

FREE

THE LOCAL POST

MAY 2026

SOUTH EAST CORNWALL



SCAN ME



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



YOUR FREE COMMUNITY MAGAZINE



**LOOE ROOFING
EXPERTS**

LOCAL | HONEST | RELIABLE



Reviews

- Fully Insured
- Guaranteed
- Family Run
- Local



**LOOE ROOFING
EXPERTS**

LOCAL | HONEST | RELIABLE

loeroofingexperts.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@loeroofingexperts.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.

CONTENTS

WELCOME	3
COUNCILLOR KATE	5
SPRING WELLNESS	7
GEOFF WILLIAMS	8
LOCAL AREA SPOTLIGHT	10-11
RECIPE OF THE MONTH	13
WHAT'S ON	14-19
HOME GARDENING	23
PHOTO OF THE MONTH	25
PUZZLE PAGES	29-30

WELCOME

WELCOME TO THE MAY EDITION OF THE LOCAL POST.

After a bright and busy April, it's clear that the seasons are shifting. The lighter evenings are now stretching well into the day, the weather is warming up, and across South East Cornwall there's a real sense that summer is just around the corner. Gardens are coming into full colour, coastal paths are busier, and there are more reasons than ever to get out and enjoy everything our local area has to offer.

May is packed with seasonal events, from community fairs and markets to family-friendly activities during the half term break. Be sure to take a look at our What's On guide, where we've rounded up some of the best events happening across the area in the coming weeks.

Inside this month's issue, you'll find all your regular features. Councillor Kate returns with her latest update, alongside Geoff Williams sharing his quirky stories. We've included fresh seasonal recipes perfect for this time of year, along with our wellness page to help you make the most of the longer, brighter days. If you're spending more time outdoors, don't miss our gardening tips for May and our local spotlight page, highlighting some wonderful places to explore across South East Cornwall.

Finally, a sincere thank you to the local businesses who advertise in The Local Post. Their continued support is what allows us to keep the magazine free for our community. Please support them whenever you can.

Enjoy the issue and have a fantastic May.

Dan, Bex & Kirstie

ADVERTISING RATES


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

Half & quarter sizes available from £70 per month

**We need you!
You!**

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

For more information please contact Dan: 07861295781.

Follow us on Instagram: @egiaroozevineyard


Vineyard Tour and Tastings 2026

Egiarooze Vineyard is a small, independent vineyard, situated on the Rame Peninsula, between Polkerris and the Coast. This year, our wine and tasting sessions are available to book on the afternoon of the following dates:

Wednesday 2nd June / Saturday 20th July /
Wednesday 24th June / Saturday 23rd July

Tour of the vineyard and tasting of the wine - £15pp
Also available to book for groups of 10-15 people by request.

Contact: info@egiaroozevineyard.co.uk



QUEEN STREET SHUTTERS





Keep cooler this summer
Free no obligation quote

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

Local and affordable
Quality shutters and blinds



CLLr Kate Ewert – Rame Peninsula & St Germans division.



THE MERRY MONTH OF MAY.

Spring has sprung, and here we are gearing up for another, hopefully, busy summer with some much needed drier weather and sunshine on the horizon.

As we head into May, there are so many excellent community events happening, from the Rame Peninsula's fantastic Black Prince Flower Boat festival, which happens on the May Day Bank Holiday (May 4th this year) where we welcome summer with a day of festivities through Millbrook and Kingsand and Cawsand, to the ever popular May Tree event in St Germans on the 24th May. There is much to look forward to as we welcome the warmer months.

Usually, from May onwards, my inbox is busy with residents contacting me about the state of verges and kerbs across the division, and the sudden explosion in weeds. Trust me, I find this as frustrating as most people do. Cornwall Council took a decision back in 2013 to stop using pesticide weedkillers, specifically glyphosate based ones to manage the weeds. Unfortunately, there was nothing ever planned to keep on top of the weeds. With years of funding being cut from central government, manually removing the weeds was never going to happen. The current administration of the Council have recently taken the decision to reintroduce glyphosate use across Cornwall to try and get on top of the ever growing issue. Of course, it isn't just about weeds being unsightly to some, but also about the damage to road surfaces and kerbs that can be caused as well.

It is important to note that this decision is not to use pesticides on the verges, from what I can tell, the management of the verges will remain with a twice yearly cut and inspections for safety in between. This will be targeted spraying where the kerbs meet the roads. We are told this will be tightly controlled and reduce risk.

I know there will be concerns over this, as well as support from many as well. I would very much like to hear the thoughts of residents on this, so please do drop me an email on cllr.kate.ewert@cornwall.gov.uk – whether you think this is a sensible way forward, or you are concerned about this please do let me know.

We will see the usual spring growth on the verges and hedges from now, most roadside verges are the responsibility of Cornwall Council and where the growth causes a safety concern due to blocking vision etc, it can be reported to be cut back. Hedges are usually the responsibility of the landowner to maintain, and most people will have seen our brilliant local farmers out and about giving them their spring trim before we move into bird nesting time.

If you are concerned about a verge that is overgrown, please do report it by going to:
<https://www.cornwall.gov.uk/transport-parking-and-streets/roads-highways-and-pavements/report-a-problem-with-a-road-or-pavement/report-issues-with-hedges-or-verges/>
OR by googling "report and overgrown verge Cornwall"

**ADVERTISE IN THIS MAGAZINE
FROM £25 PER MONTH
FOR MORE INFO VISIT OUR WEBSITE
WWW.THELOCALPOSTMAGAZINE.CO.UK**



Elephant Flair

Indian Summer Collection 'Pop up Shop'

Saturday 23rd May - 10.00 to 3.00

The Stables - Port Eliot Estate - St Germans



Clothing created in St Germans Cornwall from pre loved sari fabrics

A collection of loose fitting cover ups bring effortless glamour and festival vibes to your wardrobe. Created from pre-loved saris and continuing our no waste ethos so every garment is unique.

www.elephantflair.co.uk



SPRING WELLNESS



As May arrives and the weather begins to warm up, it becomes much easier to focus on feeling healthier and more energised. The lighter evenings and milder temperatures encourage us to spend more time outdoors, which can do wonders for both physical and mental wellbeing. Even a short walk in the sunshine can help lift your mood, improve sleep, and boost energy levels.

