

FREE

THE LOCAL POST

SEPTEMBER 2026

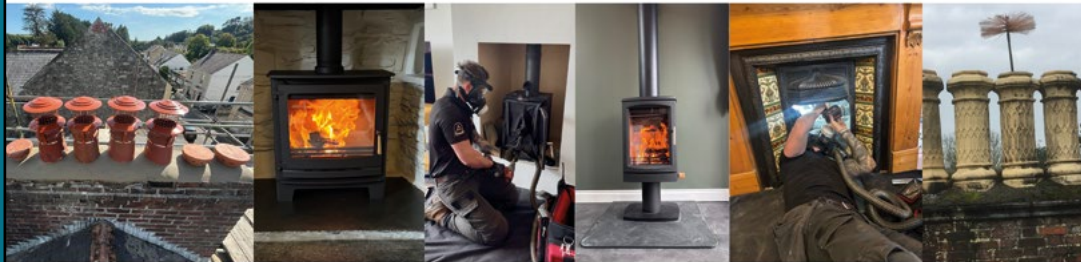
SOUTH EAST CORNWALL



The Chimney Serviceman Ltd

Fully Insured | Professional, Traditional & Modern Services

- Chimney Sweeping
- Stove Maintenance
- Blockage Removal
- Flue Liners
- Stack Inspections
- CCTV Flue Surveys
- Drone Surveys
- Pot & Cowl Services
- Solid Fuel Stove Installations
- Chimney Stack Renovations



07557 497 093

YOUR FREE COMMUNITY MAGAZINE



**LOOE ROOFING
EXPERTS**

LOCAL | HONEST | RELIABLE

★★★★★
Reviews

- ✓ Fully Insured
- ✓ Guaranteed
- ✓ Family Run
- ✓ Local



**LOOE ROOFING
EXPERTS**

LOCAL | HONEST | RELIABLE

looeroofingexperts.co.uk

**10 Year
Guarantee**

**Professional
Roofing
Experts**

**24/7
Emergency
Call Out**

**New Roofs • Roof Repairs • Flat Roofs
Chimney Work • Fascias, Soffits & Guttering**

0800 7747 202 • 07856 356 190

info@looeroofingexperts.com



Scan the QR code to visit our website. Here you can sign up to advertising space, submit event listings and catch up on past issues of the magazine.

WELCOME TO THE SEPTEMBER EDITION

As summer begins to gently fade and the first hints of autumn appear, welcome to the September edition of The Local Post!

September is a month of change here in South East Cornwall. The beaches become quieter, the evenings begin to draw in and our gardens start preparing for the cooler months ahead. It's also a wonderful time to explore our local towns and villages, discover independent businesses and enjoy everything our community has to offer.

Inside this month's magazine, you'll find plenty to enjoy, including our local features, gardening advice, recipes, puzzles and useful information from businesses and organisations in our area.

We're proud to bring you a magazine that celebrates the people, places and businesses that make South East Cornwall such a special place to live.

So, grab a cuppa, make yourself comfortable and enjoy your September Local Post. As always, thank you for reading and supporting your local community!

Dan, Bex & Kirstie

CONTENTS

WELCOME	3
COUNCILLOR KATE	5
SEPTEMBER WELLNESS	7
GEOFF WILLIAMS	8
LOCAL AREA SPOTLIGHT	11
RECIPE OF THE MONTH	12
WHAT'S ON	14-17
HOME GARDENING	21
PHOTO OF THE MONTH	22
PUZZLE PAGES	29-30

ADVERTISING RATES

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

THE LOCAL POST MAGAZINE

ADVERT DESIGN

Would you like to advertise with us but don't know where to start with your advert design?



FROM
£25

**THE
LOCAL
POST**

Lots of choice

Affordable prices

Let us do the work

CONTACT US

info@thelocalpost.co.uk



Husband
Tree & Grounds Maintenance

- Tree Surgery
- Pruning
- Pollarding
- Felling & Removal
- Stump Grinding
- Hedge Cutting
- Grounds Maintenance
- Site Clearance
- Grass Strimming
- Mowing
- Weed Suppression
- Contract Work



📞 07714 999427 🌐 husbandtreegrounds.co.uk



Cllr Kate Ewert – Rame Peninsula & St Germans division.



CLLR KATE EWERT

FEAST OR FAMINE?

As I sit down to write this month's column, we've just learned that Devon and Cornwall are now subject to a hosepipe ban as drought conditions continue across the region.

July was the driest on record, following several months of below-average rainfall. The hosepipe ban may feel surprising after the exceptionally wet winter we experienced. However, much of the rain that fell during the winter storms arrived in intense downpours, running quickly into rivers and out to sea rather than soaking into the ground where it was most needed. While our reservoirs benefited and reached healthier levels earlier in the year, the prolonged dry spell has once again highlighted how vulnerable our water system can be.

Many residents are understandably frustrated. At a time when water bills are rising, sewage discharges remain a concern, and leaks can take far too long to repair, being asked to reduce household water use can feel unfair. People rightly expect water companies to be doing everything possible to reduce waste and improve the services they provide.

For that reason, I supported the recent motion at Cornwall Council expressing no confidence in South West Water. This was not directed at the hardworking staff on the ground, but reflected growing concern that the current system is not delivering the level of investment, transparency and environmental protection that residents deserve.

There have been some positive changes nationally, with water companies now facing greater scrutiny and tougher monitoring requirements. Regulators have stronger powers to investigate failures and hold companies to account. That is welcome, but legislation alone will not fix the problem. We need to see real investment in infrastructure.

This summer has once again demonstrated the close link between water supply, wastewater treatment and future development. Cornwall needs new homes, but growth must be matched by the infrastructure required to support it. More homes place greater demand on water supplies and sewer networks, while additional hard surfaces can increase pressure on drainage systems during heavy rainfall. Without proper planning and investment, communities and our natural environment will continue to feel the impact.

There have been encouraging signs, including the River Fowey at Lostwithiel receiving bathing water status. Along with the monitoring already taking place at beaches such as Seaton, this provides valuable information and helps drive improvements in water quality.

Water is one of our most precious resources. We all have a role to play in using it wisely, but residents are entitled to expect a water system that is resilient, well maintained and fit for the future. I will continue to press for the investment, accountability and transparency needed to make that a reality.

Cllr Kate Ewert
Labour and Co-operative Councillor for the Rame Peninsula and St Germans

THE ROOFING COMPANY LOOE LTD

ALL ASPECTS OF ROOFING UNDERTAKEN

-  NEW ROOF ✓
-  ROOF REPAIRS ✓
-  RIDGES ✓
-  VERGES ✓
-  FACIAS / SOFFITS ✓
-  FLAT ROOF ✓



10
YEARS
GUARANTEE



OVER **25** YEARS
EXPERIENCE



07943 772863



www.theroofingcompany.org.uk



SCAN ME



roofinglooe2026@icloud.com

Quality Workmanship *You Can Rely On*

THE LOCAL POST WELLNESS

SEPTEMBER

Hello September!

