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FRONT PAGE	£180	£160	£140
Half & quarter sizes available from £70 per month			

WELCOME

WELCOME TO THE JULY EDITION OF THE LOCAL POST.

Summer is in full swing across South East Cornwall, with longer days, community events, village celebrations and plenty of opportunities to get out and enjoy our beautiful corner of the county. In this month's issue, we've packed in local news, seasonal features, what's on guides, community updates and much more to help you make the most of the weeks ahead.

As always, we'd like to thank our fantastic advertisers. Their support is what allows The Local Post to remain completely free for readers each month. Without local businesses choosing to advertise with us, this magazine simply wouldn't be possible.

We're proud to say that we currently deliver over 3,000 copies throughout South East Cornwall every month, reaching thousands of local homes / businesses and readers. Due to growing demand, we're already exploring opportunities to expand our distribution even further in the near future, helping businesses reach an even larger audience.

If you own a local business and would like to put your services in front of thousands of potential customers, now is the perfect time to join us. Together, we can continue supporting our communities while keeping The Local Post free for everyone to enjoy.

Thank you for reading, and we hope you enjoy this month's edition.

Dan, Bex & Kirstie

THE LOCAL POST MAGAZINE

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Cllr Kate Ewert – Rame Peninsula & St Germans division.



Neighbour Priority Statements: Shaping Cornwall's Future Beyond 2030

With the current Cornwall Local Plan set to run until 2030, attention is increasingly turning to what comes next. As we look ahead to a new phase of planning across Cornwall, now is a crucial time for communities to reflect on what matters most to them, and to ensure their voices are clearly heard. Cornwall Council are currently planning and writing the Local Plan that will run from 2030 through to 2050, and one of the most effective ways for local parishes to influence what happens in their communities is by writing a Neighbourhood Priority Statement (NPS)

The Cornwall Local Plan has played a central role in guiding development across Cornwall, balancing the need for housing, jobs, infrastructure, and environmental protection. But as we approach 2030, a new plan will need to respond to emerging challenges, including:

- Housing affordability and local need
- Climate change and environmental resilience
- Infrastructure pressures
- Protecting Cornwall's unique character, history and landscapes

This is where Neighbour Priority Statements could come into their own.

What is a Neighbour Priority Statement?

A Neighbour Priority Statement is a community-led document that sets out the key issues, concerns, and aspirations of local residents. They can provide a clear vision of what communities need, and what they want to see protected, improved, or changed.

Importantly, they can allow communities to engage with planning without the complexity of producing a full neighbourhood plan that can take many years to develop and publish.

Not every parish or town council has the resources to develop a full neighbourhood plan. Neighbour Priority Statements provide a simpler, faster alternative, enabling more communities across Cornwall to get involved in shaping the future. As pressure grows to deliver housing and infrastructure, NPS documents help guide development in a way that is locally appropriate, sustainable, and sensitive to place.

Neighbour Priority Statements can help communities across Cornwall to:

- Highlight the need for affordable homes for local people
- Protect valued green spaces, heritage, and landscapes
- Advocate for better transport links and local services
- Shape how growth is delivered in their area

Crucially, they help shift the conversation from development being something that happens to communities, to something shaped by them.

I know there will be folk who are concerned about changes like this, but it is important to point out that the Cornwall Local Plan was always meant to run out in 2030, and the planning for the new one has been underway for a long time, NPS's were first legislated for in 2023.

You can find out more by going to :

<https://www.cornwall.gov.uk/planning-and-building-control/neighbourhood-planning/neighbourhood-priorities-statements-pilot/>

And more about the Cornwall Local Plan by visiting :

<https://www.cornwall.gov.uk/planning-and-building-control/planning-policy/cornwall-local-plan-2050/>

There will also be a series of workshops being delivered across East Cornwall in the Autumn, which I will share details of as soon as I have them.

As ever, I am available on cllr.kate.ewert@cornwall.gov.uk for any questions.

**We need you!
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With The Local Post Magazine growing, we need extra hands (and feet) to help distribute the magazine to homes in all areas of south east Cornwall, each month.

For more information please contact Dan: 07861295781.