In South East Cornwall, there are plenty of ways to make the most of the season. A stroll along the coast path, a walk through woodland, or simply sitting in the garden for half an hour can help reduce stress and improve overall wellbeing. Popular local spots such as Cardinham Woods, the Camel Trail and the beaches around Looe and Seaton are ideal for walking, cycling or simply enjoying the fresh air.

May is also a great time to try something new. Many village halls and community centres offer yoga, Pilates and tai chi classes, all of which are excellent for improving flexibility, balance and relaxation. Outdoor fitness groups and walking clubs often begin meeting more regularly at this time of year too, giving you the chance to stay active and meet new people.

As activity levels increase, it is important to think about what we eat. Spring and early summer are perfect for lighter, fresher meals. Try adding more seasonal produce to your diet, such as asparagus, spinach, spring greens, strawberries and herbs. Salads, homemade soups and simple dishes with plenty of vegetables can help you feel healthier without much effort.

It is also easy to forget about hydration when we are busy enjoying the better weather. Keep a bottle of water nearby, especially if you are walking or gardening.

Most importantly, remember that wellness does not have to mean making huge changes. Small steps, taken regularly, can make a real difference. With warmer days ahead, May is the perfect time to start.

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

CORNISH AUSSIES

DID YOU KNOW...?

9 NOTABLE CONNECTIONS BETWEEN CORNWALL AND AUSTRALIA

Good'ay. Did you know you can almost talk about Aussie Cornish people or Cornish Aussies? Here are 9 reasons why.

1. Cornish Mining Migration

Cornwall's tin and copper miners were highly skilled, and during the 19th century, many emigrated to Australia seeking work in similar mining regions. The most notable migration occurred during the gold rushes of the 1850s, where Cornish miners helped develop mining in Victoria, New South Wales, and South Australia. Their expertise in hard-rock mining techniques was invaluable.



2. The "Cousin Jack" Tradition

As the Deryairs and other local Sea Shanty singers sing, (easier to write than say), Cornish emigrants in Australia were often called "Cousin Jacks" (and women, "Cousin Jennys"). Their presence was particularly strong in mining towns like Ballarat, Bendigo, and Moonta.

3. Cornish Pasty in Australia

The Cornish pasty became a staple food among miners and is still popular in Australia today. In the South Australian copper mining town of Moonta, pasties were essential for sustaining miners during long workdays underground. Today, pasty festivals celebrate this culinary heritage.

4. Religious Influence

Methodism, then a dominant religion in Cornwall, was carried to Australia by Cornish migrants. Many Cornish Methodists helped establish congregations and chapels in South Australia and Victoria. Their influence shaped the religious and moral landscape of emerging mining communities.

5. The Moonta Mines

Moonta, South Australia, is often referred to as "Australia's Little Cornwall" because of its strong Cornish presence in the 19th century. Cornish emigrants maintained the language and cultural identity in Australia. Cultural societies formed to preserve Cornish music, dance, and language, with festivals and eisteddfods held in mining towns with high Cornish populations. Cornish traditions, including the pasty, chapel architecture, and community clubs, became part of the town's identity. The Moonta Mines are now part of Australia's National Heritage.

6. Australian Gold Rushes

Cornish miners contributed heavily to the success of the Australian goldfields in the mid-19th century. Their mining techniques, especially for hard-rock mining, were exported directly from Cornwall, significantly boosting Australia's mining efficiency and wealth.

7. Cornish Place Names

Several Australian locations bear names reflecting Cornish influence. For example, the South Australian towns of Burra and Kapunda saw a large influx of Cornish settlers, and streets and local landmarks often reflect Cornish heritage.

8. Engineering and Mining Technology

As to be expected, Cornish engineers were instrumental in introducing advanced mining technology to Australia, such as the Cornish engine, a steam-powered pump used to dewater mines. This innovation allowed deeper mining operations in Victoria and South Australia.

9. Marriage and Family Links

Of course, many Cornish emigrants married within their communities, creating extended family networks between Cornwall and Australia. Today, genealogical research often traces Australian families back to Cornish roots, maintaining connections across continents.

So that's why you could hear someone say "Throw a tinnie on the barbie, me 'ansom"

GEOFF WILLIAMS



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



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

www.muststep.com
or call 07522 577 012

Book Online Today

• Clinic & Home appointments • Reduced rates for Care Homes

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



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




LOCAL AREA SPOTLIGHT

Antony, Torpoint, Millbrook, St John & Maker with Rame

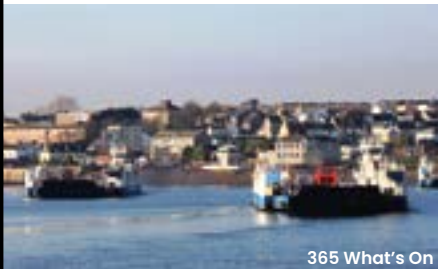
This month we're heading where beautiful countryside, coastal views and thriving local businesses make Antony, Torpoint, Millbrook, St John and Maker with Rame well worth a visit.

