.00
Line Dancing	St Nicolas'	Downderry	7.15 to 8.15

Tuesday 25th

Zumba & Line Dancing	St Nicolas'	Downderry	9.15 to 10.15
Children's Dance School	The Zone	Downderry	10.30 to 12.30
Short Mat Bowls	Eliot Hall	St Germans	2.00 to 4.00

Wednesday 26th

Tap class	The Zone	Downderry	10.00 to 11.00
Badminton Group	Village Hall	Downderry	2.00 to 4.00
Yoga	The Zone	Downderry	6.30 to 7.45

Thursday 27th

Pilates	Eliot Hall	St Germans	10.30 to 11.20
Sing Along Boconnoc	The Stable Yard	Boconnoc	4.00

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Box Fit	Village Hall	Downderry	6.00 to 7.00
Tamar Yoga	Saltash Studios	Saltash	6.00 to 7.00



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WHAT'S ON AUGUST

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.

Friday 28th

Yoga The Zone 9.00 to 10.00
Bingo night Village Hall Downderry 6.30 to 9.30

Saturday 29th

Great Trethew Rally Horningtops Nr Liskeard 9.30 to 11.00

Steam traction engines are back at this year's three day volunteer led not for profit vintage rally. Raising money for local charities gates open at 9.30 and the fun continues into the evening with light ups, tractor pulling & live music in the beer tent. Camping available

Intro to the Labyrinth walk The Zone Downderry 2.00 to 5.00

Sunday 30th

Great Trethew Rally Horningtops Nr Liskeard 9.30 to 11.00
Holy Communion St Mary&St Julian Maker 10.00

Monday 31st - Bank Holiday

Great Trethew Rally Horningtops Nr Liskeard 9.30 to 5.00
Strong HER Feel Good Village Hall Downderry 9.30 to 10.30
Pilates The Zone Downderry 11.10 to 12.10
Pilates Village Hall Downderry 12.15 to 1.15
Qigong Village Hall Downderry 2.00 to 3.00
Legs, Bums & Tums St Nicolas' Downderry 6.00 to 7.00
Line Dancing St Nicolas' Downderry 7.15 to 8.15

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

Downderry Village Hall -

www.downderryandseatonvillagehall.co.uk

Elliot Hall St Germans - www.stgermanscommunityhall.org

Liskeard & District Museum - www.liskeardmuseum.com

Saltash Studios - www.saltashstudios.org

St Cleer Memorial Hall - www.visitliskeard.co.uk/venue/st-cleer-memorial-hall/

St Germans Priory - www.stgermanspriory.org

St Nicolas' Church Downderry - 07855 162268

The Zone Downderry - zonedownderry@aol.com



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www.trethew-rally.co.uk

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Look out for Bodmin Keep's pop-up museum at community events across Cornwall this summer! See website for details.



1 August
KBSK in the Park, Bodmin
7-9 August
Boconnoc Steam Fair
13 August
Falmouth Week
15 August
Bodmin Carnival
14-16 August
West of England Steam Rally
22 August
Kinsman Fun Day, Bodmin
22-23 August
Harrowbeer 1940s Weekend
29-30 August
Predannack 1940s Weekend
12 September
Arwenek! Heritage Festival

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✉ info@bodminkeep.org.uk

➔ bodminkeep.org.uk

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HOME GARDENING

AUGUST GARDENING: ENJOY THE HARVEST AND PLAN AHEAD

August is one of the most rewarding months in the garden. After weeks of watering, weeding and nurturing, many gardens across South East Cornwall are bursting with colourful flowers and homegrown produce. It's also the perfect time to enjoy your outdoor space while preparing for the changing seasons ahead.

The vegetable patch should be providing plenty of fresh treats this month, including tomatoes, courgettes, beans, cucumbers and potatoes. Keep picking fruit and vegetables regularly to encourage plants to continue producing. Deadhead flowering plants such as roses, dahlias and cosmos to keep displays looking vibrant well into autumn.

Don't let the recent warm weather catch you out. Water pots, hanging baskets and young plants in the early morning or evening, and consider adding a layer of mulch around borders to help retain moisture during dry spells.

Looking for a fun project? Why not build a bug hotel? Using old pallets, bamboo canes, pine cones, twigs and bricks with holes, you can create a safe home for beneficial insects like ladybirds, solitary bees and lacewings. It's a brilliant activity for children and grandchildren, while also helping the wildlife that keeps your garden healthy.