A new season, a fresh start and a time to look after you. 

As the days get shorter and we begin to feel the change in the air, it's the perfect time to slow down, reset, and focus on our wellbeing. Small daily habits can make a big difference to how we feel—mind, body and soul.



Mind & Mood

It's normal to feel a dip in mood as the nights draw in. Try these simple tips to support your mental wellbeing:

- **Get outside** – even a short walk in the fresh air can lift your mood.
- **Stay connected** – a chat with a friend or neighbour can make all the difference.
- **Be kind to yourself** – take time to rest and do things you enjoy.
- **Notice the good** – write down three things you're grateful for each day.



Wellness Tip



Keep your energy up naturally

As autumn approaches, keep your immune system strong with plenty of seasonal produce, a good night's sleep and staying hydrated. Try warming foods like soups, stews and root vegetables to nourish and comfort.



Local Event



Looe Food & Drink Festival 13th – 15th September

Celebrate the best of Cornwall with local producers, street food, live music and more. A great day out for all the family! Find out more at: looefoodfestival.co.uk



Seasonal Wellbeing

Simple ways to look after yourself this September



Keep moving – gentle exercise boosts energy and mood.



Eat with the seasons – enjoy apples, pears, squash, leeks and hearty greens.



Rest well – build a calming bedtime routine to help you sleep.



Take a moment – enjoy a cuppa, read a book or try some deep breathing.



Ask for help – it's okay not to be okay. You don't have to do it alone.

*You matter. Your wellbeing matters.
Take time for you this September.*



Quote of the Month

“Every day may not be good, but there is something good in every day.”



Happy Feet
FOOT HEALTH

Professional Footcare Services

SHALLAN CARLOSS

FOOT HEALTH PRACTITIONER

SC86199 DipRFHP S.A.C

COMPLETE FOOTCARE TREATMENT

-  Nail Trimming & Thick Nails
-  Corns
-  Callous & Hard Skin
-  Cracked Heels
-  Fungal Nails
-  Verruca
-  Diabetics Treated

MOBILE
& HOME
VISITS
✓

Tel: 07769 605361

happyfeetfoothealth23@gmail.com

Happy feet foot health

AREAS COVERED

Downderry • Seaton • Looe • Liskeard • Torpoint

and surrounding areas

Look after your mind, body and soul this September 

PHONEY PHONICS – TRICKY TOWNS – SURPRISING SPELLINGS

England has Greenwich and Worcester. Scotland has Edinburgh and Kirkcudbright and Wales has Llanelli and Pwllheli. However, these are pronounced Grenich, Wuster, Edinburra, Kirkobree, Clan-eth-lee and Pwe-feli. Spellings don't always help in correctly pronouncing the name. A clear case of phoney phonics.

Here in our beloved Duchy there are many such, let us say charitably, unusual spellings to trip up visitors and incomers alike. Cornwall is particularly rich in place names whose pronunciation bears little resemblance to their spelling. This arises from the deep influence of the Cornish language, medieval scribal spellings, and later English adaptations that froze spellings while spoken forms continued to evolve. This old spelling/pronunciation clash has come about from Cornish language combined with later Norman/French and English influences as English clerks wrote them down and labelled maps.



Fowey is not Fow-ee but Foy rhyming with boy. Mousehole is not as the obvious rodent catching device name but Mow-zel rhyming with cow-zel. We can't omit Launceston which suggests a 3 syllabic sound. But it is Larn-son. Real Cornish folk say St Ossel. How about Polzeath? You knew it was Pol-zeth not Polz-eeth did'nt you?

Crantock should sound like Cran-tuck. Ruan, and Treliassick sound like Roo-ann and Tray-liss-ick.

Trerulefoot is Tre-rule-foot, rhyming with but and the first "e" sounding as in egg.

Constantine Bay is Con-stan-teen Bay.

Pelynt is Pe-lint with the "y" not behaving as English readers expect. Lastly (pronounced lastlee not last lie. Phony phonics get everywhere!!) Roche is as Rosh. French spelling, Cornish usage, English confusion! (Were you speaking those out loud?)

Bodmin's shouting "I'm straight forward." Yes, I know there are many town names whose phonics stay as the spelling and aid punctuation. I won't bore you tediously with other obvious places. St Germans, Saltash and Parr are of such obedient names.

If I must go on, on another level of inconsistency, we have Tideford with an "i" as in "side" but across the Tamar, cream-first Devonshire folk have Bideford where the "i" is as in "kick."

The linguist and historian Eilert Ekwall commented on the difficulty faced by outsiders:

The pronunciation of many western place names cannot be deduced from their spelling, for they belong to a linguistic world that no longer exists.

Arthur Quiller-Couch, steeped in Cornish tradition, wrote with affectionate irony:

Cornwall insists on being mispronounced by strangers, and corrected by locals, as though the land itself were testing whether one truly belongs.



The travel writer H. V. Morton noted:

To read Cornish place names aloud is to discover that the map has been lying to you, and that the truth lives in the voices of the people.

Finally Daphne du Maurier, deeply attuned to the sound and spirit of Cornwall, remarked:

The names of Cornish places are like the sea itself, shaped by centuries, sometimes gentle, sometimes abrupt, and never quite as they appear on the map.

Just take care in asking directions to Doublebois!

GEOFF WILLIAMS



THE BEACH HOUSE

SEATON BEACH • CORNWALL

FISH CHIPS

TAKE AWAY / EAT IN



OPEN THURSDAY - SUNDAY FROM 10TH SEPTEMBER

FOR BOOKINGS VISIT

www.thebeachhouseseaton.co.uk

OR PHONE 01503 250253






BRUCE

SWEEPS CLEAN!

**PROFESSIONALLY REGISTERED,
RELIABLE CHIMNEY SWEEP**

- * Excellent Service
- * 'Mess free' work
- * Roof and Chimney Drone Inspection Service
- * Cowl & Bird Guard Fitting

- * Birds nest/blockages removal
- * Camera Surveys/Stove Installation
- * Chimney & twin wall liners
- * Supply of stoves & accessories

Appliance and Chimney safety advice

HETAS Registered Sweep and Member of APICS

Call us now

01579 351478 / 07768 750669

www.brucesweeps-clean.co.uk






**SIR ROBERT GEFFERY'S
PRIMARY SCHOOL**
- LANDRAKE -

OPEN DAY

8th July 2026: 9.30-11.00am
7th October 2026: 9.30-11.00am

A school for enthusiasts where children
'live life in all its fullness'. (John 10:10)

Friends and family coming to stay?
Treat them to a Railholiday!