A good place to begin is Antony House, a magnificent historic house surrounded by gardens and parkland. Spring is one of the best times to visit, when the grounds are full of colour and the woodland walks are at their best. Nearby, the village of Antony offers a peaceful rural setting with lovely lanes and countryside views.



Wikipedia

Just down the road, Torpoint is a bustling waterfront town with plenty to explore. Take a stroll along the harbour, enjoy views across the Tamar, or visit Torpoint Ferry to watch the chain ferry crossing between Cornwall and Devon. Torpoint is also home to a number of independent cafés and shops. Stop by The Little Fox Hotel for lunch or a drink, or support one of the town's many family-run businesses.



365 What's On

The nearby village of Millbrook is a charming place to spend an afternoon. Browse local shops, pick up fresh produce from nearby farm shops, or enjoy a walk around the lake and village centre. From here, it is easy to reach the beaches at Whitsand Bay.

Further inland, St John offers beautiful countryside and quiet walking routes. It is an ideal area for a peaceful ramble or cycle ride.



Cornwall One

Finally, don't miss Maker with Rame, with its dramatic coastal scenery and rich history. Visit Maker Heights for spectacular views across Plymouth Sound, then stop at Maker Heights Canteen for coffee, cake and locally made treats.



Maker with Rame Institute

Area Spotlight recommended walk in partnership with iwalk Cornwall

The iwalk app gives access to 311 walks in Cornwall from 2 to 13 miles. Most are circular and the majority are in the 3-6 mile range. Packed with local history and nature. Information can be purchased through the app which guides you around the route.

A circular walk around Rame Head - the southeastern corner of Cornwall - past the mediaeval chapel and the remains of a huge gun battery, now a nature reserve, on Penlee Point to Cawsand which was once the smuggling capital of Cornwall.



Highlights

- Panoramic views across Whitsand Bay and Plymouth Sound
- Medieval chapel on Rame Head
- Medieval streets in Cawsand
- Sandy beach at Cawsand Bay

Vital statistics

- OS Explorer: 108
- Distance: 5.6 miles/9.0 km
- Steepness grade: Moderate
- Recommended footwear: Walking boots in winter; walking shoes or trainers in summer
- Last updated: 2026-03-27
- Pub: ✓
- Café: ✓

www.iwalkcornwall.co.uk

iWalk Cornwall

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 GERMAN'S, ON THE PORT ELIOT ESTATE, IN THE STABLE YARD A COUPLE DOORS UP FROM THE LOVELY CAFE. PL12 5ND

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.



WHAT'S ON THIS MAY!

SPECIAL EVENTS LINE-UP!

 **MUSIC BINGO** - SAT 9TH MAY
Hits & Prizes All Night!

 **CRAFT FAIR** - SAT 16TH MAY
Local Crafts & Gifts

 **LIVE MUSIC** - SAT 23RD MAY
Local Band On Stage!

DON'T MISS...

**OUR FAMOUS
SUNDAY CARVERY**

Delicious Roasts Every Sunday!

ACOUSTIC FOLK & BLUES
2ND FRIDAY OF THE MONTH

OPEN MIC
LAST WEDNESDAY OF THE MONTH

JOIN US AT THE SMUGGLERS INN!

01503 250923

www.smugglersinn.co.uk

MAY RECIPE

CHEESY SPINACH BAKE

Add some glamour to your lunchbox with this smart vegetarian recipe

Prep Time: 20 mins - Cook Time: 40 mins - Servings: Makes 6-8

INGREDIENTS

200G PACK FETA CHEESE
2 X 250G TUBS RICOTTA
3 X 100G BAGS BABY SPINACH
CHOPPED
1 BUNCH SPRING ONIONS
FINELY SLICED
50G PARMESAN
GRATED
1 EGG
GOOD GRATING NUTMEG
100G BREADCRUMBS
2 TBSP OLIVE OIL
6 SHEETS FILO PASTRY



METHOD

STEP 1

HEAT OVEN TO 180C/ 160C FAN/GAS 4. MASH FETA IN A LARGE MIXING BOWL, ADD THE RICOTTA AND MASH AGAIN TO THOROUGHLY MIX. STIR IN THE SPINACH, SPRING ONIONS, PARMESAN, EGG, NUTMEG AND PLENTY OF SEASONING WITH HALF THE BREADCRUMBS.

STEP 2

BRUSH A 20 X 30CM TIN WITH A LITTLE OIL. LAYER IN HALF THE FILO SHEETS, BRUSHING EACH WITH OIL BEFORE ADDING THE NEXT. SCATTER REMAINING BREADCRUMBS EVENLY OVER THE BASE. SPOON IN THE RICOTTA FILLING AND GENTLY SPREAD, SO AS NOT TO DISLodge THE BREADCRUMBS. COVER WITH REMAINING FILO, BRUSHING WITH OIL AS YOU GO, THEN SCORE INTO PORTIONS. BAKE FOR 35-40 MINS UNTIL GOLDEN AND CRISP. WHEN COOL, FREEZE IN INDIVIDUAL SQUARES. DEFROST OVERNIGHT IN THE FRIDGE AND EAT COLD, OR WARM IN A MICROWAVE.

BBCGOODFOOD

WHAT'S ON MAY

LISTINGS FOR ALL THE FAMILY

TO PROMOTE YOUR LOCAL EVENT IN THE NEXT WHAT'S ON LISTING -

EMAIL: INFO@THELOCALPOST.CO.UK

OR SUBMIT VIA OUR WEBSITE:

WWW.THELOCALPOSTMAGAZINE.CO.UK

SUBMISSION DEADLINE EACH MONTH IS THE 10TH.