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JULY WELLNESS

MAKING THE MOST OF SUMMER

July is one of the best months of the year to focus on wellbeing. The long days, warmer weather and abundance of local produce make it easier to embrace healthy habits while still enjoying everything summer has to offer.

One of the simplest ways to improve your wellbeing this month is to spend more time outdoors. South East Cornwall provides the perfect setting, whether that's a morning walk along the coast, an afternoon at the beach, or an evening stroll through the countryside. Being outside in natural surroundings can help reduce stress, boost mood and improve sleep quality. Even twenty minutes in the fresh air can leave you feeling refreshed.

July is also a great time to stay active without stepping inside a gym. Swimming in the sea, paddleboarding, cycling quiet country lanes or tending to the garden all count as valuable exercise. If you're looking for something social, many local communities host walking groups, outdoor fitness sessions and summer events where you can meet new people while staying active.

Food can play a huge part in summer wellness too. This is the season of fresh berries, tomatoes, salad leaves, cucumbers and herbs. Try creating colourful salads, light lunches and simple meals using local produce. Summer fruits make excellent snacks and can help satisfy a sweet tooth while providing valuable vitamins. Remember to drink plenty of water, especially during warmer spells, as dehydration can leave you feeling tired and sluggish.

Self-care doesn't always mean expensive treatments or elaborate routines. It can be as simple as taking time to read in the garden, enjoying a picnic with friends, watching the sunset, or setting aside an hour away from screens. Summer often feels busy, so creating small moments of calm is important.

July reminds us that wellness doesn't need to be complicated. By moving a little more, eating fresh seasonal foods, spending time outdoors and making space to relax, you can enjoy a healthier, happier summer right here in South East Cornwall. 🌞 🌿 🌊



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TASTY TOWNS & RHYMES OF THE TIMES

After spending a tea fuelled mad afternoon at a Garden Centre 5 friends threw out the challenge to me "Geoff, you couldn't visit 25 Cornish towns and only eat food there that rhymed with its name" In true Bob the builder determination and vision I said "Yes I Can" With no geographical or time restraint I thought "Easy peasy".

I started with Bangers and mash at Saltash followed by a piece of cake at Landrake. After Meatballs at Dobwalls and Sago at Trago I enjoyed some Stew at Looe. There's five! This is a doddle I thought. In no particular order, I ate a Casserole at Mousehole, a Lamb joint at Torpoint and a Pasty at good old Newquay (unwillingly shared with Seagulls). Some sweetcorn at Camborne, kale at Hayle, some chives at St Ives followed by Churro at Truro. (That's an exotic Spanish fried dough pastry dusted in sugar and dipped in chocolate. A Gastronomic discovery)



I was eating randomly twice or three times a day and was not feeling too well, however I would not be beaten. "Twenty-Five" they had said and I was halfway through. I took porridge at Wadebridge, chewed ham hock at Rock, had a cockle and a mussel at St Austell finishing that fifth day with Steak well-done at Helston.

My digestion was struggling a little now with my mixed exotic eclectic diet and my mind with suitable food/town rhymes. I was keeping my best town until last, hoping that the friends would reward that last choice favourably, almost as a golden buzzer. Nine to go-well, eight to discover. Out came the maps and I poured over them, knowing that is what novelists say people do over maps. I was disallowed afternoon tea at Newquay as I'd already visited there for a pasty. I chewed two onions at Minions, ate Cheese Spread at Rame Head, sucked Lard at Liskeard and some hake at Siblyback Lake. I ate Stuffing Balls at Golitha Falls and feasted on steak and ale at Hayle. Finally, I ate some Sourdough at Padstow followed by some nuts

and a raisin in Marazion. I closed with a grand flourish "eating any kind of food at Bude." My task was completed. I had met the challenge. Success! My legal team are handling my claims for expenses and my medical team dealing with diabetic complications.

So dear Local Post reader, excuse me as I start my next challenge: Now let's see, I start with Beer at St Cleer, Ale at Hayle, Cornish Tea at Newquay.....

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LOCAL AREA SPOTLIGHT

ST GERMANS, LANDRAKE, ST ERNEY, MENHENIOT & QUETHIOCK

South East Cornwall is full of hidden gems, and this month we're shining a spotlight on the charming villages of St Germans, Landrake, St Erney, Menheniot and Quethiock. Rich in history, countryside walks and community spirit, these villages offer something for visitors of all ages.



