

THE LOCAL POST

AUG SOUTH EAST CORNWALL 2025



SUMMER BEER, CIDER & MUSIC FESTIVAL

SAT 16th AUG

Push Through
The DerryAirs
Long Gone Silver
The Whiskey Slingers
Black Friday
The Ha Ha's
Finish 11pm

SUN 17th AUG

The Guise
Big Tree Trio
Charlie & Harry Churchill
The Equalisers
Finish 8pm

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CLLr Kate Ewert – Rame Peninsula & St Germans division.



CLLR KATE EWERT

As we step into August (can you believe it?), I'm struck by how quickly this year is flying by. We're now well into the summer season, and thankfully, it's shaping up to be a much brighter one than last year—weather-wise at least! I'm writing this in July, so fingers crossed I haven't jinxed it... Now, onto some brilliant news I'm absolutely thrilled to share: after years of campaigning, we've finally secured funding for a signalised (push-button) pedestrian crossing in Tideford.

This is a huge step forward for the village, which has long been divided by the busy A38. Ideally, we'd be looking at a bypass to solve the issue of severance once and for all—but we know that's a long-term ambition, and even if approved tomorrow, it would be a decade or more before we saw any real progress. Since being elected in 2021, I've heard time and again from residents in Tideford about the need for a safe way to cross the road. I've raised it at every opportunity, and I'm so pleased that Cornwall Highways and National Highways have finally recognised the urgency and are prioritising this crossing.

I know not everyone will be on board—some worry about congestion, others think it won't be used, or that we should hold out for a bypass. I hear those concerns, truly. But this crossing offers a real, near-term solution to a very real safety issue. With the speed limit through Tideford being reduced to 30mph and other safety measures on the way, we're starting to see the A38 become a safer road for everyone. A massive thank you to the Safe38 campaign group, St Germans Parish Council, and all the local residents who've worked so hard to get us to this point. Your persistence has paid off.

There will be a public consultation on the crossing very soon—I'll share the details on my Facebook page and in this column. Please do take a moment to have your say. I'm really proud to share that I've been elected Chair of the Together for Families Scrutiny Committee at Cornwall Council. Having served on this committee for the past four years, it's a real honour to now be leading it.

This is a role that means a great deal to me personally. As a parent of a child with SEND, I've experienced first-hand how challenging it can be to navigate the system. That lived experience drives my commitment to making things better—not just for families like mine, but for every child and young person growing up in Cornwall.

We can't just talk about wanting Cornwall to be a brilliant place to grow up—we have to make it one. That starts from pregnancy and continues right through to post-16 education. There's a lot of work to do, and I'm determined to use this platform to bring meaningful challenge and scrutiny to the Council's work—so that we can deliver real, positive change for families across our county.

And as always, if you live in the Rame Peninsula and St Germans division and need my help, don't hesitate to get in touch: cllr.kate.ewert@cornwall.gov.uk

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The Ferry Tale of Torpoint

Oh, hello, let me tell you my story! I'm one of the Torpoint Ferries, faithfully crossing the River Tamar between Cornwall and Devon for nearly two centuries now. You might say I am part of the very fabric that connects these two beautiful counties. I was born of necessity back in 1791, when my first incarnation was just a simple rowing boat. Those were humble beginnings, I tell you! My job was to ferry folks between Torpoint and what would later become Devonport. Life was slower then, and my wooden oars would slice through the waters as I carried passengers across the Tamar's swift currents.

By 1831, I evolved into something grander – a proper chain ferry! That was quite the innovation for its time, let me tell you. They strung these massive chains across the river, and I would pull myself along them. Much more reliable than those old oars, especially when the weather turned nasty. The steam engine they gave me in 1834 was a real game-changer – no more relying on pure muscle power! Over the decades, I've seen so many changes. The Royal Navy dockyard grew around me, and I played my part in two World Wars, carrying servicemembers, vehicles and supplies back and forth. I've transported everything from horse-drawn carriages to modern cars, from Victorian ladies in their bustles to today's commuters with their smartphones.