Friday 1st

Yoga	The Zone	Downderry	9.00 to 10.00
Chair Yoga	Village Hall	Downderry	10.30 to 11.30
Film Q&A Jo in the water	Saltash Studios	Saltash	7.30 to 9.35

Saturday 2nd

May Fair	Fore Street	Saltash	10.00 to 9.00
Food & Craft Market	Saltash Studios	Saltash	10.00 to 3.00

Saltash May Fair takes place over several town centre locations Saturday - traders, parade, entertainment & music. Sunday - running competitions & a dog show.

Tai Chi	The Zone	Downderry	10.00 to 1.00
Collective Market	The Workshed	Liskeard	10.00 to 1.00
Paint Workshop	Saltash Studios	Saltash	7.00 to 9.00

Sunday 3rd

Yoga Workshop	The Zone	Downderry	9.30 to 11.00
Holy Communion	St Mary's	Shevlock	10.00
Holy Communion	St Nicolas'	Downderry	10.00
Knock Out Pool	The Smugglers	Seaton	6.00

Monday 4th - Bank Holiday

Flower Boat Festival	Milbrook	Milbrook	10.00 onward
----------------------	----------	----------	--------------

Black Price Flower Boat Festival 40th Anniversary celebrations. From Milbrook and onto Kingsard & Cawsand throughout the day.

Strong HER Feel Good	Village Hall	Downderry	9.30 to 12.00
Pilates	The Zone	Downderry	11.10 to 12.10
Pilates	The Zone	Downderry	12.15 to 1.15
Qi Gong	Village Hall	Downderry	2.00 to 3.00
Karate (under 18's)	Eliot Hall	St Germans	6.00 to 8.00
Yoga	The Zone	Downderry	6.45 to 8.15

Tuesday 5th

Zumba & Line Dancing	St Nicolas'	Downderry	9.15 to 10.15
Coffee Morning	Village Hall	Downderry	10.00 to 12.00
Chair Yoga	Eliot Hall	St Germans	10.30 to 11.30
Short Mat Bowls	Village Hall	Downderry	2.00 to 4.00
Short Mat Bowls	Eliot Hall	St Germans	2.00 to 4.00
Children's Ballet	The Zone	Downderry	4.30 to 8.00
Pilates	Village Hall	Downderry	6.00 to 7.00
Creative Workshop	Saltash Studios	Saltash	7.00 to 9.00

Wednesday 6th

Tap class	The Zone	Downderry	10.00 to 11.00
Music Club DAG	The Zone	Downderry	2.00 to 3.30
Badminton	Village Hall	Downderry	2.00 to 4.00
Table Tennis DAG	The Zone	Downderry	6.00 to 7.00
Yoga	The Zone	Downderry	7.15 to 8.30
Whitsand Harmony	Village Hall	Downderry	7.30 to 9.30

Thursday 7th

Bread & Babes	The Zone	Downderry	9.00 to 11.00
Pilates	Eliot Hall	St Germans	10.30 to 11.15
Movement Class	The Zone	Downderry	3.00 to 4.15
Box Fit	Village Hall	Downderry	6.00 to 7.00
Martial Arts	St Nicolas'	Downderry	7.00 to 9.00
Scott Country Dancing	Eliot Hall	St Germans	7.30 to 9.30
Management Meeting	The Zone	Downderry	7.30

Friday 8th

Yoga	The Zone	Downderry	9.00 to 10.00
Chair Yoga	Village Hall	Downderry	10.30 to 11.30
Youth Project	Eliot Hall	St Germans	5.00 to 6.30
Quiz Night	Village Hall	Downderry	6.30 to 9.30
Film - H is for Hawk (15)	Saltash Studios	Saltash	7.30 to 9.25
Blues & Open Mic Night	The Smugglers	Seaton	8.00

Saturday 9th

Food Market	The Workshed	Liskeard	10.00 to 1.00
Mindfulness Workshop	Saltash Studios	Saltash	10.30 to 12.00
Posture Workshop	Saltash Studios	Saltash	2.00 to 4.00
Wurlitz Film Screening	The Priory	St Germans	7.30
Luff Beetle Drive	Village Hall	Menheniot	7.30
Film - H is for Hawk (15)	Saltash Studios	Saltash	7.30 to 9.25
Music Bingo	The Smugglers	Seaton	8.00

Sunday 10th

Yoga Workshop	The Zone	Downderry	9.30 to 11.00
Market	Dave's Sheds	Trerulefoot	11.00 to 3.00
Holy Communion	The Priory	St Germans	10.00
Evensong	St Germans	Rame	6.00

Welcome to Cornwall's newest, smallest & friendliest cinema at **SALTASH STUDIOS**

Films in May:
Fri 1st Jo in the Water (+ Director Q&A)
Fri 8th & Sat 9th H is for Hawk
Fri 15th Underland
Fri 29th The Shepherd & the Bear

Bar opens 7pm.
Films start 7.30pm.

Tickets: £10-£4
www.saltashstudios.org
 or 07303 143751

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.