One of the area's standout destinations is Port Eliot House and Gardens in St Germans. Surrounded by beautiful grounds and steeped in history, it's a wonderful place to explore. The village itself is equally attractive, with its impressive church and picturesque streets making it ideal for a leisurely stroll. St Germans is conveniently served by its own railway station on the scenic Cornish Main Line. Visitors can choose from a range

of holiday accommodation from the conveniently located Rail Holiday's converted vintage train carriages to charming cottages making it an ideal base for exploring South East Cornwall.

Nearby, Landrake is a thriving village surrounded by rolling countryside. It's a great starting point for walks and cycle rides, with plenty of quiet lanes and scenic views. Keep an eye out for local farm shops and roadside stalls offering fresh seasonal produce.

The peaceful parish of St Erney provides a glimpse of traditional rural Cornwall. The surrounding countryside is perfect for walkers and nature lovers looking to escape the hustle and bustle for a few hours.

For families seeking adventure, Menheniot is ideally located close to Adrenalin Quarry, where visitors can enjoy zip wires, giant swings and water-based activities. The village itself also offers lovely walks and a welcoming community atmosphere.

Finally, Quethiock is a delightful rural village surrounded by beautiful farmland and quiet country lanes. It's an excellent area for cycling, dog walking and enjoying Cornwall's countryside at a gentler pace.

Wherever you visit, be sure to support local cafés, pubs, farm shops and independent businesses. They are the heart of these communities and help make South East Cornwall such a special place to live and explore.



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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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JULY RECIPE

LEMON & YOGURT CHICKEN FLATBREADS

Prep Time: 20 mins - Cook Time: 5-10 mins - Servings: 4

Make these family-friendly chicken wraps with lemon, garlic and cinnamon marinade on a barbecue if the sun is shining. Serve in flatbreads with yoghurt.

INGREDIENTS

- 2 skinless chicken breasts - cut into strips
- 1 lemon
- 1 tsp dried oregano (optional)
- 1 garlic clove - crushed
- Pinch of cinnamon
- 1 tbsp olive oil
- 4 flatbreads
- 4 tbsp Greek yogurt
- ¼ red pepper - finely chopped
- 1 Little Gem lettuce - finely chopped

METHOD

Step 1 - Put the chicken in a bowl. Pare strips of zest from the lemon using a vegetable peeler, then juice the lemon too. Add the peel and half the juice to the chicken, along with the oregano (if using), garlic, cinnamon and oil. Mix well, cover and chill for an hour. The lemon juice will start to 'cook' the chicken, so don't leave for longer.

Step 2 - Heat the barbecue. If you are using coals, wait until they turn white. If you are indoors, heat a griddle pan. Thread the chicken strips onto a couple of metal skewers to stop them falling through the grate (you don't need to do this for the griddle), then grill for a couple of mins each side. The strips will cook through quickly so don't leave them too long. Season if you like.

Step 3 - Warm the flatbreads on the edge of the barbecue (or on the griddle) for a minute, then transfer them to plates and spread each with ½ tbsp yogurt. Divide the chicken strips between them, then dot on the remaining yogurt and sprinkle over the pepper and lettuce. Fold or roll the flatbreads to eat.

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Wednesday 1st

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 2nd

Bread & Babes	The Zone	Downderry	9.00 to 11.00
Mindful Strength Yoga	Village Hall	Polbathic	9.30 to 10.30
Movement Class	The Zone	Downderry	3.00 to 4.15
Box Fit	Village Hall	Downderry	6.00 to 7.00
Macrame Workshop	Saltash Studios	Saltash	7.30 to 9.00
Management Meeting	The Zone	Downderry	7.30

Friday 3rd

Yoga	The Zone	Downderry	9.00 to 10.00
Chair Yoga	Village Hall	Downderry	10.30 to 11.30
Quiz Night	Village Hall	Downderry	6.30 to 9.30
Film - Hamnet	Saltash Studios	Saltash	7.30 to 9.35

Saturday 4th

Music Bingo	Village Hall	Menheniot	7.00
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Sunday 5th