In 1922, I was modernized with diesel-electric power, and by 1960, I had three vessels operating in a continuous service. That was when things really got busy! Today, we three modern ferries – Plym II, Tamar II, and Lynher II – work together like a well-oiled machine. We can carry up to 73 cars and 400 passengers each crossing, making the journey every 10 minutes or so. Every year, I carry over 2.5 million vehicles and countless passengers. Not bad for an old-timer, eh?



But what really warms my heart is being part of so many people's daily lives. I've seen generations of families cross these waters – children growing up, going to school, then bringing their own children aboard. I've witnessed countless sunrises and sunsets, weathered storms and calm days alike, always staying true to my purpose: connecting communities across the Tamar.

And here I am, still going strong, still part of the lifeblood of Cornwall and Devon. Not many services can claim to have served their community for over 200 years, but I'm still here, still proud, still crossing the Tamar day after day, come rain or shine.

Before I go I must tell you: I've written a song about myself "Ferry 'cross the Tamar" You must buy it when it comes out! I'm know it's going to be big! You could say "It'll make a big splash!"

As told to Geoff Williams

AUGUST RECIPES

Epic summer salad

400g black beans drained
2 large handfuls baby spinach leaves - roughly chopped
500g heritage tomatoes chopped into large chunks
½ cucumber - halved lengthways, seeds scooped out and sliced on an angle
1 mango - peeled and chopped into chunks
1 large red onion - halved and finely sliced
6-8 radishes - sliced
2 avocados - peeled and sliced
100g feta - crumbled
handful of herbs

For the dressing

large bunch of mint
small bunch of coriander
small bunch of basil
1 fat green chilli - deseeded and chopped
1 small garlic clove
100ml extra virgin olive oil - or rapeseed oil
2 limes - zested and juiced
2 tbsp white wine vinegar
2 tsp honey

Perfect for BBQs and buffets, our epic salad is an assembly job of gorgeous ingredients – no cooking required. Serve it with lamb kebabs for an impressive summer feast



Step 1

Make the dressing by blending all of the ingredients in a food processor (or very finely chop them), saving a few herb leaves for the salad. You can make the dressing up to 24 hrs before serving.

Step 2

Scatter the beans and spinach over a large platter. Arrange the tomatoes, cucumber, mango, onion and radishes on top and gently toss together with your hands. Top the salad with the avocados, feta and herbs, and serve the dressing on the side.

BBC food

Non-alcoholic summer spritz

½ ripe passion fruit - pulp only
1 tbsp sugar syrup
handful of ice
125ml sparkling water

BBC FOOD

Step 1

Tip the passion fruit pulp, lime juice and sugar syrup into a wine glass and gently muddle using a muddler or the end of a rolling pin.

Step 2

Add the ice and sparkling water and stir before serving.



SUMMER WELLNESS

Cornwall in August is a haven for healthy living. With its sweeping coastlines, fresh sea air, and an abundance of seasonal produce, it's the perfect place to embrace a healthier lifestyle – whether you're a local or just visiting.



Get Active by the Sea

Make the most of the outdoors with activities that boost both body and mind. Explore stretches of the South West Coast Path for a heart-healthy walk with unforgettable views. Try wild swimming at Gyllyngvase Beach or Porthcurno to improve circulation and mood, or take a surf lesson in Newquay for a fun, full-body workout. Prefer wheels? Cycle the traffic-free Camel Trail with the family.

Eat the Cornish Way

August is peak season for local produce. Visit farmers' markets in Truro, Penzance, or Wadebridge to fill your basket with fresh veg, berries, and artisan goods. Seafood lovers can enjoy grilled mackerel or locally caught crab from coastal fishmongers. For a hands-on experience, head to a pick-your-own farm – a fun way to get fresh fruit and encourage healthy eating in kids.