Monday 11th

Ashtanga Yoga	The Zone	Downderry	6.15 to 7.30
Strong HER Feel Good	Village Hall	Downderry	9.30 to 10.30
Coffee Morning	British Legion	Tideford	10.30 to 12.00
Pilates	Village Hall	Polbathic	10.30 to 11.15
Compassionate Cafe	Mosquito Club	Torpoint	12.30 to 2.00
Qi Gong	Village Hall	Downderry	2.00 to 3.00
Craft Cafe DAG	The Zone	Downderry	2.00 to 4.00
Children's Dance	The Zone	Downderry	5.00 to 6.30
Karate (under 18's)	Eliot Hall	St Germans	6.00 to 7.00
Legs, Burns & 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 12th

Zumba & Line Dancing	St Nicolas'	Downderry	9.15 to 10.15
Chair Yoga	Eliot Hall	St Germans	10.30 to 11.30
Short Mat Bowls	Village Hall	Downderry	2.00 to 4.00
Short Mat Bowls	Eliot Hall	St Germans	2.00 to 4.00
Children's Ballet	The Zone	Downderry	4.30 to 8.00
Pilates	Village Hall	Downderry	6.00 to 7.00
Craft Workshop	Saltash Studios	Saltash	6.30 to 9.00

Wednesday 13th

Tap class	The Zone	Downderry	10.00 to 11.00
Coffee Morning	Village Hall	Downderry	10.00 to 12.00
Music Club DAG	The Zone	Downderry	2.00 to 3.30
Badminton	Village Hall	Downderry	2.00 to 4.00
Table Tennis DAG	The Zone	Downderry	6.00 to 7.00
Yoga	The Zone	Downderry	7.15 to 8.30
Whitsand Harmony	Village Hall	Downderry	7.30 to 9.30

Thursday 14th

Bread & Babes	The Zone	Downderry	9.00 to 11.00
Pilates	Eliot Hall	St Germans	10.30 to 11.15
Thursday Club Outing	Eliot Hall	St Germans	7.00
Movement Class	The Zone	Downderry	3.00 to 4.15
Box Fit	Village Hall	Downderry	6.00 to 7.00
Holy Communion	St John's	St John	7.00
Martial Arts	St Nicolas'	Downderry	7.00 to 9.00
Scott Country Dancing	Eliot Hall	St Germans	7.30 to 9.30
Parish Council AGM	The Zone	Downderry	7.00

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

Friday 15th

Yoga	The Zone	Downderry	9.00 to 10.00
Chair Yoga	Village Hall	Downderry	10.30 to 11.30
Film - Underland (12A)	Saltash Studios	Saltash	7.30 to 8.45

Saturday 16th

Makers Market	Saltash Studios	Saltash	10.00 to 3.00
Craft Fair	Football Club	Torpoint	10.00 to 4.00
Little Bigger Breakfast	Village Hall	Downderry	10.00 to 1.00
Craft Fair	The Smugglers	Seaton	11.00
Theatre - Redacted	The Zone	Downderry	7.30

Redacted: A Cover-Up of the Cover-Up of a Cover-Up Voloz Physical Theatre Collective 7.30. The Zone, Downderry
Tickets £15 / £12 / £8

Bach Concert	The Priory	St Germans	7.30
--------------	------------	------------	------

Sunday 17th

Producers Market	Village Hall	Downderry	10.00 to 1.00
Holy Communion	St Mary & St Julian	Maker	10.00
Morning Worship	St Mary's	Shevlock	10.00

Monday 18th

Ashtanga Yoga	The Zone	Downderry	6.15 to 7.30
Strong HER Feel Good	Village Hall	Downderry	9.30 to 10.30
Pilates	Village Hall	Polbathic	10.30 to 11.15
Compassionate Cafe	Mosquito Club	Torpoint	12.30 to 2.00
Qi Gong	Village Hall	Downderry	2.00 to 3.00
Craft Cafe DAG	The Zone	Downderry	2.00 to 4.00
Children's Dance	The Zone	Downderry	5.00 to 6.30
Karate (under 18's)	Eliot Hall	St Germans	6.00 to 7.00
Legs, Burns & 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 19th

Zumba & Line Dancing	St Nicolas'	Downderry	9.15 to 10.15
Coffee Morning	Village Hall	Downderry	10.00 to 12.00
Chair Yoga	Eliot Hall	St Germans	10.30 to 11.30
Soundbath	Village Hall	Downderry	11.00 to 12.30
Short Mat Bowls	Village Hall	Downderry	2.00 to 4.00
Short Mat Bowls	Eliot Hall	St Germans	2.00 to 4.00
D&S W Craft Group	The Zone	Downderry	2.00 to 4.00
Children's Ballet	The Zone	Downderry	4.30 to 8.00
Pilates	Village Hall	Downderry	6.00 to 7.00
Craft Workshop	Saltash Studios	Saltash	7.00 to 9.00

Wednesday 20th

Tap class	The Zone	Downderry	10.00 to 11.00
Music Club DAG	The Zone	Downderry	2.00 to 3.30
Badminton	Village Hall	Downderry	2.00 to 4.00
Table Tennis DAG	The Zone	Downderry	6.00 to 7.00
Yoga	The Zone	Downderry	7.15 to 8.30
Whitsand Harmony	Village Hall	Downderry	7.30 to 9.30

WHAT'S ON MAY

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 21st

Bread & Babes	The Zone	Downderry	9.00 to 11.00
Pilates	Eliot Hall	St Germans	10.30 to 11.15
Movement Class	The Zone	Downderry	3.00 to 4.15
Box Fit	Village Hall	Downderry	6.00 to 7.00
Martial Arts	St Nicolas'	Downderry	7.00 to 9.00
Quilting W'shop DAG	The Zone	Downderry	7.30
Scott' Country Dancing	Eliot Hall	St Germans	7.30 to 9.30
Theatre Scratch Night	Saltash Studios	Saltash	7.30 to 9.30

Friday 22nd

Yoga	The Zone	Downderry	9.00 to 10.00
Chair Yoga	Village Hall	Downderry	10.30 to 11.30
Youth Project	Eliot Hall	St Germans	5.00 to 6.30

Saturday 23rd

Elephant Flair Pop up	The Stable Yard	St Germans	10.00 to 3.00
Sewsocial Session DAG	The Zone	Downderry	10.00 to 4.00
Mock Mayoral Elections	The Eliot Arms	St Germans	7.00
Live Music	The Smugglers	Seaton	9.00

Sunday 24th

Holy Communion	St Nicolas'	Downderry	10.00
Craft Fair	Village Hall	Downderry	10.00 to 2.00
May Tree Fair	The Rec	St Germans	12.00 to 4.00
May Tree Fair	The Eliot Arms	St Germans	5.00 to 11.00

May Tree Fair from 12.00 to 4.00 on the recreation ground. 4.00 Parade through the village & onto live music at the Eliot.