Country House Car Boot	Port Eliot Estate	St Germans	10.00 to 2.00
Elephant Flair Pop Up	The Stable Yard	St Germans	10.00 to 3.00
Holy Communion	St John's	St John	10.00
Morning Worship	St Nicolas	Downderry	10.00

Monday 6th

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
Coffee Morning	British Legion	Tideford	10.30 to 12.00
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
Craft Cafe DAG	The Zone	Downderry	2.00 to 4.00
Children's Ballet	The Zone	Downderry	4.15 to 5.00
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 Niccoas'	Downderry	7.15 to 8.15

Tuesday 7th

Zumba & Line Dancing	St Nicolas'	Downderry	9.15 to 10.15
Painting Workshop	Saltash Studios	Saltash	10.00 to 1.00
Coffee Morning	Village Hall	Downderry	10.00 to 12.00
Step into Wellness	The Zone	Downderry	10.20 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

Wednesday 8th

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
Yarn Club	Eliot Hall	St Germans	5.30 to 7.30
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 9th

Bread & Babes	The Zone	Downderry	9.00 to 11.00
Mindful Strength Yoga	Village Hall	Polbathic	9.30 to 10.30
Games Afternoon	Village Hall	Downderry	2.00 to 5.00
Thursday Club	Eliot Hall	St Germans	2.30 to 5.00
Movement Class	The Zone	Downderry	3.00 to 4.15
Box Fit	Village Hall	Downderry	6.00 to 7.00
Hatha Yoga	Saltash Studios	Saltash	6.00 to 7.00
Martial Arts	St Nicolas'	Downderry	7.00 to 9.00
Devioc Parish Council	The Zone	Downderry	7.00

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Friday 10th

Yoga	The Zone	Downderry	9.00 to 10.00
Chair Yoga	Village Hall	Downderry	10.30 to 11.30
Film - Our Planet + Q&A	Saltash Studios	Saltash	7.30 to 9.30

Saturday 11th

Liskeard Show	Showground	Merrymeet	From 9.00
One of the SW's biggest one day agricultural shows, showcasing all that's best in food and farming, held at Merrymeet PL14 3LE			
SewSocial	The Zone	Downderry	10.00 to 4.00
Mindfulness Workshop	Saltash Studios	Saltash	10.30 to 12.00
Coffee Morning	Eliot Hall	St Germans	10.30 to 12.30

Sunday 12th

Morning Worship	The Priory	St Germans	10.00
Holy Communion	St Philip & James	Maryfield	10.00
Charity Fun Day	Dave's Sheds	Trerulefoot	11.00 to 5.00
Join us for a fantastic family fun day at Dave's Sheds & Shed Farmshop - all in aid of the amazing Cornwall Air Ambulance			

Sound Bath	The Zone	Downderry	2.30 to 4.00
Sea Sunday	The Beach	Portwrinkle	3.00
Evensong	St Germanus	Rame	6.00

Monday 13th

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
Qigong	Village Hall	Downderry	2.00 to 3.00
Craft Cafe & AGM DAG	The Zone	Downderry	2.00 to 4.00
Children's Ballet	The Zone	Downderry	4.15 to 5.00
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 Niccoas'	Downderry	7.15 to 8.15

Tuesday 14th

Zumba & Line Dancing	St Nicolas'	Downderry	9.15 to 10.15
Step into Wellness	The Zone	Downderry	10.20 to 12.00
Gentle Yoga	Eliot Hall	St Germans	10.30 to 11.30
D&S 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

Wednesday 15th

Tap class	The Zone	Downderry	10.00 to 11.00
Ballet Exams	The Zone	Downderry	11.00 to 1.00
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
Macrame Workshop	Saltash Studios	Saltash	6.30 to 8.30
Yoga	The Zone	Downderry	7.15 to 8.30
Whitsand Harmony	Village Hall	Downderry	7.30 to 9.30

Thursday 16th

Bread & Babes	The Zone	Downderry	9.00 to 11.00
Mindful Strength Yoga	Village Hall	Polbathic	9.30 to 10.30
Movement Class	The Zone	Downderry	3.00 to 4.15
Box Fit	Village Hall	Downderry	6.00 to 7.00
Hatha Yoga	Saltash Studios	Saltash	6.00 to 7.00
Martial Arts	St Nicolas'	Downderry	7.00 to 9.00
Jewellery W'shop DAG	The Zone	Downderry	7.30 to 9.30