Award-winning holidays, pet-friendly,
accessible, great for exploring by train,
in the vibrant village of St Germans
£50 discount for locals!

www.Railholiday.co.uk



**SOUTHWEST
FUELS**

Competitive Bottled Gas Prices
(Domestic and Commercial)



Ready to Burn certified
Packed Wood and Solid Fuels

CALOR
STRATEGIC PARTNER

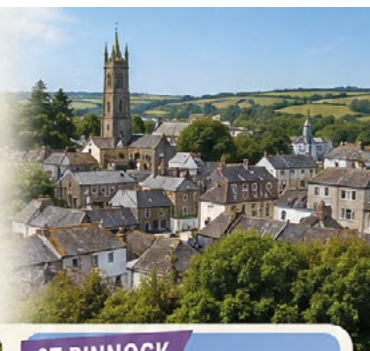
DISTRIBUTING TO SE CORNWALL, SOUTH AND MID DEVON

01752 851829  07787 230090

ORDER ONLINE AT **SOUTHWESTFUELS.NET**

Local Spotlight

LISKEARD, DOBWALLS & ST PINNOCK



Three wonderful places in the heart of South East Cornwall –
each with a rich history, strong community spirit
and plenty to see and do.

LISKEARD



History

Liskeard is an ancient stannary town with roots dating back to medieval times. It was granted a charter in 1202 and grew wealthy from the tin and copper mining that shaped much of Cornwall's history. The town's heritage is still visible today in its characterful streets, historic buildings and fascinating connections to the mining industry.

PLACES TO VISIT

-  **Liskeard Castle**
Explore the ruins of this Norman castle and enjoy spectacular views.
-  **Caradon Heritage Centre**
Discover the story of mining in the Caradon area through engaging exhibits.
-  **Fore Street**
A mix of independent shops, cafés and local businesses in the heart of the town.
-  **Riverside Walks**
Scenic walks along the River Fowey – perfect for a peaceful stroll.

Did you know?

The name Liskeard comes from the Old Cornish 'Liskerret' meaning 'fort by the river crossing'.

DOBWALLS



History

Dobwalls is a charming village with evidence of settlement dating back to pre-medieval times. It grew around agriculture and quarrying, with china clay playing a big part in the area's industry. The village remains a close-knit community with a proud heritage.

PLACES TO VISIT

-  **St Materiana's Church**
A beautiful historic church with roots going back to the 6th century.
-  **Dobwalls & Trewidland Local Nature Reserve**
A peaceful spot for wildlife watching and woodland walks.
-  **The New Inn**
A friendly village pub with great food and a warm welcome.
-  **Village Walks**
Explore the surrounding countryside and enjoy stunning rural views.

Local Tip

Dobwalls is a great base for exploring the scenic areas of South East Cornwall.

ST PINNOCK



History

St Pinnock is a small village with a big history. It was once an important settlement in the ancient hundred of Trigg Major. The village gets its name from St Pinnock, a 6th-century Cornish saint believed to have been a disciple of St Piran. St Pinnock Church is one of the oldest in Cornwall.

PLACES TO VISIT

-  **St Pinnock Church**
A stunning medieval church with beautiful stained glass and ancient yew trees.
-  **St Pinnock's Well**
A historic holy well near the church, surrounded by peaceful countryside.
-  **Great Photo Opportunities**
Enjoy the rolling landscapes and traditional Cornish village scenes.
-  **Countryside Walks**
Quiet lanes and footpaths perfect for walking and connecting with nature.

Worth a visit!

Each of these places has its own story to tell and a warm Cornish welcome awaits.



Support Local, Explore Local, Love Local

Why not plan a day out and discover the history, beauty and charm of Liskeard, Dobwalls & St Pinnock.



RECIPE OF THE MONTH

September

Cornish Apple & Cheddar Tart

A simple, savoury tart perfect for early autumn

This delicious tart combines sweet Cornish apples with rich Cornish Cheddar and fragrant thyme. Lovely served warm with a green salad or soup.



PREP TIME	COOK TIME	SERVES
15 mins	30 mins	4

INGREDIENTS

- 1 sheet ready-rolled puff pastry
- 2 Cornish apples (e.g. Cornish Pippin or Bramley), thinly sliced
- 100g Cornish Cheddar, grated
- 1 red onion, thinly sliced
- 1 tbsp olive oil
- 1 tsp fresh thyme leaves
- 1 tsp wholegrain mustard
- 1 egg, beaten
- Salt and black pepper
- Rocket or salad leaves, to serve



LOCAL LOVE

Look out for Cornish apples, Cornish Cheddar, and fresh thyme from local farm shops and producers.

METHOD

- 1 Preheat your oven to 200°C (180°C fan) / Gas 6.
- 2 Heat the olive oil in a frying pan over a medium heat. Add the sliced red onion and cook for 5–6 minutes until soft and lightly caramelised. Stir in the thyme leaves and mustard, then remove from the heat.
- 3 Unroll the puff pastry onto a baking tray lined with parchment paper. Score a 1cm border around the edge (don't cut all the way through).
- 4 Spread the onion mixture evenly over the base, keeping within the border.
- 5 Arrange the apple slices over the onions in overlapping rows. Sprinkle with grated Cornish Cheddar.
- 6 Brush the pastry border with beaten egg and season the apples with a little black pepper.
- 7 Bake for 25–30 minutes until the pastry is golden and the apples are tender.
- 8 Leave to cool for a few minutes, then slice and serve with a handful of rocket or salad leaves.

Happy cooking! ♥

Do you have a favourite recipe using local produce? We'd love to feature it! Email us at info@thelocalpost.co.uk

SEPTEMBER SERVING SUGGESTIONS

Perfect with a bowl of seasonal vegetable soup or a crisp green salad. Enjoy with a glass of Cornish cider for a true taste of autumn.



Elephant Flair

The Artisan Makers Market

Butchers Hall - Tavistock - 10 to 4 each day

Friday 11th & Saturday 12th September



Follow Elephant Flair on social media



The Indian Summer Collection
Unique clothing created in St Germans
Cornwall from pre-loved sari fabrics



Scan me!

For all this summers events & pop up shops
www.elephantflair.co.uk



THE LOCAL POST MAGAZINE

ADVERT DESIGN

Would you like to advertise with us but don't know where to start with your advert design?



FROM
£25

THE LOCAL POST

Lots of choice

Affordable prices

Let us do the work

CONTACT US

info@thelocalpost.co.uk



South East Cornwall

Prostate, Penile and Testicular Cancer Support Group

Patients, Family and Friends all welcome

Meet on the first Monday of the month at 2pm

The Halfway House Pub and Kitchen.

Polbathic Cornwall PL11 3EY

Monthly meetings will take place on Monday 6th July, 3rd August, 7th September, 5th October, 2nd November and 7th December

CA

The Chestnut Appeal
For Men's Health

WHAT'S ON SEPTEMBER

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.