Eversong	St Germanus	Rame	6.00
----------	-------------	------	------

Monday 25th - Bank Holiday

Strong HER Feel Good	Village Hall	Downderry	9.30 to 10.30
Pilates	The Zone	Downderry	11.10 to 12.10
Pilates	The Zone	Downderry	12.15 to 1.15
Qi Gong	Village Hall	Downderry	2.00 to 3.00
Karate (under 18's)	Eliot Hall	St Germans	6.00 to 7.00
Yoga	The Zone	Downderry	6.45 to 8.15

Tuesday 26th

Zumba & Line Dancing	St Nicolas'	Downderry	9.15 to 10.15
Pain Cafe	Saltash Studios	Saltash	9.30 to 11.00
Coffee Morning	Village Hall	Downderry	10.00 to 12.00
Chair Yoga	Eliot Hall	St Germans	10.30 to 11.30
Drums4Fun DAG	The Zone	Downderry	11.00
Short Mat Bowls	Village Hall	Downderry	2.00 to 4.00
Short Mat Bowls	Eliot Hall	St Germans	2.00 to 4.00
D&S WI Craft Group	The Zone	Downderry	2.00 to 4.00
Children's Ballet	The Zone	Downderry	4.30 to 8.00
Pilates	Village Hall	Downderry	6.00 to 7.00
Craft Workshop	Saltash Studios	Saltash	7.00 to 9.00

Wednesday 27th

Tap class	The Zone	Downderry	10.00 to 11.00
Music Club DAG	The Zone	Downderry	2.00 to 3.30
Badminton	Village Hall	Downderry	2.00 to 4.00
Table Tennis DAG	The Zone	Downderry	6.00 to 7.00
Yoga	The Zone	Downderry	7.15 to 8.30
Whitsun Harmony	Village Hall	Downderry	7.30 to 9.30
Open Mic Night	The Smugglers	Seaton	7.30

Thursday 28th

Pilates	Eliot Hall	St Germans	10.30 to 11.15
Thursday Club Talk	Eliot Hall	St Germans	2.00
Movement Class	The Zone	Downderry	3.00 to 4.15
Box Fit	Village Hall	Downderry	6.00 to 7.00
Martial Arts	St Nicolas'	Downderry	7.00 to 9.00
Devick Parish Council	The Zone	Downderry	6.30
Soundbath	The Priory	St Germans	6.30 to 8.30
Scott' Country Dancing	Eliot Hall	St Germans	7.30 to 9.30

Friday 29th

Artisan Market	The Clock Tower	Kingsand	10.00 to 4.30
----------------	-----------------	----------	---------------

South West Artisans return! Visit us for handmade sea-inspired jewellery, nautical textiles, pressed seaweed, Kingsand and Cawsand paintings, upcycled sails and so much more! Two floors of friendly creatives await! **Three Day Event**

Yoga	The Zone	Downderry	9.00 to 10.00
Chair Yoga	Village Hall	Downderry	10.30 to 11.30
Free Family Crafts	Saltash Studios	Saltash	1.30 to 4.30
Youth Project	Eliot Hall	St Germans	5.00 to 6.30
Bingo Night	Village Hall	Downderry	6.30 to 9.00

Saturday 30th

Artisan Market	The Clock Tower	Kingsand	10.00 to 4.30
Cornish Saints Day	The Priory	St Germans	10.30

Sunday 31st

Artisan Market	The Clock Tower	Kingsand	10.00 to 4.30
Holy Communion	All Saints	Millbrook	10.00

Downderry Village Hall - www.downderryandseatonvillagehall.co.uk
 Eliot Hall St Germans - www.stgermanscommunityhall.org
 Toppoint Mesquite Sailing Club - www.tpsc.org.uk
 St Germans Priory - www.stgermanspriory.org
 St Nicolas' Church Downderry - 07855 162258
 The Zone Downderry - zonedownderry@aol.com

Supporting local Economy

Event Listings

Basic

Example - Coffee Morning - Eliot Hall - St Germans - 10am to 12pm - Free

Enhanced - £5.00

Example - Coffee Morning - Eliot Hall - St Germans - 10am to 12pm - Free

The Eliot Hall welcome you to join us for a community coffee morning. Raising funds for our village hall so come along to catch up with friends or to meet new ones.

Premium from £25.00

Your enhanced event listing plus quarter or half page advert.

THE LOCAL POST

Free basic listings for all events happening in your local area. Unlimited event listings for all 'not for profit' and community events.

Four complimentary basic listings per issue for all local businesses. Stand out from the crowd with the enhanced listing for just £5.00 per listing. Add 30 words to enhance your event. Need more exposure? Talk to us about a quarter or half page advert on our event pages.

WHITSUN ACTIVITIES IN SOUTH EAST CORNWALL

Looking for ways to keep the children busy during Whitsun half term? There are plenty of family-friendly events taking place across South East Cornwall and nearby.