Friday 17th

Yoga	The Zone	Downderry	9.00 to 10.00
Chair Yoga	Village Hall	Downderry	10.30 to 11.30
Film - Power Station	Saltash Studios	Saltash	7.30 to 9.00

Saturday 18th

Little & Bigger Breakfast	Village Hall	Downderry	10.00 to 1.00
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Sunday 19th

Holy Communion	St James	Torpoint	10.00
Morning Worship	St Mary & Julian	Maker	10.00
Producers Market	Village Hall	Downderry	10.00 to 1.00

Monday 20th

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	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
Legs. Bums & Tums	St Nicolas'	Downderry	6.00 to 7.00
Yoga	The Zone	Downderry	6.45 to 8.15
Line Dancing	St Niccoas'	Downderry	7.15 to 8.15

Tuesday 21st

Zumba & Line Dancing	St Nicolas'	Downderry	9.15 to 10.15
Step into Wellness	The Zone	Downderry	10.20 to 12.00
Gentle Yoga	Eliot Hall	St Germans	10.30 to 11.30
D&S 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
Pilates	Village Hall	Downderry	6.00 to 7.00

Wednesday 22nd

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 23rd

Mindful Strength Yoga	Village Hall	Polbathic	9.30 to 10.30
Sallywags	The Zone	Downderry	10.00 to 12.00
Thursday Club	Eliot Hall	St Germans	2.30 to 4.30
Armchair Festival	Country Park	M't E'cumbe	From 3.00
Movement Class	The Zone	Downderry	3.00 to 4.15
Box Fit	Village Hall	Downderry	6.00 to 7.00
Hatha Yoga	Saltash Studios	Saltash	6.00 to 7.00

WHAT'S ON JULY

LISTINGS FOR ALL THE FAMILY

WHAT'S ON JULY

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 24th

Yoga	The Zone	Downderry	9.00 to 10.00
Chair Yoga	Village Hall	Downderry	10.30 to 11.30
Armchair Festival	Country Park	M't Edgumbe	From 3.00
Film- Edge of Summer	Saltash Studios	Saltash	7.30 to 9.15

Saturday 25th

Saltash Regatta	Waterside	Saltash	From 10.00
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The FREE family festival on Saltash Waterside, exciting land and sea events for all ages. Two days fun, adventure, and community spirit.

Clay Tiles Workshop	Saltash Studios	Saltash	10.00 to 1.00
Armchair Festival	Country Park	M't Edgumbe	From 3.00

Sunday 26th

Saltash Regatta	Waterside	Saltash	From 10.00
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Holy Communion	The Priory	St Germans	10.00
Armchair Festival	Country Park	M't Edgumbe	From 3.00
Evensong	St Germanus	Rame	6.00

Monday 27th

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
Craft Cafe DAG	The Zone	Downderry	2.00 to 4.00
Legs, Bums & Tums	St Nicolas'	Downderry	6.00 to 7.00
Yoga	The Zone	Downderry	6.45 to 8.15
Line Dancing	St Niccoas'	Downderry	7.15 to 8.15

Tuesday 28th

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
Pilates	Village Hall	Downderry	6.00 to 7.00

Wednesday 29th

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 30th

Sallywags	The Zone	Downderry	10.00 to 12.00
Movement Class	The Zone	Downderry	3.00 to 4.15

Friday 31st

Yoga	The Zone	Downderry	9.00 to 10.00
Craft Fair	Village Hall	Downderry	10.00 to 6.00
Film- Our Land	Saltash Studios	Saltash	7.30 to 9.00



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
 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

Supporting the local community

Basic

Example - Coffee Morning - Eliot Hall - St Germans - 10.00 to 12.00

Enhanced - £5.00

Example - Coffee Morning - Eliot Hall - St Germans - 10.00 to 12.00

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.

