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WELCOME TO THE OCTOBER EDITION

As the leaves begin to turn golden and the crisp autumn air settles in, welcome to the October edition of The Local Post!

October is a wonderful time to enjoy the beauty of South East Cornwall, from peaceful countryside walks to cosy evenings at home. Inside this month's magazine, you'll find plenty to enjoy, including our local spotlight, gardening advice, wellness tips, delicious recipes, puzzles and much more.

We're also shining a light on our fantastic local businesses. **If you run a business and would like to reach more customers in your local community, why not consider advertising with The Local Post?** We deliver over 3,500 copies every month to homes and businesses across South East Cornwall, helping local businesses get noticed.

Advertising starts from just £25 per month, with discounts available. And if you're not confident designing your own advert, don't worry! We offer a bespoke advert design service, creating something professional and eye-catching to showcase your business. Get in touch today to find out more.

Thank you for supporting local, and enjoy your October edition!

Dan, Bex & Kirstie

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— THE LOCAL POST —
SOUTH EAST CORNWALL

October Wellness

Small steps to feeling your best this autumn

Health happier days & brighter months ahead



Keep moving

Even a little movement makes a big difference. A daily walk, gentle stretches or some light strength exercises can boost your energy, improve your mood and keep you feeling independent. Enjoy the fresh air and beautiful autumn colours – it's good for your body and mind.



Boost your mood

Shorter days and colder weather can lower your energy, but small habits can help. Get natural light where you can, spend time in nature, stay connected with friends and do things you enjoy. A little bit of joy each day goes a long way.



Look after your feet

Your feet work hard for you, especially as we get older. Keeping them healthy helps you stay active and mobile. Regular nail care, moisturising and checking for any changes can prevent problems. If you need professional help, a foot health practitioner can make a real difference.



Stay nourished

Good food fuels your body and mind. Choose seasonal fruit and veg, lean protein, wholegrains and plenty of water. Try warming soups, stews and spices – they're perfect for autumn and full of goodness.



Prepare for winter

Now's the time to get winter ready. Keep warm, check your medication, look after your home and make sure you have the essentials you need. A little preparation now can bring peace of mind later.



Wellness tip

Be kind to yourself. Progress, not perfection, is the goal – small steps add up to big changes.



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Cllr Kate Ewert – Rame Peninsula & St Germans division.



CLLR KATE EWERT

It seems that summer is now well and truly behind us, and we are firmly into the autumn months. The nights are drawing in, and the long-awaited rain has finally arrived. So far, the rainfall has been relatively gentle, but I am concerned that the anticipated El Niño effect in the coming months could bring another winter of severe storms and heavy rain.

If you notice a blocked highways drain near you, please report it for inspection. You can do this by searching online for "Cornwall Council Report a Blocked Drain".

The long, hot and dry summer was concerning from a climate change perspective. Long-standing records for temperature and drought seemed to be broken almost every week, ultimately leading to the hosepipe ban. However, the weather also brought benefits, particularly for our hospitality businesses. More people visited the area, and locals were able to get out and enjoy this beautiful part of the country.

The festival season was a varied one. There was the very sad news that the excellent Morvala Festival, held at Mount Edgcombe Country Park, was not financially successful. Unfortunately, this left a number of local suppliers unpaid and significantly out of pocket.

The two Port Eliot festivals generated mixed feedback from residents. The Wild Gardens Festival, held earlier in the summer, was not everyone's cup of tea in terms of the music on offer, and I appreciate that it can be a challenging few days for nearby residents. I was therefore pleased that the organisers, Tunes Festivals, agreed to my request to hold a public meeting where residents could raise concerns about road safety, noise, rubbish and security.

From the feedback I have received, Tunes in the Park ran much more smoothly. The organisers have also agreed to meet with me and St Germans Parish Council early next year so that local concerns can be discussed and addressed well in advance of the event.

During Tunes in the Park, I joined the local policing team, the festival organiser and Julian from the Parish Council on a walk around the site. We visited every stage to see the mitigation measures that had been put in place and to better understand how festival-goers are kept safe. I was also pleased to see that the majority of food providers on site were local businesses.

There is always room for improvement when it comes to large events, and I have a list of feedback points to discuss with Tunes. However, I would value hearing from others about their experiences, whether you loved the festivals or felt they were not quite for you.