Focus on Wellbeing

Wellness isn't just physical. Unplug with forest bathing in Cardinham Woods or join a beach yoga session in Carbis Bay. These activities reduce stress, promote mindfulness, and connect you with nature.

Stay Safe & Hydrated

Carry a reusable water bottle and choose reef-safe sunscreen to protect yourself and the environment.

This August, let Cornwall's natural beauty inspire your journey to better health. From active adventures to nourishing food and mental recharge, there's no better time – or place – to feel your best.

Sidebar Tip Box: "Quick Tips for a Healthy Cornish August"

- Snack on local berries
- Try a traffic-free cycle trail
- Swim or paddle every few days
- Practice yoga with a sea view
- Picnic with homemade, fresh foods
- Leave no trace – keep beaches clean

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AUGUST

Sunday 3 rd	4:00pm	MC ²
Saturday 9 th	8:00pm	Karaoke
Sunday 10 th	4:00pm	Nik Ward
Wednesday 13 th	7:30pm	Open Mic Night
Saturday 16th	From Noon	BEER & MUSIC FESTIVAL DAY 1 Push Through * The DerryAirs * Long Gone Silver * Whiskey Slingers * Black Friday * The Ha-Has
Sunday 17th	From Noon	BEER & MUSIC FESTIVAL DAY 2 The Guise * Big Tree Trio * Charlie & Harry Churchill * The Equalisers
Saturday 23 rd	8:00pm	Big Summer Quiz!
Sunday 24 th	4:00pm	Off The Wall
Wednesday 27 th	7:30pm	Open Mic Night
Sunday 31 st	4:00pm	Dew Barf

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Discover Cornwall

Here are some top things to do with kids in Cornwall this August:

Adrenalin Quarry (Menheniot)

A thrilling adventure park in a flooded quarry offering family-friendly zip-lines, giant swing, aqua-park (inflatable assault course), karting, and axe-throwing

. Great for active kids and teens!

Newquay Harbour Sports Day & Lifeboat Day

Early August sees family fun events at Newquay Harbour, including sports day activities on 3 Aug, RNLI lifeboat demos, rescue boat displays where kids can board boats and meet volunteers


Mount Edgumbe Country Park & House (Cremyll)

Historic estate overlooking Plymouth Sound with 865 acres of parkland, formal gardens, deer, and walking trails. The House and Earl's Garden are open through August. Ideal for nature-loving families


"Summer of Play" at Trengwainton Gardens (National Trust)

From 20 Jul–31 Aug, enjoy free family activities during normal garden entry—think den-building, painting, sack races, tug-of-war and more Day Out With The Kids



 Polkerris Beach, near Par
A quieter crescent-shaped beach ideal for kayaking, paddle boarding, wildlife watching, plus nearby cafés. Perfect for a relaxed half-day trip with kids

 Flushing Regatta Week (Flushing)
Early August brings water races (bathtub, gig, swimming), crab-catching contests, sandcastle competitions, a mini-marathon, carnival night and more—perfect for all ages

 National Maritime Museum Cornwall (Falmouth)
An engaging indoor/outdoor experience with interactive zones like the Treasure Island Play Zone, model yachts, boat-building displays, and rotating exhibitions suited for curious children

Here are some top things to do with kids in Cornwall this August:



Discover Cornwall

HOME GARDENING

Grow Well This August: Home Gardening Tips for Cornwall

August is a rewarding time for home gardeners in Cornwall. With longer daylight hours, warm soil, and a climate kissed by sea breezes, this month offers the perfect mix of conditions to nurture your garden and plan for the coming seasons. Whether you're a seasoned green thumb or just getting started, here are some timely tips to keep your Cornish garden thriving.

1. Harvest What You've Grown

Now's the time to enjoy the fruits of your labour. Tomatoes, courgettes, runner beans, carrots, and salad leaves are typically ripe and ready in August. Pick regularly to encourage more growth. Herbs like basil, mint, and parsley are also at their peak – snip as needed to keep them productive.



Pro tip: Harvest in the early morning when produce is most flavourful and hydrated.