Tuesday 1st

Pilates	Village Hall	Wilcove	9.30 to 10.20
Coffee Morning	Village Hall	Downderry	10.00 to 12.00
Chair Yoga	Eliot Hall	St Germans	10.30 to 11.30
Short Mat Bowls	Eliot Hall	St Germans	2.00 to 4.00
Dance (Age 4 to 10)	Village Hall	Downderry	2.00 to 4.00
Dance (Age 10+)	Parish Hall	Menheniot	4.15 to 5.15
Pilates	Parish Hall	Downderry	5.20 to 6.20
Hip Hop (Age 10+)	Village Hall	Downderry	6.00 to 7.00
Macrame Course	Parish Hall	Menheniot	6.20 to 7.20
Drama Group	Saltash Studios	Saltash	6.30 to 9.00
	Village Hall	Downderry	7.15 to 10.00

Wednesday 2nd

Tap Class	The Zone	Downderry	10.00 to 11.00
Music Club	The Zone	Downderry	2.00 to 3.30
Badminton Club	Village Hall	Downderry	2.00 to 4.00
Mini Movers (Age 3 - 6)	Parish Hall	Menheniot	4.15 to 5.00
Table Tennis	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 3rd

Bread & Babes	The Zone	Downderry	9.00 to 11.00
Pilates	Eliot Hall	St Germans	10.30 to 11.30
Movement with Martha	The Zone	Downderry	3.30 to 4.30
Pilates	Village Hall	Millbrook	5.30 to 6.20
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
Management Meeting	The Zone	Downderry	7.30

Friday 4th

Yoga	The Zone	Downderry	9.00 to 10.00
Chair Yoga	Village Hall	Downderry	10.30 to 11.30

Saturday 5th

Mindfulness	Saltash Studios	Saltash	10.30 to 12.00
Carn to Cove	Eliot Hall	St Germans	7.00

Widdershins - Cornish folklore and original stories told with a sting, poetry cracked and darkly comic, unforgettable characters and physical theatre with irreverence, wit and silliness. Dark, delicious and delightful! 12+ tickets from village shop or www.carntocove.co.uk

Sunday 6th

Holy Communion	St John Baptist	St John	10.00
Morning Worship	St Mary's & St Julian	Maker	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

Botanical Paper w/shop	Saltash Studios	Saltash	11.00 to 1.30
------------------------	-----------------	---------	---------------

Monday 7th

Pilates	Community Hall	Kingsand	8.00 to 8.50
Strong HER	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
Mens Cancer Support	Halfway House	Polbathic	2.00
Qigong	Village Hall	Downderry	2.00 to 3.00
Craft Cafe	The Zone	Downderry	2.00 to 4.00
Childrens Dance	The Zone	Downderry	5.00 to 6.30

Monday 7th cont

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

Tuesday 8th

Zumba & Line Dance	St Nicolas'	Downderry	9.15 to 10.15
Pilates	Village Hall	Wilcove	9.30 to 10.20
Chair Yoga	Eliot Hall	St Germans	10.30 to 11.30
Short Mat Bowls	Eliot Hall	St Germans	2.00 to 4.00
Short Mat Bowls	The Zone	Downderry	2.00 to 4.00
Dance (Age 4 to 10)	Parish Hall	Menheniot	4.15 to 5.15
Dance (Age 10+)	Parish Hall	Menheniot	5.20 to 6.20
Pilates	Village Hall	Downderry	6.00 to 7.00
Hip Hop (Age 10+)	Parish Hall	Menheniot	6.20 to 7.20
Drama Group	Village Hall	Downderry	7.15 to 10.00

Wednesday 9th

Tap Class	The Zone	Downderry	10.00 to 11.00
C'Bus Coffee Morning	Village Hall	Downderry	10.30 to 11.30
Badminton Group	Village Hall	Downderry	2.00 to 4.00
Music Club	The Zone	Downderry	2.00 to 3.30
Mini Movers (Age 3 - 6)	Parish Hall	Menheniot	4.15 to 5.00
Yarn Club	Eliot Hall	St Germans	5.30 to 7.30
Table Tennis	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

WELCOME TO CORNWALL'S NEWEST,
SMALLEST & FRIENDLIEST CINEMA:

SALTASH STUDIOS

SHOWING IN SEPTEMBER:

Fri 11 ROSE OF NEVADA 15

Fri 18 MICHAEL 12A (7pm start)

Fri 25 LADY 15

BAR OPENS 7pm. FILMS START 7.30pm.

TICKETS £8 Full Price
£7 concs / £4 U16s

www.saltashstudios.org
07303143751

24 Fore St,
Saltash, PL12 6JL

**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.

Thursday 10th

Bread & Babes	The Zone	Downderry	9.00 to 11.00
Pilates	Eliot Hall	St Germans	10.30 to 11.20
Thursday Club	Eliot Hall	St Germans	2.00 to 4.00
Movementwith Martha	The Zone	Downderry	3.30 to 4.30
Pilates	Village Hall	Millbrook	5.30 to 6.20
Hatha Yoga	Saltash Studios	Saltash	6.00 to 7.00
Box Fit	Village Hall	Downderry	6.00 to 7.00
Martial Arts	St Nicolas'	Downderry	7.00 to 9.00
Devioc Parish Council	The Zone	Downderry	7.00
Drama Group	Village Hall	Downderry	7.30 to 10.00
Macrame Club	Saltash Studios	Saltash	7.30 to 9.00

Friday 11th

Moondance Studios	Sterts Arts	Upton Cross	Three Days
Yoga	The Zone	Downderry	9.00 to 10.00
Chair Yoga	Village Hall	Downderry	10.30 to 11.30
Auction & Music	Village Hall	Downderry	6.30 to 11.00
Film Rose of Nevada	Saltash Studios	Saltash	7.30 to 9.20

Saturday 12th

Moondance Studios	Sterts Arts	Upton Cross	Three Days
-------------------	-------------	-------------	------------

Sunday 13th

Moondance Studios	Sterts Arts	Upton Cross	Three Days
Morning Worship	St Phillip & St James	Maryfield	10.00
Evensong	St Germanus	Rame	6.00

Monday 14th

Pilates	Community Hall	Kingsand	8.00 to 8.50
Strong HER	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	The Zone	Downderry	2.00 to 4.00
Childrens Dance	The Zone	Downderry	5.00 to 6.30
Legs, Bums & Tums	St Nicolas'	Downderry	6.00 to 7.00
Yoga	The Zone	Downderry	6.45 to 8.15
Line Dancing	St Nicolas'	Downderry	7.15 to 8.15
Gardening Club Talk	Memorial Hall	St Clear	7.15