As ever, you can contact me at cllr.kate.ewert@cornwall.gov.uk

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Local Spotlight

SALTASH • LANDULPH • BOTUS FLEMMING • PILLATON

Four local places, one wonderful area — rich in history,
beautiful scenery and hidden gems.

SALTASH

Gateway to Cornwall

Saltash is a historic town on the River Tamar and an important gateway between Devon and Cornwall. Its waterfront, independent businesses and riverside setting make it a lovely place to explore.

Places to visit

- **Fore Street** — independent shops, local cafes, pubs and restaurants, plus Cornwall's smallest, friendliest cinema.
- **Mary Newman's Cottage** — a 15th-century building associated with Mary Newman, the first wife of Sir Francis Drake.
- **Saltash Heritage Museum** — local artefacts and exhibits detailing the town's past.



Saltash Quay



Did you know?

Saltash is known for its historic waterfront and its connection with the River Tamar.



BOTUS FLEMMING

A peaceful village with deep roots

When market gardening was an important part of rural life, Botus Fleming was known as 'The Cherry Village'. Fruit and vegetables were shipped down the River Tamar to Plymouth from Moditonham Quay. The quay, to the east of the parish, lies on the shore of Kingsmill Lake, which was also used to transport agricultural produce and mining materials. Today it is a favourite spot for river views and birdwatching, while the salt marshes provide a wonderful habitat for wildlife.



St Mary's Church, Botus Fleming

Places to visit

- **St Mary's Church** — an ancient parish church featuring a 14th-century font and a stone effigy of a knight.
- **The Cornish Maize Maze & Fun Farm** — seasonal family attraction with Halloween pumpkin picking and displays.



Did you know?

First recorded in 1259, it was Bothflumet meaning Flumet's dwelling.



LANDULPH

A village with a big history

The parish of Landulph lies on the River Tamar, forming the county boundary between Cornwall and Devon. The river surrounds Landulph to the north, east and south. Settlements include the hamlet of Landulph and the larger village of Cargreen on the River Tamar. The church is dedicated to St Dylic, possibly one of the missionary saint children of Brychan; the present church, including much of the tower, is thought to have been rebuilt in the 15th century, while the font, tower base and some walling may be Norman.



Pentillie Castle



Places to visit

- **Pentillie Castle** — Grade II* listed country house and estate on the bank of the River Tamar.
- **Cotehele House** — a medieval National Trust house with beautiful gardens and an old working mill.



Did you know?

Landulph Church stands on a Celtic "Lan" or oval churchyard.



PILLATON

A little village, full of character

Pillaton is a small rural village known for its strong sense of community, beautiful countryside and historic character.



The Clapper Bridge, Pillaton

Places to visit

- **St Odolph Church** — a mediæval parish consecrated in 1259 and during the 14th and 15th centuries.
- **The Old Rectory Garden** — a small, peaceful hideaway in the Cornish countryside, ideal for a quiet stroll and dog friendly.
- **The Clapper Bridge** — a significant historical crossing spanning the River Lynher; the current structure dates back to the 16th century.



Did you know?

The Clapper Bridge at Pillaton was first recorded in 1480 during the Wars of the Roses.



Local places. Local people. A stronger community.



A Portrait of Pentillie and the Mystery of the Mausoleum

Just a few miles from Saltash, overlooking the River Tamar near St Mellion, stands Pentillie Castle, one of Cornwall's most interesting historic houses. Surrounded by beautiful countryside and with stunning views across into Devon, it has been part of the Cornish landscape for more than 300 years.

Pentillie was built in 1698 by Sir James Tillie, a successful lawyer who made his fortune in London before returning to Cornwall. He created an impressive country home on the site of an earlier house and established an estate that would later become closely linked with the Coryton family.

The castle we see today is not exactly the same as the original building. During the early 1800s, the famous landscape gardener Humphry Repton redesigned the grounds, while architect William Wilkins remodelled the house in the fashionable Gothic style. The improvements cost a fortune and helped make Pentillie one of the grandest homes in the Tamar Valley.

Like many country houses, Pentillie has had a varied history. During the Second World War it was used as a maternity hospital for mothers evacuated from bombed areas of Plymouth. Hundreds of babies were born there. In the 1960s some of the later Victorian additions were removed, giving the building a more balanced appearance. Today it is a popular venue for weddings, holidays and special events. It featured (starred?) prominently in a popular BBC TV series recently.