- Visit Antony House for summer lawn games, a family house trail and a tree-spotting adventure around the gardens. Activities run throughout half term and are included with admission.
- Head to Liskeard & District Museum for a free wartime-themed trail during the week, plus a Spitfire model-making workshop on 27 May. Children can complete the trail and win a free sticker.
- Liskeard Library is running a Family Code Jam, where children can try Scratch coding, BBC Microbits and Lego Robotics. There is also a free myths and legends morning with storytelling and creative writing activities.
- Enjoy a free Rockpool Ramble at Hannafore Beach on 26 May. Join local marine biologists to explore the shore and discover sea creatures in the rockpools.
- Take a family trip to Mount Edgcumbe Country Park for the popular Green Man Festival. Expect live music, Morris dancers, craft stalls, re-enactments and traditional family games.



• Outdoor theatre fans can enjoy Wind in the Willows in the grounds of Pentillie Castle on 27 May. Bring a picnic and enjoy an evening performance in the gardens.

• For younger children, Alpaca Trekking Cornwall is holding a special storytime with Farmer Emma and the alpacas.

MAY DAY TRADITIONS

May Day traditions in Cornwall are a blend of ancient customs and modern celebrations. May Day has ancient origins, tracing back to pre-Christian Europe. In Celtic Britain and Ireland, it was celebrated as Beltane, a fire festival marking the halfway point between the spring equinox and summer solstice, involving bonfires, dancing, and rituals to encourage fertility and a good harvest. In ancient Rome, the Floralia festival honoured Flora, the goddess of flowers and fertility. These early celebrations emphasized the vitality of spring, the growth of crops, and the renewal of life.



May Day celebrations are community events, with locals joining in the festivities, with parades and music. Maypole Dance: A traditional dance performed by children, showcasing their skill and adding to the festive atmosphere. Famous Cornish celebrations are held around Cornwall like Obby Oss Day in Padstow. And Flora Day in Helston:

LOCAL MAY CELEBRATIONS:

Saltash May Fair – 2nd & 3rd May in locations around the town centre. Street market & traders on Fore Street. The Youth Village in Victoria Gardens is the starting point of the grand parade and Longstone Park is a hub of entertainment with live music into the evening.

Black Prince Flower Boat Festival is celebrating its 40th Anniversary in 2026. The communities of Millbrook, Kingsand and Cawsand come together to banish the winter blues and welcome in the summer sun. The festival has its origins in the 19th century and after a break was revived in 1986. This year's event takes place on Monday 4th May starting in Millbrook at 10.00am

St Germans Maytree Fair is a real community get together held on Spring Bank Holiday weekend on Sunday 24th from 12.00 at the recreation ground in St Germans. It is a traditional annual celebration of the coming of summer. Originally held around the

Old Nut Tree (sadly deceased), today's villagers carry their new nut tree through the streets in a colourful and noisy procession. Led by the St Germans mock Mayor & Mayoress, who are elected in the pub on Saturday night, the procession goes via the St Germans Priory and onto the local pub The Eliot Arms for an evening of live music.

These traditions reflect Cornwall's rich cultural heritage and its connection to the natural world. Visitors and locals alike can experience the joy and spirit of May Day celebrations in Cornwall.



ST GERMANS MAY TREE FAIR 2026

SATURDAY 23rd MAY
7.30pm at the Eliot Arms
Elections of St Germans Mock Mayor & Mayoress
LIVE MUSIC

SUNDAY 24th MAY
12.00 to 4.00 at St Germans Recreation Ground
Maypole Dancing, Tag-o-War, Stalls, Food, Bar & Live Music
Fun for all the family!

4.00pm May Tree Procession
Join the community as we parade with the May Tree in a joyful procession through the village via St Germans Priory

5.30 into the evening at The Eliot Arms
Live Music, Dancing, and the Grand Buffet
DON'T FORGET TO WEAR YOUR OAK LEAVES!

Follow our Facebook page for information updates

SALTASH MAY FAIR

Saturday 2nd May
MARKET ON FORE STREET FROM 10AM
INFLATABLES, STALLS, AND LIVE MUSIC
ON LONGSTONE PARK UNTIL 8PM

Sunday 3rd May
RUNNING RACES & DOG SHOW
ON LONGSTONE PARK

USE THE QR CODE TO OPEN THE ONLINE BATTLE
LARGE PRIZES OF £1000 & 1000 AND MORE
PROCEEDS ALL KINDLY DONATED BY LOCAL BUSINESS ESSENTIALLY

BROUGHT TO LIFE WITH A GENEROUS GRANT FROM SALTASH TOWN COUNCIL

SWIM BUS UPDATE

My love of sea swimming started when taught by my Dad in the North Sea Scotland at 5yrs old.



Swimming brings so many benefits to both physical and mental

health, it is a lovely thing to share. I hear so many people say they would like to try it but perhaps don't have transport or don't have a group to swim with, or are simply nervous to try.

Swim Bus has started, but very low attendance. We need more willing dippers!

I'm not a lifeguard and the understanding will be that we look after each other and ourselves. Anyone with health needs should check with their GP before starting. Where we swim changes, dependent on weather and tides. We will choose the most appropriate place which is likely to be Cawsand, Portwrinkle or Downderry. These will be simple shore swims to cater to beginners or less experienced swimmers to ensure safety. You may want to just start with a quick dip. I need to know who is coming and where from to organise pick ups on route. £5 each, proceeds towards community bus.

New dates: April 27th, May 11th, June 8th .. Please call me to book a place. Emma Lock 07970244202

Go on give it a go, it's exhilarating energising and fun!