If you're looking for inspiration or supplies, South East Cornwall has some excellent local garden centres. Pengelly Garden Centre at Trerulefoot is well stocked with late summer plants, compost, tools and garden ornaments. Restormel Garden Centre near Lostwithiel is another favourite for shrubs, perennials and seasonal advice, while Endsleigh Garden Centre near St Austell offers everything from bulbs and seeds to outdoor furniture and gifts.

Finally, don't forget to simply enjoy your garden. Whether it's picking fresh vegetables for dinner, watching butterflies visit your flowers, or relaxing with a cup of tea in the evening sunshine, August is a wonderful reminder that gardening is about creating a space to enjoy as much as it is about growing plants.

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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GORGEOUS FOX CUBS,
BY MARK LAMERTON



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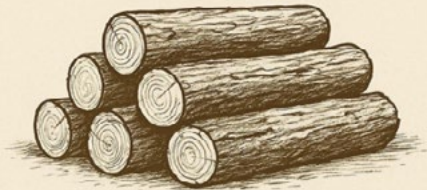
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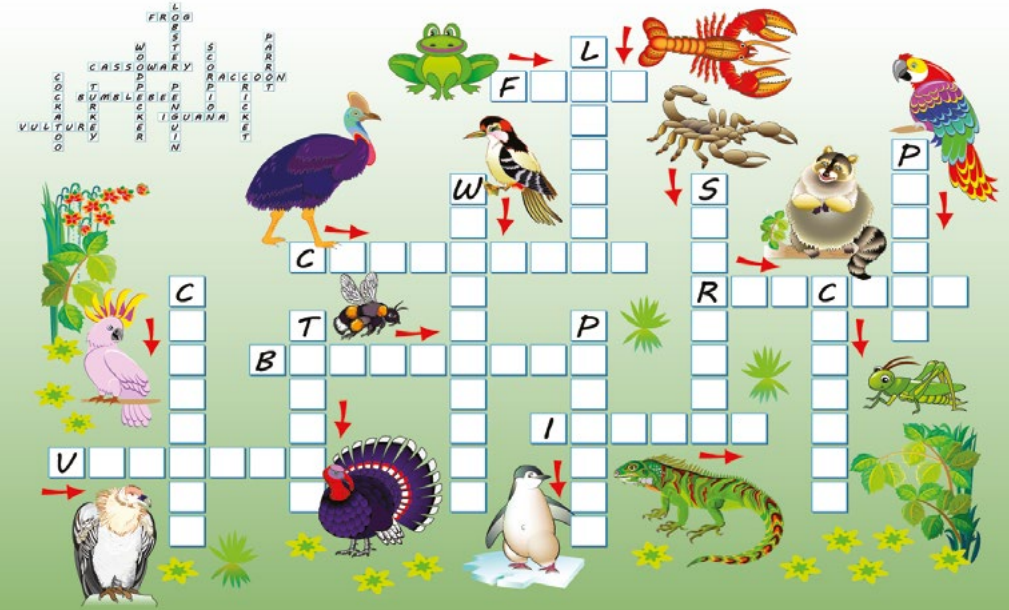
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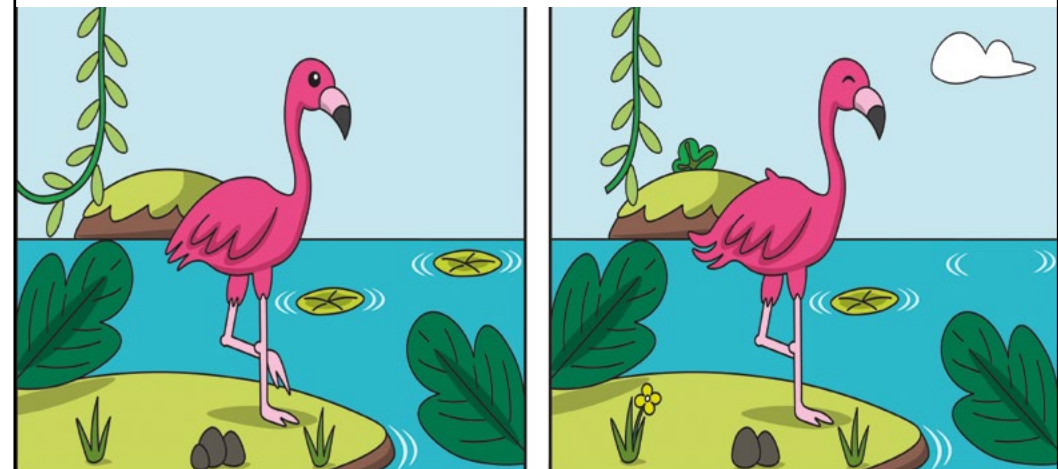
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