However, the most fascinating story at Pentillie is not the castle itself but the mysterious mausoleum that stands on a hill known as Mount Ararat. Sir James Tillie was an unusual character. When he died in 1713, he reportedly left instructions that he should be buried sitting upright in an oak chair, dressed in his finest clothes and ready for the Day of Resurrection. Over the years this unusual request gave rise to all sorts of local legends. Some people even claimed that food and drink were taken to him after his death.

The Gothic-style mausoleum was built as his final resting place and soon became one of Cornwall's most curious landmarks. Inside stood a seated figure of Sir James, and for generations visitors wondered whether his actual remains were hidden there as well.

The mystery remained unsolved until 2013 when restoration work uncovered a hidden vault beneath the floor. Archaeologists discovered human remains believed to be those of Sir James, along with pieces of a coffin and fittings bearing his initials. After almost 300 years, the mystery appeared to have been solved.

Today, Pentillie Castle and its mausoleum continue to attract visitors from across Cornwall and beyond. Between the beautiful setting, the grand house and the strange tale of Sir James Tillie's burial, it is easy to see why Pentillie remains one of the most intriguing historic estates in the county. I've enjoyed walks around its manicured grounds, seen its landscape views over the river and enjoyed several open-air theatre productions of Shakespeare plays and Operettas by Gilbert and Sullivan on its lawn. Excellent. Pop to Pentillie.

Geoff Williams





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OCTOBER RECIPE

Roasted Pumpkin and Sage Risotto

A comforting bowl of autumn flavours

As the days get shorter and the air turns crisp, there's nothing quite like a creamy risotto to warm you up. This recipe makes the most of seasonal pumpkin and fresh sage, with a touch of local cream and cheese for a rich, comforting dish that's perfect for October.

 Serves 2-3  Prep: 15 mins  Cook: 35 mins

Ingredients

500g pumpkin (butternut or Hokkaido work well), peeled and cubed
1 tbsp olive oil
1 small onion, finely chopped
1 clove garlic, finely chopped
200g risotto rice (Arborio or Carnaroli)
100ml white wine (optional)
1 litre hot vegetable or chicken stock
50g grated Parmesan (plus extra to serve)
2 tbsp local Cornish cream (or double cream)
A handful of fresh sage leaves, plus extra to garnish
Salt and pepper to taste



Look out for local pumpkins, sage and cream at your local farm shop, market or independent greengrocer.

Support Local

By using local produce, you're not only getting fresher, tastier ingredients, but also supporting our local farmers and businesses here in South East Cornwall.



Method

- 1 Preheat your oven to 200°C (180°C fan). Place the pumpkin cubes on a baking tray, drizzle with olive oil, season with salt and pepper and roast for 20-25 minutes until tender and slightly caramelised.
- 2 While the pumpkin is roasting, heat a little olive oil in a large pan. Add the onion and cook gently for 5 minutes until soft. Add the garlic and cook for 1 minute.
- 3 Stir in the rice and cook for 1-2 minutes, allowing it to get slightly translucent. If using, add the white wine and let it bubble away until absorbed.
- 4 Gradually add the hot stock, a ladle at a time, stirring constantly. Keep going until the rice is creamy and cooked through (this usually takes 18-20 minutes).
- 5 Stir in the roasted pumpkin, Parmesan, cream and chopped sage. Season with salt and pepper to taste.
- 6 Serve immediately, topped with a few extra sage leaves, Parmesan shavings and a good crack of black pepper.

Top tip

For extra flavour, gently fry a few sage leaves in a little olive oil until crisp and add on top just before serving.

Simple ingredients, great flavour and a taste of autumn from our local area. 



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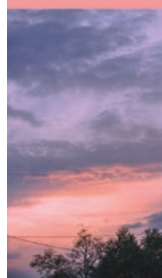


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For more info contact Emma: 07970 244 202
Dates: • Sep 28th • Oct 9th • Nov 9th

WHAT'S ON OCTOBER

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.