Naomi's FOOT CARE
Professional Foot Health Practitioner
Qualifications: a Dip in Podiatry & a Diploma in Podiatry

- ✓ 14 years experience across the UK
- ✓ 10 years experience in Cornwall
- ✓ 10 years experience in podiatry
- ✓ 10 years experience in podiatry
- ✓ 10 years experience in podiatry
- ✓ 10 years experience in podiatry
- ✓ 10 years experience in podiatry
- ✓ 10 years experience in podiatry
- ✓ 10 years experience in podiatry
- ✓ 10 years experience in podiatry

Naomi's Foot Care
S.N.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

Simplifity
FOR YOUR BEST AND HEALTH

FIXED PRICE 4kW SOLAR

- 8 x Triso 45w 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 570w 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 **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.dampbustersouthwest.co.uk

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

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

THE BEACH HOUSE
SEATON BEACH, CORNWALL PL11 3JD

ROAST ON THE COAST EVERY SUNDAY



SUNDAY CARVERY
KIDS EAT FREE!

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



MGB Fascia, Soffit & Guttering

Local, Reliable & Professional – Based in St John, near Torpoint, Cornwall

Protect and improve your home with expert fascia, soffit and guttering services.

Whether you need **repairs, replacements, or new installations,**

MGB provides **skilled workmanship**, using **durable materials**, and providing an **honest local service** you can rely on.

- ✔ uPVC Fascia, Soffit & Guttering
- ✔ Gutter Cleaning & Repairs
- ✔ Free Quotes • Fully Insured • Friendly Local Team

📍 **Serving Torpoint, the Rame Peninsula, Saltash, Looe, Liskeard, Plymouth & Surrounding Areas**

📞 **Contact Martyn on 07877 930087**

🌐 www.mgbps.com

💙 **Find us on Facebook: M.G.B Fascia Soffit & Guttering**



Solution Focused Hypnotherapy

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

www.walshhypnotherapy.co.uk

Call Joanna on 07811 444072

www.Railholiday.co.uk



Follow us @Railholiday

Beautifully converted eco-friendly award-winning self-catering holiday carriages in St Germans and Hayle.

£50 discount for locals!



HOME GARDENING

May Gardening in South East Cornwall

May is one of the busiest and most rewarding months in the garden. With warmer days, longer evenings and the risk of frost beginning to fade, gardens across South East Cornwall can really start to flourish.

This is the perfect month to sow and plant. Outdoors, you can sow carrots, beetroot, peas, beans, lettuce and radishes straight into the soil. Sweetcorn, courgettes and pumpkins can also be planted out towards the end of the month once the weather is reliably mild. If you enjoy flowers, May is a good time to sow annuals such as sunflowers, nasturtiums and cosmos for a bright summer display.

Hanging baskets and containers can now be filled with bedding plants to bring colour to patios and doorsteps. Geraniums, petunias and lobelia all do well in Cornwall's mild climate. Keep an eye on newly planted pots and baskets, as they can dry out quickly when the weather turns warmer.

One of the most important jobs in May is staying on top of weeds. A little time spent hoeing or hand weeding each week will stop them taking over later in the season. Mulching around plants with compost or bark chips will also help keep weeds down and hold moisture in the soil.

Lawns often begin growing quickly in May, so regular mowing will keep them looking tidy. Try leaving a small patch of longer grass or wildflowers if you can, as this encourages bees and other wildlife into the garden.

For local gardening supplies, Endsleigh Garden Centre is popular for bedding plants, shrubs and garden tools. Closer to South East Cornwall, Pengelly Garden Centre offers plants, compost and seasonal advice, while Restormel Garden Centre is a good place to find vegetable plants, herbs and summer flowers.

With a little work now, your garden will be full of colour and produce by the time summer arrives.

If you need more advice, or would simply rather someone else take care of your gardening needs, why not give Kevin a call.



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



The Chimney Serviceman

Professional, Traditional & Modern Services



THECHIMNEYSERVICEMAN@GMAIL.COM

THECHIMNEYSERVICEMAN.SQUARESPACE.COM

THE CHIMNEY SERVICEMAN

@THE_CHIMNEYSERVICEMAN



- Sweeping of all Gas, Oil, Solid Fuel & Biomass Appliances
- Stove Servicing & Restoration Packages
- Stove and Flue Liner Installations
- Chimney Camera Inspections
- Chimney Flaunching Services
- Chimney stack inspections
- Blockage & Bird removal
- Pot and Cowl services
- Drone Inspections
- Fully insured
- Covering Domestic and Commercial properties
- Working at Height Compliant
- Professional & CLEAN Service

YOUR LOCAL CHIMNEY SWEEP 07557 497 093



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

PHOTO OF THE MONTH

ST. MICHAEL'S MOUNT MARAZION



PLEASE SEND YOUR PHOTOS TO:
INFO@THELOCALPOST.CO.UK

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



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

SIMON'S HANDYMAN SERVICES

HOURLY/HALF/FULL DAY RATES



CALL SIMON

07562 365970

IF I HAVE MY HANDS FULL, LEAVE A MESSAGE

- HOUSEHOLD DIY
- PAINTING/DECORATING
- FLATPACK & BUILD
- GENERAL HOME/GARDEN/GARAGE TIDY
- "HOUSE SALE SPRUCE UP!"
- NO JOB TOO SMALL

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

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



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

KIDS PUZZLE PAGE

FOODIE FUN WORD SEARCH FOR KIDS



- PIZZA
- BURGER
- LAUGH
- POPCORN
- CANDY
- PARTY
- SUNDAE
- GAME
- DONUT
- DANCE



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



FIND 11 OBJECTS
IN THE PICTURE



PUZZLE PAGE

WORD SEARCH

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

ARISEN
 BLEACH
 BODYBUILDING
 CALIBRATE
 COOLANT
 CORMS
 ELATES
 EMCEEING

EXPORTING
 FLATTERINGLY
 FURLONG
 FUSSING
 HEAVING
 HOODS
 INNOCENTEST
 LABELING

MORDANTS
 NARCOTIC
 PALMIEST
 PAROLEES
 PLAGUE
 SMELTING

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



ideal property Group

**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