2. Water Wisely

Cornwall's weather can be unpredictable, with dry spells often followed by sudden downpours. To conserve water and keep roots hydrated:

Water early in the morning or late evening to reduce evaporation. Mulch around plants using compost, bark, or grass clippings. Use rainwater from a water butt when possible – it's better for plants and the environment.

3. Keep Feeding and Deadheading
Continue feeding fruiting plants like tomatoes and peppers with a high-potash liquid fertiliser every 1–2 weeks. Regularly deadhead flowering plants such as dahlias, cosmos, and roses to keep them blooming into autumn.

4. Sow for Autumn and Beyond
August isn't just for harvesting – it's also time to sow crops for the months ahead. Try planting:
Leafy greens like spinach, chard, and kale.
Spring cabbage and hardy lettuces.
Herbs such as coriander and dill, which prefer cooler weather.
You can also start thinking ahead by sowing spring-flowering biennials like wallflowers and foxgloves now.

5. Tidy and Plan

Weed regularly to reduce competition and disease. Cut back any spent perennials and keep paths clear. Use this time to plan your autumn planting – perhaps adding more pollinator-friendly flowers or edible crops.

A Cornish Garden Bonus

Cornwall's mild coastal climate offers a longer growing season – make the most of it by extending your harvest into late autumn and even winter with cloches or cold frames.

Whether you're growing in raised beds, pots on a patio, or a sprawling allotment, August in Cornwall is a chance to grow well – and live well. Happy gardening!



HOME GARDENING

DEVIOCK ACTIVITIES GROUP AT THE ZONE,

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AUGUST PROGRAMME

CRAFT CAFÉ & ART GROUP



Our volunteers are taking a break in August (apart from those people already booked for the Awenek Sketchbook Social on 12th).

We will be back on Monday 1st September 2pm suggested donation £3. [contact webstersue62@gmail.com](mailto:contactwebstersue62@gmail.com)

MUSIC CLUB

WEDNESDAYS 2pm - 3.30pm Suggested donation £3

&

TABLE TENNIS

WEDNESDAYS 6pm £2

These popular groups will also be taking a break in August & be back on Wednesday 3rd September

AUGUST IS TIME FOR SCALLYWAGS

OUR SCHOOL HOLIDAY PROGRAMME

FOR PRIMARY SCHOOL PUPILS & THEIR PARENTS

TUESDAY 5TH All at Sea- Storytelling session with Andy Copps

THURSDAY 7TH Scrap creations of the future with Plymouth Scrap Store

TUESDAY 12TH The Superworld of Seaweed with Este

THURSDAY 14TH Popup Play Village with Zoe

£3.50 per child (£5 per family) Snacks provided.

No booking required, just turn up on the day.

Children are the responsibility of their parent/carer at all times

For more information see the DAG & Scallywags Facebook pages or [contact parkerviv@aol.com](mailto:contactparkerviv@aol.com)

Downderry & Seaton Village Hall

Main Road, Downderry, Torpoint, Cornwall. PL11 3JX
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Fridays & Saturdays 10am to 6pm. All other days 10am to 4pm
Come and support our many talented local crafters and buy some unique handmade pieces which you, your family and friends will love.
Entry is free. Payment by cash or card.

Tuesday 5th August 10am to 12 noon - Coffee Morning
Have a stroll along the beach and enjoy a hot or cold drink with a Toasted Teacake while making new friends.

Thursday 14th August 2pm to 5pm - Games Afternoon
Enjoy a fun afternoon with family and friends or make new ones. Games available include Crib, Whist, Canasta, Kitchen Bridge, Rummy, Chess, Scrabble, Draughts, backgammon, or if you have a favourite bring it along!
Entry fee £1 each. Hot and cold drinks available, including a reasonably priced bar.

Saturday 16th August 10am to 1pm - Little & Bigger Breakfast
Make new friends and enjoy a hearty breakfast of either a breakfast bap or full breakfast.