Thursday 1st

Bread & Babes	The Zone	Downderry	9.00 to 11.00
Pilates	Eliot Hall	St Germans	10.30 to 11.20
Pilates	Village Hall	Millbrook	5.30 to 6.20
Box Fit	Village Hall	Downderry	6.00 to 7.00
Hathaway 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
Drama Group	Village Hall	Downderry	7.30 to 9.30

Friday 2nd

Yoga	The Zone	Downderry	9.00 to 10.00
Wall Hanging W'shop	Saltash Studios	Saltash	10.30 to 2.00
Youth Project	Eliot Hall	St Germans	4.30 to 6.30
Quiet Youth Meet Up	Public Hall	Liskeard	6.45 to 8.45

Quiet Connections CIC Young People's Meet Up - Ages 14-18

Film Night	Saltash Studios	Saltash	7.30 to 8.40
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Saturday 3rd

Mindfulness W'shop	Saltash Studios	Saltash	10.30 to 12.00
Gelli Plate Collage	Saltash Studios	Saltash	1.30 to 4.00
An Evening with - Annalisa Crawford & Bobbo Byrnes	Saltash Studios	Saltash	7.30 to 9.30

Sunday 4th

Holy Communion	St Nicolas	Downderry	10.00
Morning Worship	St John's	St John	10.00
Pet Service	St Mary's	Shevioc	3.00

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

Monday 5th

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
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
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 6th

Zumba & Line Dance	St Nicolas'	Downderry	9.15 to 10.15
Yoga	The Zone	Downderry	9.15 to 10.15
Pilates	Village Hall	Wilcove	9.30 to 10.20
Coffee Morning	Village Hall	Downderry	10.00 to 12.00
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
Childrens Ballet	The Zone	Downderry	5.00 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
Painting Workshop	Saltash Studios	Saltash	6.30 to 8.30
Drama Group	Village Hall	Downderry	7.15 to 10.00

Wednesday 7th

Tap Class	The Zone	Downderry	10.00 to 11.00
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
Table Tennis	The Zone	Downderry	6.00 to 7.00
Creative Clothes W'shop	Saltash Studios	Saltash	6.30 to 9.30
Yoga	The Zone	Downderry	7.15 to 8.30
Whitsand Harmony	Village Hall	Downderry	7.30 to 9.30

Thursday 8th

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 16.00
Games Afternoon	Village Hall	Downderry	2.00 to 5.00
Creative Workshop	Library Upstairs	Liskeard	5.00 to 9.00

Free wellbeing creative workshops with Becky Mason

Pilates	Village Hall	Millbrook	5.30 to 6.20
Box Fit	Village Hall	Downderry	6.00 to 7.00
Hathaway Yoga	Saltash Studios	Saltash	6.00 to 7.00
Martial Arts	St Nicolas'	Downderry	7.00 to 9.00
Deviock Parish Council	The Zone	Downderry	7.00

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SUBMISSION DEADLINE EACH MONTH IS THE 10TH.

Friday 9th

Yoga	The Zone	Downderry	9.00 to 10.00
Chair Yoga	Village Hall	Downderry	10.30 to 11.30
Wall Hanging W'shop	Saltash Studios	Saltash	10.30 to 2.00
Youth Project	Eliot Hall	St Germans	4.30 to 6.30
Quiet Youth Meet Up	Public Hall	Liskeard	6.45 to 8.45

Saturday 10th

Could your event have been listed here? Get in touch to be a part of our community event diary! info@thelocalpost.co.uk

Sunday 11th

Holy Communion	St Phillip&StJames	Maryfield	10.00
Morning Worship	The Priory	St Germans	10.00

Monday 12th

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
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 Cleer	7.30

Tuesday 13th

Zumba & Line Dance	St Nicolas'	Downderry	9.15 to 10.15
Yoga	The Zone	Downderry	9.15 to 10.15
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)	The Zone	Downderry	2.00 to 4.00
Childrens Ballet	Parish Hall	Menheniot	4.15 to 5.15
Dance (Age 10+)	The Zone	Downderry	5.00 to 8.00
Pilates	Parish Hall	Menheniot	5.20 to 6.20
Hip Hop (Age 10+)	Village Hall	Downderry	6.00 to 7.00
Polymer Clay W'shop	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 14th

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

Thursday 15th

Bread & Babes	The Zone	Downderry	9.00 to 11.00
Box Fit	Village Hall	Downderry	6.00 to 7.00
Hathaway Yoga	Saltash Studios	Saltash	6.00 to 7.00
Martial Arts	St Nicolas'	Downderry	7.00 to 9.00
Acrylics Workshop	The Zone	Downderry	7.00 to 9.00