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SUMMER FESTIVALS, MUSIC EVENTS & RALLIES 2026

FROM LIVE MUSIC AND FAMILY FESTIVALS TO VINTAGE RALLIES AND AGRICULTURAL SHOWS, THERE'S SOMETHING HAPPENING ALMOST EVERY WEEKEND THIS SUMMER!

JULY 2026

Liskeard Show - Merrymeet - Saturday 11 July - One of Cornwall's premier agricultural shows featuring livestock, rural crafts, local food, trade stands, equestrian events and family entertainment.

Wild Gardens Festival - Port Eliot Estate, St Germans - 16-19 July - A unique celebration of gardens, wellbeing, nature, talks, workshops, food and outdoor experiences set within the stunning Port Eliot Estate.

Armchair Adventure Festival - Mount Edgcombe Country Park - 23-26 July - Adventure speakers, live music, outdoor cinema, family activities, workshops and inspiration for explorers of all ages.

Saltash Regatta - Saltash Waterside - 25-26 July - A packed weekend of sailing, live entertainment, family fun, food stalls and activities along the waterfront.

Rock Oyster Festival - Dinham House, near Wadebridge - 23-26 July - Live music, celebrity chefs, wellness sessions, family entertainment and Cornwall's finest food and drink.

Looe Carnival Events - Looe - Throughout July - Traditional seaside entertainment, competitions, live music and community celebrations.

AUGUST 2026

Boconnoc Steam Fair - Boconnoc Estate - 7-9 August - Steam engines, vintage vehicles, fairground attractions, crafts, demonstrations and family entertainment.

British Firework Championships - Plymouth Hoe - 12-13 August - Two spectacular evenings featuring some of the UK's best firework display teams competing over Plymouth Sound.

Fowey Royal Regatta & Carnival Week - Fowey - 16-22 August - Sailing races, live music, carnival events, family activities, fireworks and harbour-side entertainment.

Tunes in the Park - Port Eliot Estate - 28-30 August - A family-friendly music festival featuring tribute acts, local performers, food vendors and summer fun.

Great Trethew Vintage Rally - Great Trethew Manor, Liskeard - 29-31 August - Classic cars, tractors, steam engines, motorcycles, military vehicles, trade stands and traditional rally attractions.

West of England Steam Engine Rally - Stithians Showground - Mid-August - One of Cornwall's largest vintage rallies featuring steam power, classic machinery and family entertainment.

Live Music at Maker Heights - Maker Heights, Rame Peninsula - Various dates throughout summer - Outdoor music events with stunning coastal views, local food and a relaxed festival atmosphere.

Polperro Festival Events - Polperro - Various August dates - Live music, local arts, community celebrations and traditional Cornish entertainment.



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29th, 30th & 31st August 2026

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HOME GARDENING

JULY GARDENING: ENJOYING THE GARDEN AT ITS PEAK

July is one of the most rewarding months for gardeners in South East Cornwall. The garden is bursting with colour, vegetables are beginning to ripen, and there are plenty of opportunities to enjoy the fruits of your hard work. Whether you have a large garden, a small patio, or just a few pots by the front door, July is all about making the most of the outdoors.

One of the main jobs this month is watering. Although Cornwall often enjoys a mix of sunshine and showers, dry spells can quickly affect plants in containers and hanging baskets. Water thoroughly in the early morning or evening to help plants stay healthy and reduce evaporation.

Keep deadheading flowers such as roses, dahlias and geraniums to encourage more blooms throughout the summer. Vegetables such as lettuce, beetroot, courgettes and early potatoes should be ready for harvesting, while fast-growing crops like salad leaves can still be sown for later in the season.

July is also a wonderful time to attract wildlife into the garden. Bees, butterflies and birds are all busy during the warmer months and can help create a vibrant outdoor space.

A simple project for all ages is to create a pollinator station. Fill a shallow dish with water and place a few pebbles or stones inside so bees and butterflies have somewhere safe to land while drinking. Surround it with pots of lavender, marigolds or other nectar-rich flowers, and you'll soon have a mini wildlife haven. It's easy to make, inexpensive, and a great activity for children and grandparents to enjoy together.