Tuesday 15th

Pilates	Village Hall	Wilcove	9.30 to 10.20
Chair Yoga	Eliot Hall	St Germans	10.30 to 11.30
Short Mat Bowls	Eliot Hall	St Germans	2.00 to 4.00
Short Mat Bowls	Village Hall	Downderry	2.00 to 4.00
WI	The Zone	Downderry	2.00 to 4.00
Dance (Age 4 to 10)	Parish Hall	Menheniot	4.15 to 5.15
Ballet	The Zone	Downderry	4.30 to 8.00
Dance (Age 10+)	Parish Hall	Menheniot	5.20 to 6.20
Pilates	Village Hall	Downderry	6.00 to 7.00
Hip Hop (Age 10+)	Parish Hall	Menheniot	6.20 to 7.20
Japanese Ink W'shop	Saltash Studios	Saltash	7.00 to 9.00
Drama Group	Village Hall	Downderry	7.15 to 10.00

Wednesday 16th

Tap Class	The Zone	Downderry	10.00 to 11.00
Music Club	The Zone	Downderry	2.00 to 3.30
Badminton Club	Village Hall	Downderry	2.00 to 4.00
Mini Movers (Age 3 - 6)	Parish Hall	Menheniot	4.15 to 5.00
Table Tennis	The Zone	Downderry	6.00 to 7.00
Yoga	The Zone	Downderry	7.15 to 8.30
Gardening Club	Eliot Hall	St Germans	7.00
Whitsand Harmony	Village Hall	Downderry	7.30 to 9.30

Thursday 17th

Bread & Babes	The Zone	Downderry	9.00 to 11.00
Pilates	Eliot Hall	St Germans	10.30 to 11.20
Movementwith Martha	The Zone	Downderry	3.30 to 4.30
Pilates	Village Hall	Millbrook	5.30 to 6.20
Box Fit	Village Hall	Downderry	6.00 to 7.00
Martial Arts	St Nicolas'	Downderry	7.00 to 9.00
Seaweed W'shop	The Zone	Downderry	7.30 to 9.30
Drama Group	Village Hall	Downderry	7.30 to 10.00

Friday 18th

Yoga	The Zone	Downderry	9.00 to 10.00
Chair Yoga	Village Hall	Downderry	10.30 to 11.30
Film: Michael	Saltash Studios	Saltash	7.30 to 9.35

Saturday 19th

Makers Market	Saltash Studios	Saltash	10.00 to 3.00
Little & Bigger B'fast	Village Hall	Downderry	10.00 to 1.00

Sunday 20th

Holy Communion	St James	Torpoint	10.00
Morning Worship	St Marys	Shevioc	10.00
Meeting Mortality	Motts Sauna	Menheniot	10.00 to 6.00
Producers Market	Village Hall	Downderry	10.00 to 1.00

Monday 21st

Pilates	Community Hall	Kingsand	8.00 to 8.50
Strong HER	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	The Zone	Downderry	2.00 to 4.00
Childrens Dance	The Zone	Downderry	5.00 to 6.30
Legs, Bums & Tums	St Nicolas'	Downderry	6.00 to 7.00
Yoga	The Zone	Downderry	6.45 to 8.15
Line Dancing	St Nicolas'	Downderry	7.15 to 8.15

Tuesday 22nd

Zumba & Line Dance	St Nicolas'	Downderry	9.15 to 10.15
Pilates	Village Hall	Wilcove	9.30 to 10.20
Chair Yoga	Eliot Hall	St Germans	10.30 to 11.30
Short Mat Bowls	Eliot Hall	St Germans	2.00 to 4.00
Short Mat Bowls	Village Hall	Downderry	2.00 to 4.00
Dance (Age 4 to 10)	Parish Hall	Menheniot	4.15 to 5.15
Ballet	The Zone	Downderry	4.30 to 8.00
Dance (Age 10+)	Parish Hall	Menheniot	5.20 to 6.20
Pilates	Village Hall	Downderry	6.00 to 7.00
Hip Hop (Age 10+)	Parish Hall	Menheniot	6.20 to 7.20
Drama Group	Village Hall	Downderry	7.15 to 10.00

WHAT'S ON SEPTEMBER

LISTINGS FOR ALL THE
FAMILY

LISTINGS FOR ALL THE FAMILY

WWW.THELOCALPOSTMAGAZINE.CO.UK
SUBMISSION DEADLINE EACH MONTH IS THE 10TH

Tap Class	The Zone
Music Club	The Zone
Badminton Club	Village Hall
Mini Movers (Age 3 - 6)	Parish Hall
Table Tennis	The Zone
Yoga	The Zone
Whitsand Harmony	Village Hall

Bread & Babes	The Zone
Pilates	Eliot Hall
Thursday Club	Eliot Hall
Movementwith Martha	The Zone
Pilates	Village Hall
Box Fit	Village Hall
Deviock Parish Council	The Zone

Yoga	The Zone
Chair Yoga	Village Hall
Bingo	Village Hall
Film: Lady	Saltash Studios

Silver Ring Workshop	The Zone	Downderry	10.00 to 2.00
----------------------	----------	-----------	---------------

Holy Communion	St Nicolas'	Downerry	10.00
Soundbath	The Zone	Downerry	2.30 to 4.00
Walk to service	Rame Chapel	Rame	3.00

Looe Festival of Words		Various venues	Looe	ALL WEEK
Pilates		Community Hall	Kingsand	8.00 to 8.50
Strong HER		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		The Zone	Downderry	2.00 to 4.00
Childrens Dance		The Zone	Downderry	5.00 to 6.30
Legs, Bums & Tums		St Nicolas'	Downderry	6.00 to 7.00
Yoga		The Zone	Downderry	6.45 to 8.15
Line Dancing		St Nicolas'	Downderry	7.15 to 8.15
Voyage of Mayflower		Village Hall	Downderry	7.00 to 9.30

Downerry	10.00 to 11.00	Zumba & Line Dance	St Nicolas'	Downerry	9.15 to 10.15
Downerry	2.00 to 3.00	Pain Cafe	Saltash Studios	Saltash	9.30 to 11.00
Downerry	2.00 to 4.00	Pilates	Village Hall	Wilcove	9.30 to 10.20
Menheniot	4.15 to 5.00	Chair Yoga	Eliot Hall	St Germans	10.30 to 11.30
Downerry	6.50 to 7.00	Short Mat Bowls	Eliot Hall	St Germans	2.00 to 4.00
Downerry	7.15 to 8.30	Short Mat Bowls	Village Hall	Downerry	2.00 to 4.00
Downerry	7.30 to 9.30	Dance (Age 4 to 10)	Parish Hall	Menheniot	4.15 to 5.15

Downderry	6.00 to 7.00	Tap Class	The Zone	Downderry	10.00 to 11.00
Downderry	6.30	Music Club	The Zone	Downderry	2.00 to 3.30
		Badminton Club	Village Hall	Downderry	2.00 to 4.00
		Mini Movers (Age 3 - 6)	Parish Hall	Menheniot	4.15 to 5.00
Downderry	9.00 to 10.00	Table Tennis	The Zone	Downderry	6.00 to 7.00
Downderry	10.30 to 11.30	Yoga	The Zone	Downderry	7.15 to 8.30
Downderry	6.30 to 9.30	Whitsand Harmony	Village Hall	Downderry	7.30 to 9.30

www.downderryandseatonvillagehall.co.uk
Eliot 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
Sterts Arts - sterts.co.uk
Wilcove Village Hall - wilcovevillagehall@btinternet.com
Menheniot Parish Hall - MenheniotParishHall@gmail.com
Looe Festival of Words - www.looefestivalofwords.co.uk

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

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

TWO GREAT EVENTS

ONE GREAT VENUE!