WHAT'S ON OCTOBER

LISTINGS FOR ALL THE FAMILY

DANCE CLASSES

TUESDAYS
4:15PM - 5:15PM - FUNDAMENTALS
ages 4-10, £6 per session

5:20pm - 6:20pm - CONTEMPORARY FUSION
ages 10 and over, £6 per session

6:20PM - 7:20PM - HIP HOP
ages 10 and over, £6 per session

WEDNESDAYS
4:15PM - 5PM - MINI MOVERS
Ages 3-6, £5 per session

5:15PM - 6PM - MUSICAL THEATRE/JAZZ, ages 8 and over, £5 per session

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Friday 16th

Yoga	The Zone	Downderry	9.00 to 10.00
Youth Project	Eliot Hall	St Germans	4.30 to 6.30
Quiet Youth Meet Up	Public Hall	Liskeard	6.45 to 8.45
Film Night	Saltash Studios	Saltash	7.30 to 9.30

Saturday 17th

Autumn Makers Market	Saltash Studios	Saltash	10.00 to 3.00
Little & Bigger B'fast	Village Hall	Downderry	10.00 to 1.00
Christmas W'shop	Saltash Studios	Saltash	4.30 to 6.30

Sunday 18th

Producers Market	Village Hall	Downderry	10.00 to 1.00
Holy Communion	St Mary's	Shevioc	10.00
Morning Worship	StMary&StJulian	Maker	10.00

Monday 19th

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
Sea Glass Workshop	Saltash Studios	Saltash	10.30 to 1.00
Pilates	The Zone	Downderry	11.10 to 12.10
Pilates	The Zone	Downderry	12.15 to 1.15
Craft Cafe	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 Nicolas'	Downderry	7.15 to 8.15

WHAT'S ON OCTOBER

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 20th

Zumba & Line Dance	St Nicolas'	Downderry	9.15 to 10.15
Yoga	The Zone	Downderry	9.15 to 10.15
Pilates	Village Hall	Wilcove	9.30 to 10.20
Short Mat Bowls	Eliot Hall	St Germans	2.00 to 4.00
Short Mat Bowls	Village Hall	Downderry	2.00 to 4.00
Downderry WI	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 21st

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
Table Tennis	The Zone	Downderry	6.00 to 7.00
Gardening Club	Eliot Hall	St Germans	7.00
Yoga	The Zone	Downderry	7.15 to 8.30
Whitsand Harmony	Village Hall	Downderry	7.30 to 9.30

Thursday 22nd

Pilates	Eliot Hall	St Germans	10.30 to 11.20
Thursday Club	Eliot Hall	St Germans	2.00
Pilates	Village Hall	Millbrook	5.30 to 6.20
Box Fit	Village Hall	Downderry	6.00 to 7.00
Hathaway Yoga	Saltash Studios	Saltash	6.00 to 7.00
Parish Council Planning	The Zone	Downderry	6.30
Martial Arts	St Nicolas'	Downderry	7.00 to 9.00
Drama Group	Village Hall	Downderry	7.30 to 9.30
CAMP Theatre Show	Parish Hall	Menheniot	7.30

CAMP Theatre Company presents "The Farndale Avenue Housing Estate Townswomen's Guild Dramatic Society Murder Mystery"
Tickets Tickets £14 (£30 Meal Deal) Menheniot Spar and Liskeard TIC

Friday 23rd

Yoga	The Zone	Downderry	9.00 to 10.00
Chair Yoga	Village Hall	Downderry	10.30 to 11.30
Village Hall Fundraiser	The Beach House	Seaton	6.00 to 11.00
Quiet Youth Meet Up	Public Hall	Liskeard	6.45 to 8.45
Film Night	Saltash Studios	Saltash	7.30 to 9.10
CAMP Theatre Show	Parish Hall	Menheniot	7.30

Saturday 24th

Sew Social DAG	The Zone	Downderry	10.00 to 4.00
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Sunday 25th

Craft Fair	Village Hall	Downderry	10.00 to 2.00
Holy Communion	St James Greater	Torpoint	10.00