Most importantly, remember to take time to enjoy your garden. Set up a chair in a sunny corner, listen to the birds, and appreciate the colours and scents that make July one of the most beautiful months of the gardening year. After all, the garden isn't just a place to work in, it's a place to relax and enjoy. 🌻 🌿

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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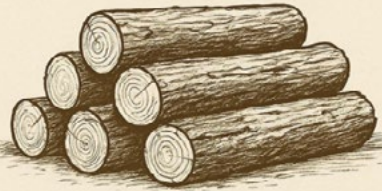
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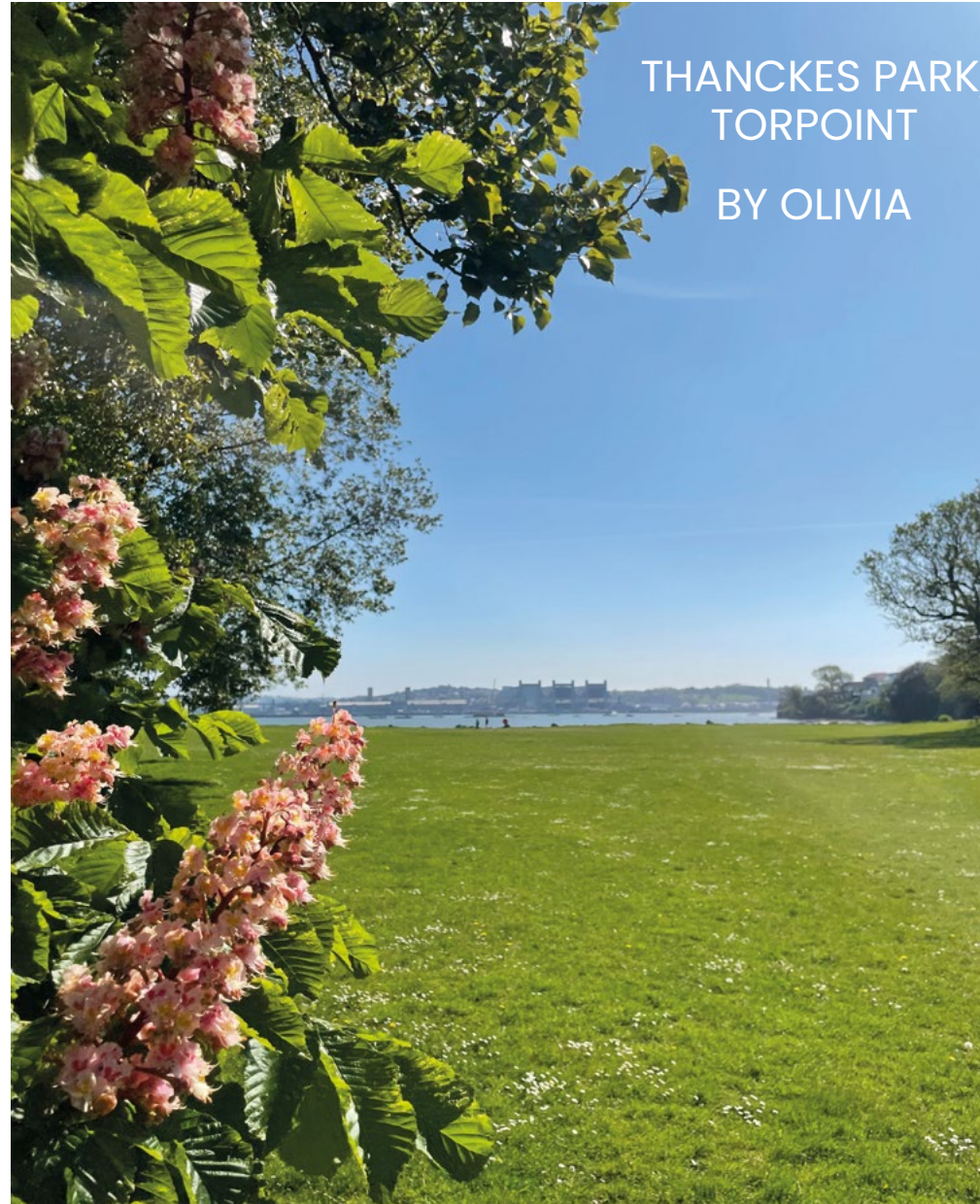
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 TORPOINT
 BY OLIVIA



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