CHARITY QUIZ NIGHT

SATURDAY 26TH SEPTEMBER

£3 PER PERSON

MAX 6 PEOPLE PER TEAM

PROCEEDS TO THE COMMUNITY BUS

PLUS PLAY YOUR CARDS RIGHT!

PLEASE MENTION YOU ARE PLAYING THE QUIZ WHEN BOOKING

★ **TICKETS ONLY** ★

£3

PER PERSON

MURDER
Mystery Night

AT THE SMUGGLERS INN

★ **SATURDAY 5TH SEPTEMBER** ★

★ **A WAR-TIME THRILLER... 1944** ★

Allied invasion plans...
German spies in the shadows...
Churchill is in deadly danger!

THE THREAT LEVEL IS... CRITICAL!

CAN YOU UNCOVER THE CONSPIRACY?

★ **TICKET OPTIONS** ★

£15

PER PERSON

TICKET ONLY

(FOOD NOT INCLUDED)

OR

£30

PER PERSON

INCLUDES FISH & CHIPS

OR BEEF & ALE PIE,

PEAS & CHIPS

FOR BOOKINGS CALL
01503 250923

OR

OR BOOK ONLINE AT
WWW.SMUGGLERSINN.CO.UK

★ **GREAT EVENTS** ★ **GREAT FOOD** ★ **GREAT ATMOSPHERE** ★



CHLOE'S DOG GROOMING

NOW OPEN FOR BOOKINGS

Because your pet needs a pampering too, all sizes and breeds welcome.

CALL 07503 534212 FOR ENQUIRIES AND APPOINTMENTS

BASED IN ST GERMANS, ON THE PORT ELIOT ESTATE, IN THE STABLE YARD A COUPLE DOORS UP FROM THE LOVELY CAFE.
PL12 5ND



LUKE'S
THE CLEANING COMPANY

PROFESSIONAL • RELIABLE • TRUSTED

*Bringing sparkle to your home
so you can enjoy what matters most.*

☎ **07857050770**

OUR SERVICES
DOMESTIC CLEANING • HOLIDAY HOMES
END OF TENANCY




THE BEACH HOUSE
SEATON BEACH, CORNWALL PL11 3JD

ROAST ON THE COAST

EVERY SUNDAY FROM 20TH SEPTEMBER • KIDS UNDER 12 - £5

BOOKING ESSENTIAL, VISIT
www.thebeachhouseseaton.co.uk
OR PHONE 01503 250253

f 

BAY VIEW DENTISTRY
AT MAPLECROFT

Maplecroft Dental Practice is under new ownership and is undergoing some exciting changes. Whilst these are underway, we are still here to look after all your dental needs.....

New Patients Welcome
Routine Dental Care and more!
Dental Implants
Tooth straightening with Spark Clear Aligners



Call us on: 01503 262001 or email: frontdesk@bayviewdentistry.co.uk

"A BRIGHTER SMILE, JUST AROUND THE BAY"

NEW NAME, SAME SMILES. WE LOOK FORWARD TO SEEING YOU
BAY VIEW RD, LOOE BARBICAN PL13 1JN



Naomi's Foot Care
Professional Foot Health Practitioner
Qualified • Experienced • Trusted

With over 13 years' experience within the NHS and 6 years in clinical foot care, I provide safe, professional treatment tailored to each client's needs.

- ✓ Fully insured & DBS checked
- ✓ Registered and CPD accredited
- ✓ Infection recognition & prevention

Specialist care for:

- Diabetes foot care
- Wound care
- Infection recognition & prevention

Appointment fee: £30
☎ 07809 690385
Facebook: Naomi's Foot Care

Naomi's Foot Care
S.A.C DIP (FHP Advanced)
Foot Care Practitioner

Treating common foot disorders

- ✓ Foot health care
- ✓ Nail cutting
- ✓ Diabetes care
- ✓ Athletes foot
- ✓ Corns
- ✓ Callus
- ✓ Cracked heel/fissures
- ✓ Fungal Nail
- ✓ Hard Skin

Mobile: 07809 690385



WOOF & WALSH
PET CARE SERVICES

Fully insured & first aid trained

**Dog boarding, walking
& pet drop in service.**

m. 07811 444072 t. 01503 230735
e. woofandwalsh@gmail.com
www.woofandwalsh.co.uk


QUERCUS
 TREE & GARDEN SERVICE
TOBIAS O'REILLY
07760416671
quercustreeandgardenservices@gmail.com

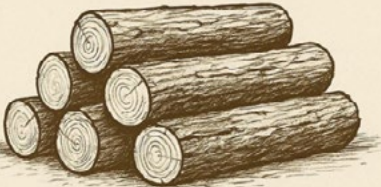
ALL ASPECTS OF TREE WORK & GROUNDWORK UNDERTAKEN.

FULLY INSURED & FULLY QUALIFIED ARBORISTS.

LOGS AVAILABLE.

GARDEN MAINTENANCE.

24 CALL OUT SERVICE.

LOGS FOR SALE

£80 A LOAD DELIVERED
07760 416671

Domestic and Commercial Metal Guttering Manufacture and Installation



Full 15 Year Guarantee
Established For Over 25 Years



Cast Aluminium & Iron Options



Box Gutters & Pipeworks



Fascia & Soffit Cladding

SERVING THE SOUTH WEST SINCE 2001

0800 852 7762 • 07346 811 841
info@metalguttercompany.co.uk
www.metalguttercompany.co.uk

THE LOCAL POST  GARDENING
SEPTEMBER 

GARDENING

in September

September is a lovely time in the garden here in South East Cornwall. The days are still mild, the soil is warm and there's plenty to do to keep your garden looking beautiful through autumn and beyond.



Enjoy your garden this autumn!

What to do this month

-  **Plant spring bulbs** – Get daffodils, tulips and crocuses in the ground now for a colourful display next year.
-  **Divide perennials** – Lift and divide crowded plants like hostas, daylilies and asters to keep them healthy and free.
-  **Tidy borders** – Cut back faded perennials and remove any tired annuals. Add a layer of compost or mulch to feed the soil.
-  **Sow for winter** – Try hardy vegetables like broad beans, garlic, spinach and winter lettuce.
-  **Prune with care** – Lightly prune fruit trees and shrubs, but avoid heavy pruning which can encourage new growth before winter.
-  **Look after wildlife** – Top up bird feeders, leave seed heads for birds and create cosy spots for hedgehogs.