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

Submit your community events & activities to us at info@thelocalpost.co.uk

Monday 26th

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
Qigong	Village Hall	Downderry	2.00 to 3.00
Craft Cafe	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 Nicolas'	Downderry	7.15 to 8.15

Tuesday 27th

Zumba & Line Dance	St Nicolas'	Downderry	9.15 to 10.15
Pain Cafe	Saltash Studios	Saltash	9.30 to 11.00
Pilates	Village Hall	Wilcove	9.30 to 10.20
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
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 28th

Creative Workshop	Library Upstairs	Liskeard	10.00 to 2.00
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
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 29th

Scallywags Activities	The Zone	Downderry	10.00 to 12.00
Pilates	Eliot Hall	St Germans	10.30 to 11.20
Pilates	Village Hall	Millbrook	5.30 to 6.20
Box Fit	Village Hall	Downderry	6.00 to 7.00
Martial Arts	The Zone	Downderry	7.00 to 9.00

Friday 30th

Yoga	The Zone	Downderry	9.00 to 10.00
Bingo	Village Hall	Downderry	6.30 to 8.45
Quiet Youth Meet Up	Public Hall	Liskeard	6.45 to 8.45
Film Night	Saltash Studios	Saltash	7.30 to 9.10

Saturday 31st

DON'T FORGET TO MOVE YOUR CLOCKS BACK ONE HOUR!

CAMP Theatre Company - Follow on Facebook
Downderry Village Hall - www.downderryandseatonvillagehall.co.uk
Eliot Hall St Germans - www.stgermanscommunityhall.org
Quiet Connections - liskeard@quietconnections.co.uk
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
Wilcove Village Hall - wilcovevillagehall@btinternet.com
Menheniot Parish Hall - MenheniotParishHall@gmail.com

Autumn

Good Food

Great Drinks

Live Music

Local Community

FRI 9th OCT

Acoustic Folk & Blues Night

Hosted by Mike Shipman

From 8pm

SAT 24th OCT

Charity Quiz Night

£3 per person, 6 people per team & Play Your Cards Right!

Starts 8pm

WED 28th OCT

Open Mic Night

Hosted by Nik Ward

From 7:30pm

SAT 31st OCT

Halloween Live Music!

With scary local band Off The Wall!!!

From 9pm

SUN 1st NOV

Knockout Pool Competition

£5 Entry - winner takes all!

Starts 6pm

SAT 7th NOV

Music Bingo

Bingo meets Name That Tune... plus Play Your Cards Right!

Starts 8pm

FRI 13th NOV

Acoustic Folk & Blues Night

Hosted by Mike Shipman

From 8pm

SAT 21st NOV

Masked Ball

A charity dinner and dance night... Tickets details TBC

Starts 7pm

WED 25th NOV

Open Mic Night

Hosted by Nik Ward

From 7:30pm

SAT 28th NOV

An Evening with the DerryAirs

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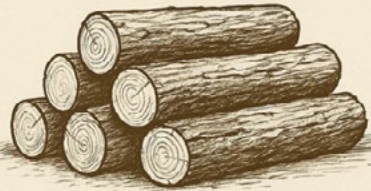
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October Gardening
 Tidy up • Plant • Prepare
 October is a wonderful month in the garden. The cooler weather and shorter days mean it's time to tidy, plant and get ready for the winter months. Here are some top tips to help your garden thrive as we head into autumn.

🌿 Tidy & Clear

- Remove dead annuals and spent flowers to keep borders neat and prevent disease.
- Rake up fallen leaves, especially from lawns and borders, but leave some in flower beds as natural mulch.
- Cut back perennials, but leave some seed heads for wildlife, especially birds.
- Clean and store away summer pots, giving them a good scrub ready for next year.

🌿 Plant for Next Year

- It's not too late to plant spring bulbs such as tulips, daffodils and crocuses. Plant them now for a burst of colour in the spring.
- Plant hardy shrubs, trees and perennials while the soil is still warm.
- Garlic can be planted this month for a great harvest next summer.
- If you're growing vegetables, sow winter greens like kale, spinach and broad beans.

🌿 Keep Growing

- Harvest any remaining vegetables and fruit before the first frosts.
- Protect tender plants with fleece or move pots under cover as temperatures drop.
- Check your compost pile and add autumn leaves and kitchen waste for rich, healthy compost.
- Feed your soil with organic matter to give your garden a boost over winter.