Sunday 17th August 10am to 1pm - Producers Market
Shop local for great fresh produce. Hot and cold refreshments available. Entry is free.

Friday 29th August 6.30pm for 7.30pm start - Bingo
Have a fun evening out with family and friends and win the cash prizes.
This is a non-commercial Fundraising Event with all proceeds going to the Village Hall.

Friday 5th and Saturday 6th September the VH Drama Group's Summer Play
Tickets are now on sale, £10 each. Doors open 6.30pm for 7.30pm start.

All welcome at these Fundraising Events, including dogs on leads. Reasonably priced bar at evening events.

Groups (members only)

Tuesdays 7.00pm to 9.30pm - Drama Group
Wednesdays 2pm to 4pm Badminton
Most days 9am to 11.30pm Snooker Room

For details of the above events and groups, see website

www.downderryandseatonvillagehall.co.uk,
www.facebook.com/groups/downderryandseatonvillagehall,
or email downderryandseatonvillagehall@gmail.com

Torpoint Mosquito Sailing Club

August Events

MON AUG 4TH /18TH

The Compassionate Cafe meet at 12.30pm and offers a friendly space for people to gain support who are bereaved, living with or who are caring for someone with a terminal or life limiting illness.

FRI AUG 15TH

Family Bingo – 7-30 to 9pm.

Adults & Children welcomed. Raffle mid-way through and final adults only – cash game.

SAT AUG 16TH

Line Dancing with Sophie .Be there for 7pm for a 7.30pm start. Put on your dancing shoes (or cowboy boots) and learn how to line dance with our qualified instructor Sophie . Suitable for all and lots of fun. This is a Free for anyone to come and try.

SAT AUG 23RD

Silent Disco –8pm 80's 90's choose your decade or dance to both. lets have some fun and dress in the era that you fancy.
Bottle of fizz for the best dress Girl and Boy

EVERY THURSDAY

Fun Quiz night 8pm start/ 50p per person. The Losing team win Lollypops

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PHOTO OF THE MONTH

"SEAGULLS"



Seagulls Upon Banjo Pier, Looe.
 Kindly sent in by Graeme Sandford

**Please send your photos to:
info@thelocalpost.co.uk**



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THE LIGHTER SIDE OF LIFE **DAD JOKE**
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CORNWALL SUMMER JOKES

Why don't surfers in Cornwall ever get lost?
Because they always follow the pasty trail.

What do you call a Cornishman who forgets sunscreen?
A well-done pasty.

Why did the seagull get kicked out of the beach café in Newquay?
It was caught mugging three kids and a pensioner for chips.

What's a Cornish tourist's idea of extreme sports?
Parking in St Ives on a Saturday in July.

Why don't locals in Cornwall use maps in the summer?
Because Google gets confused by all the tourists standing in the road.

What's a surfer's favourite pasty filling?
Gnarly steak and wave.

What do you call it when it rains during your Cornwall holiday?
Traditional weather.

Why did the cream tea break up with the scones?
Because it said, "You never let me be on top first!" (Cornwall vs. Devon debate!)

How do you know someone just visited Cornwall in summer?
They're sunburnt, broke, and oddly passionate about clotted cream.

What's the difference between a Cornish seagull and a mugger?
A mugger asks before stealing your sandwich.

Why did the tourist bring a wetsuit to the pub?
Because they heard the drinks were on the house and the floor was flooded from the last tide.

How do you scare a seagull in Cornwall?
Walk around holding a sign that says "No chips."

Why was the lobster embarrassed in Padstow?
It got caught skinny dipping near Rick Stein's!

What did the sheep say to the surfer?
"Ewe dropped your board, mate."

Why don't pirates go to Cornwall in the summer?
Too many tourists, not enough treasure. (Plus, parking's murder.)

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LOBSTER
HIPPOPOTAMUS
GIRAFFE
SNAIL
PARROT
CHANGU IAN
WHALE

H G N M O S Q I F F S C O R I O M P F T
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