Cornish Gardening Tip

With our mild Cornish climate, many plants keep growing later into autumn. Keep an eye on the weather forecast and be ready to protect tender plants if a frost is on the way.

Plants to enjoy this month



Asters
Bring late colour and attract bees.



Sedum
Hardy and great for pollinators.



Cyclamen
Perfect for pots and shaded spots.

Jobs for the vegetable patch 

- Harvest tomatoes, courgettes, beans and late potatoes.
- Keep picking regularly to encourage more crops.
- Clear out spent plants and add green manure or compost to enrich the soil.
- Start planning next year's layout!

Don't forget...

Now is a great time to take cuttings from favourite plants and share with friends and neighbours. 

KJ WILDERSCAPES

Garden & Landscape Design

Including
 Garden Design & Build
 Landscaping
 Wildlife Friendly Gardening
 Pruning • Maintenance • Advice

Email:
kjwilderscapes@gmail.com

Call Kevin on:
07939 585375

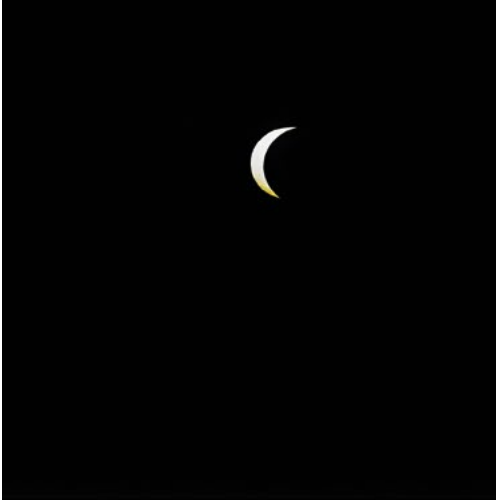
www.kjwilderscapes.co.uk

Happy Gardening!  Send your garden photos to hello@thelocalpost.co.uk – we'd love to see them!

PHOTO OF THE MONTH

THE SOLAR ECLIPSE 2026

-AMY JONES



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

QUEEN STREET SHUTTERS



Warmer in Winter
Cooler in Summer

Free no obligation quote



07501 227004 / 01208 243486
info@queenstreetshutters.co.uk
queenstreetshutters.co.uk



Local and affordable
Quality shutters and
blinds

More from your holiday home, on your terms

Not all holiday letting is created equal. As your local Host for Looe & East Cornwall, I take a more thoughtful approach, one designed to deliver consistent, reliable returns while giving you the flexibility to enjoy your home as you choose.

Powered by HolidayHost's award-winning model, I work closely with a small number of owners to provide hands-on local oversight, supported by an expert team behind the scenes, so everything is taken care of, without the weight of it sitting with you.

From pricing and performance to the finer details that shape every stay, nothing gets missed. The result is a simpler, more transparent way to let, one that works around you, not the other way round.

Because when hosting is done well, your holiday let doesn't just perform better. It delivers more; financially, practically, and personally.

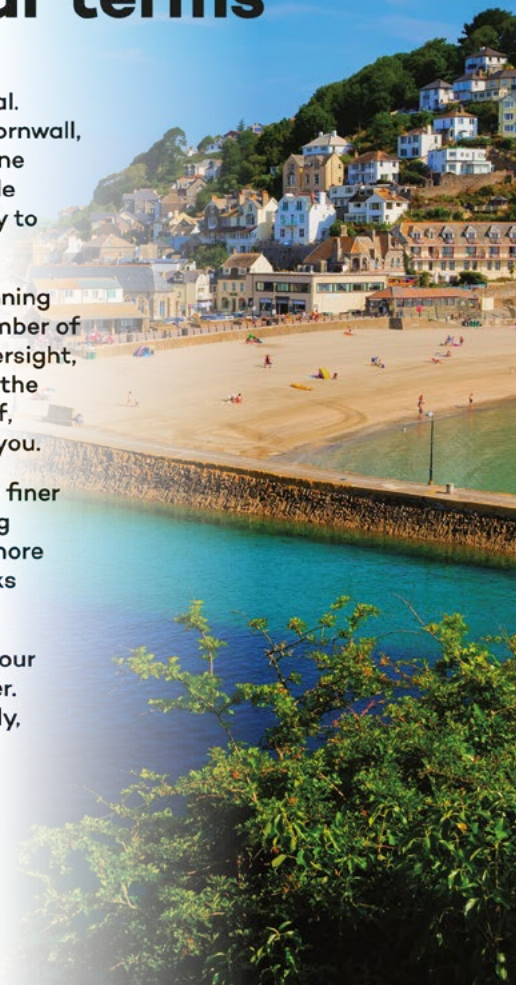
Claire Weston

HolidayHost,
Looe & East Cornwall



01503 654 025
claire.weston@holidayhost.co.uk
holidayhost.co.uk

**Holiday
Host**



JDS ROOFING



JDS ROOFING

Working throughout
Cornwall

FREE QUOTES

No job
too small

✓ Local
✓ Reliable
✓ Trusted

New & Repaired Roofing
Pitched | Pent | Flat
Fibreglass | Slate | Tile | Felt

Property Maintenance
Chimneys | Leadwork
Ridge Tiles | Guttering



✓ Fast
✓ Friendly
✓ Professional

Fully
Insured



PHONE - 0800 303 2533 MOBILE - 07551538845
EMAIL - jims78442@gmail.com



JDS ROOFING

Simplicity
BY SOUTH WEST ECO ENERGY



FIXED PRICE 4kW SOLAR

- 8 x Trina 455w Panels
- Fox 3.6kW String Inverter
- 5 Year Workmanship Warranty
- 5 Year Insurance Backed Guarantee
- Scaffold to ONE Elevation
- Fully Installed

£3995

FIXED PRICE 4kW SOLAR with 6kW BATTERY

- 8 x Aiko 510w Panels
- Fox 3.6kW Hybrid Inverter
- Fox 6kWh Battery
- 5 Year Workmanship Warranty
- 5 Year Insurance Backed Guarantee
- Scaffold to ONE Elevation
- Fully Installed

£6599

No gimmicks or special offers. **Just Honest Pricing**



CALL US NOW
and get installed in 4 weeks

01752 218869



**Damp
Defeated,
Homes
Protected!**



**DAMPBUSTERS
SOUTHWEST**

**Stop Living in a
Human-Sized Sponge.**

**Resolve Your Damp & Mould Issues,
Permanently!**

Who You Gonna Call?