🌿 Wildlife Friendly

October is a great time to support wildlife. Leave seed heads, provide a water source and plant native shrubs and flowers to help bees, birds and beneficial insects.

🌿 Happy Gardening! 🌿

🌿 Jobs for the Month

- ✓ Plant spring bulbs and hardy perennials.
- ✓ Harvest remaining vegetables and fruit.
- ✓ Tidy borders and remove spent plants.
- ✓ Protect tender plants from frost.
- ✓ Rake leaves and make compost.
- ✓ Give your tools a clean and check.
- ✓ Plan next year's planting and order seeds if needed.

🌿 Local Produce

October brings a fantastic harvest of local produce in south east Cornwall. Look out for fresh apples, beetroot, kale, leeks, carrots and squash at local farms and markets. It's a great time to enjoy seasonal, homegrown food and support local growers.



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PHOTO OF THE MONTH



- MARK LAMERTON - LANDRAKE

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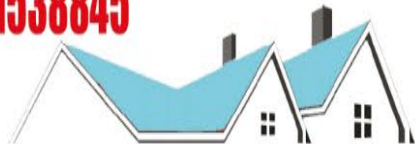
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Halloween Puzzle Fun!

Get cosy, grab a pencil and see
how many you can find!



Word Search

Can you find all the Halloween
words hidden in the grid?

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

- ★ SPOOKY
- ★ BATS
- ★ PUMPKIN
- ★ CANDY
- ★ WITCH
- ★ SKELETON
- ★ ZOMBIE
- ★ HAUNTED HOUSE
- ★ SPIDER
- ★ WEB
- ★ CAT
- ★ TRICK OR TREAT
- ★ MONSTER
- ★ MOON
- ★ COSTUMES
- ★ BOOT
- ★ BAT



Spot the Difference

Can you spot 8 differences
between the two pictures?



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Puzzle Page

Take a break, relax and enjoy some time for you...

Good luck and have fun!



Word Search

Find the 16 words hidden in the grid. They can be horizontal, vertical, diagonal or backwards.

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

BEACH	HOLIDAY	COAST	BOAT
OCEAN	SANDCASTLE	CLIFF	TRAIL
SEASIDE	WAVES	ROCKPOOL	GARDEN
SUNSHINE	SHELLS	FISHING	PICNIC

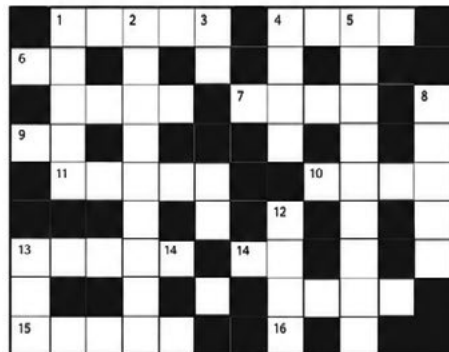
Sudoku

Fill in the grid so that each row, column and 3 x 3 box contains each number from 1 to 9.

5	3			7				
6			1		9	5		
	9	8					6	
8				6				3
4			8		3			1
7					2		6	
6					2	8		
	4	1		9			5	
	8						7	9

Crossword

Use the clues to fill in the crossword grid.



Across

1. A large body of salt water (5)
6. A place to live (4)
7. Shines brightly (6)
9. A round fruit (5)
10. A yellow flower (5)
11. A female relative (4)
13. Used for cooking (4)
15. A small hill (5)
16. A journey (6)

Down

1. A domesticated animal (4)
2. A unit of time (4)
3. A type of tree (5)
4. A building where you live (6)
5. Not far (4)
8. A cold, sweet treat (6)
12. A bird that can't fly (5)
14. A musical instrument (4)

Quick Quiz

Test your knowledge with these general knowledge questions.

1. Which planet is known as the Red Planet? _____
2. In which country would you find the city of Kyoto? _____
3. What is the largest mammal in the world? _____
4. Which famous artist painted Sunflowers? _____
5. What is the boiling point of water (in °C)? _____
6. How many sides does a hexagon have? _____
7. Which ocean is the deepest? _____
8. What is the chemical symbol for gold? _____
9. In which year did the Titanic sink? _____
10. Which country is home to the Great Wall? _____

Enjoy the puzzles!

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