01752 425220

www.dampbusterssouthwest.co.uk



The Chimney Serviceman Ltd

Fully Insured | Domestic & Commercial

- Chimney sweeping
- Stove Maintenance
- Blockage Removal
- Flue Liners
- Stack Inspections
- CCTV Flue Surveys
- Drone Surveys
- Pot & Cowl Services
- Wood & Multi-Fuel Stove Installations
- Chimney Stack Renovations

07557 497 093

THECHIMNEYSERVICEMAN@GMAIL.COM



Scan for Contact Details



St Austell Construction & Renovations



Laurence Meeks
07970 209806
Email:
laurencemeeks@yahoo.co.uk

- New Builds
 - Loft Conversions
 - Supply & installation Service of
 - Kitchens, Bathrooms & Conservatories
 - Pre Planning Advice
 - Insurance Work
 - Maintenance
 - Disability Property Adaptation
- Call out service, approved tradesman & references



- Windows
 - Facia's
 - Patios
 - Deckings
 - Driveways
 - Outdoor Furniture
- Reliable | Professional | Affordable
Fully Insured
Local and Trusted
Friendly Service



jetstream.windows@gmail.com



07500223796

M&A PLUMBING & HOME SERVICES

Friendly Local Plumber
No Job Too Small
Free quotes & OAP discounts



Call Adrian on 07455634697
For all your plumbing needs

Anthony's Taxis

www.anthonystaxis.co.uk
07788900222



Based in St Germans, We have 3 taxis, 1 estate car, an 8 seater and 1 wheelchair accessible taxi, which can carry 7 people and a wheelchair.

SIMON'S HANDYMAN SERVICES

HOURLY/HALF/FULL DAY RATES

HOUSEHOLD DIY

PAINTING/DECORATING

FLATPACK & BUILD

GENERAL HOME/GARDEN/GARAGE TIDY

"HOUSE SALE SPRUCE UP!"

NO JOB TOO SMALL



CALL SIMON

07562 365970

IF I HAVE MY HANDS FULL, LEAVE A MESSAGE



Are you struggling with EARWAX?

We offer Microsuction & Warm Water Irrigation, both safe and effective techniques for ear wax removal

Fully trained & qualified in safe ear wax removal techniques. Fully insured, DBS checked and a friendly service.

Great Service, my hearing is super clear and the procedure was carried out by a true professional, very good value for money.

★★★★★

Very friendly and kind, great service, clean and professional. Would recommend

★★★★★

www.earcaresouthwest.co.uk
or call 07899 548 979

• Clinic & Home appointments

Find us: Conveniently located at Cobblers Cottage, Looe, West Looe, PL13 2HA

Muststep Podiatry



HCPC Registered Podiatrist with NHS experience, supported by experienced Foot Health Practitioner.

We offer: Nail & skin care (corns, callus, cracked heels). • Thickened & ingrown toenail treatment. • Verruca care • Foot pain assessment & rehab • Biomechanical assessment & Custom insoles

Tracy is very friendly and is a fantastic podiatrist my feet always feel great after she's been and I enjoy her visits I'm so lucky to have found her. I highly recommend her

★★★★★

**Book
Online
Today**

www.muststep.com
or call 07522 577 012

• Reduced rates for Care Homes

CHOUGH ROOFING

ALL TYPES OF ROOFING COVERED
EVERYTHING FROM REPAIRS TO FULL RE-ROOFS

CALL OR EMAIL FOR A FREE ESTIMATE

07711 687 345

CHOUGHROOFING@GMAIL.COM



CHOUGH ROOFING

PAUL ALLEN PAINTER & DECORATOR

OVER 45 YEARS EXPERIENCE

CITY & GUILDS ADVANCED
QUALIFICATION

INTERNAL & EXTERNAL WORK

ALL TYPES WALLPAPERING

FULLY INSURED

I PROVIDE A PROFESSIONAL
SERVICE AT A REASONABLE COST

PLEASE CONTACT ME FOR A FREE ESTIMATE

MOBILE: 07548 941437

EMAIL: PAUL.ALLEN300@BTINTERNET.COM

FOR ALL YOUR WINDOW & DOOR REQUIREMENTS

Tamar View Nurseries

01752 841008

realistic-uk.co.uk

Realistic
HOME IMPROVEMENTS LTD



BACK TO SCHOOL



WORD SEARCH

Find the back to school words hidden in the grid.

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

SPOT THE DIFFERENCE

Can you find 8 differences between the two pictures?



BACKPACK
NOTEBOOK
PENCIL
LEARNING
CLASSROOM
TEACHER
HOMEWORK

FRIENDS
SCHOOL
SCHOOL BUS
READING
STUDY
BOOKS
SCIENCE

RULER
PEN
PAINT
SMILE
GAMES



Hello SEPTEMBER

WORD SEARCH

September brings golden days, new beginnings and the first hints of autumn. Find the words below hidden in the puzzle.

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

Words to find

AUTUMN	NEW TERM	SUNFLOWER	EVENINGS
HARVEST	BEGINNING	SEASON	HARVEST MOON
PUMPKINS	MIGRATION	CRISP	KINDLE
ACORN	BIRDS	MORNINGS	PLANNER
AMBER	BLACKBERRY	RUSTLE	JEWELS
RAINFALL	GRAPES	WALKS	CHILLY
EQUINOX	HAY BALE	QUIET	COLOUR

SEPTEMBER TIP: Make the most of the last of the long days – get outside, breathe in the fresh air and enjoy nature before autumn fully arrives.

September IN CORNWALL



As summer fades, Cornwall slows down into a beautiful early autumn. Hedgerows are full of berries, the seas are still warm enough for a swim, and crisp mornings are perfect for exploring our stunning coastlines and countryside.

Did you know?



September's birth flower is the Aster, a pretty daisy-like bloom that symbolises wisdom, faith and love.

Enjoy the season!



Get out, explore and enjoy the best of September in Cornwall!

SILAS COVE

BEACH BAR

Beach Bar serving
Pizza
Tapas &
Sea views



silas_cove



Silas Cove



info@silascove.co.uk

Silas Cove
Finnygook Lane
Portwrinkle
PL11 3BP



Solution Focused Hypnotherapy

Helps treat anxiety, stress, phobias, smoking, exams, confidence etc...

www.walshhypnotherapy.co.uk

Call Joanna on 07811 444072



WHITEHAIR ENGINEERING

LAND ROVER 4x4 SPECIALIST

We also service & repair all vehicles, horse/cattle boxes & trailer servicing • MOT Prep • Welding & fabrication • Land Rover parts and accessories

CALL IAN: 07861 708 996

Unit 6, The Chicken Shed, Little Trethew Farm, Horningtops, Liskeard, Cornwall PL14 3GF

Workshop: 07861 708 996

Email: ian@whitehairengineering.co.uk

WWW.4X4REPAIR.CO.UK



**ESTATE AGENTS • LETTINGS
PROPERTY MANAGEMENT**

Ideal Property Group
1 Fore Street, Torpoint PL11 2AA

Ideal Homes Sales and Waterside Department
01752 812333
sales@idealhomes-sw.co.uk

Ideal Lettings and Property Management
01752 812600
lettings@idealhomes-sw.co.uk

