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Welcome to the September edition of The Local Post!

September in our corner of the world
brings a change of pace – the
summer rush slows, the air turns
crisp, and our community shines in a
new light. This month, we bring you
fresh local stories, upcoming events,
and tips to make the most of the
season.

A huge thank you goes to our
contributors, whose words and
photos capture the spirit of our area,
and to our advertisers, whose
support keeps these pages alive and
free for readers.

We're always keen to welcome new
local businesses into the fold.
Whether you're opening your doors
for the first time or simply want to
reach more neighbours, The Local
Post is here to help your message
land right on their doorstep.

See you next month!
The Local Post Team

THE LOCAL POST

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Cllr Kate Ewert – Rame Peninsula & St Germans division.



CLLR KATE EWERT

A Warmer Summer and the Challenges It Brings

In last month's column, I wrote about the summer shaping up to be warmer and sunnier than last year—and as I write this in mid-August, that prediction seems to be holding true. While the sunshine is welcome, it also brings with it growing concerns about our changing climate. With hotter, drier conditions becoming more common, we must ask ourselves whether we're truly prepared for the risks this brings.

One concern I've heard from residents is the increased fire risk from dry grass. I completely agree—this is something we all need to take seriously. But it's also something we can all help prevent. Simple actions like avoiding disposable barbecues on grassland or not throwing lit cigarettes from car windows can make a huge difference. Please do act with care and consideration to help protect our beautiful countryside.

Protecting Our Waterways

At July's full Cornwall Council meeting, I was proud to bring forward a cross-party motion with Cllr Martyn Alvey to tackle the growing issue of abandoned boats in our waterways. This issue was first raised by a resident in St Germans, who was concerned about the increasing number of small fibreglass leisure boats being dumped after reaching the end of their usable life.

These boats are often bought cheaply, but disposing of them properly can be surprisingly expensive. Because they don't require registration like cars do, it's nearly impossible to trace them back to their owners. Our motion, which received strong support across the chamber, called for a voluntary registration scheme in Cornwall and urged the government to introduce national legislation for proper boat registration. I'm pleased to say that Jayne Kirkham MP is fully behind this initiative and is working with us to push it forward.

A Fairer Deal for Cornwall

For many years, councillors from all parties have called for a fairer funding deal for Cornwall—one that recognises the unique challenges of delivering services in rural and coastal areas. I'm delighted that the Labour Government's proposed fair funding formula looks set to finally take our geography into account.

Our local MP, Anna Gelderd, has been instrumental in lobbying for this change. Services cost significantly more to deliver in rural communities, and it's high time Cornwall received its fair share. I sincerely hope the current administration at Cornwall Council works constructively with our MPs to ensure we don't miss out again.

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Considering Cornish Creations

Throughout my research and general background reading, I have come across so much Cornish stuff that was globally impacting. Inventions that had origins either in Cornwall or by Cornish folk. Here are just 11 of such world impacting inventions.

The list includes some surprises. I start with the obvious. (No, not the Pasty)

Steam Engine:

Richard Trevithick, a Cornish engineer, revolutionised transportation and industry with his invention of the high-pressure steam engine. This groundbreaking technology powered locomotives, pumps, and various machinery, significantly impacting the Industrial Revolution. His most famous achievement was building the first steam-powered railway locomotive, which ran on a short track in Wales in 1804.

Davy Lamp:

Sir Humphry Davy, a Cornish chemist, invented the Davy lamp, a safety lamp designed to prevent mine explosions. The lamp's enclosed flame, surrounded by a wire mesh, significantly reduced the risk of methane gas ignition in coal mines, saving countless lives.



Rocket Line System:

Henry Trengrouse, a Cornishman, developed the Rocket Line system, a crucial lifesaving apparatus used to rescue people from ships in distress. This innovative system employed rockets to fire a line to a stranded vessel, enabling a lifeline to be established and rescue efforts to commence.

Pears Soap:

Andrew Pears, a Cornishman, founded Pears Soap, one of the world's first mass-produced soaps. Pears Soap was renowned for its purity and quality, and it became a popular brand globally.



The Discovery of Neptune:

John Couch Adams, a Cornish astronomer, independently calculated the position of the planet Neptune. His meticulous calculations, along with those of Urbain Le Verrier, led to the discovery of Neptune by Johann Galle in 1846.

Austin-Healey Sports Car:

Donald Healey, a Cornish designer and rally driver, co-founded the Austin-Healey car company. This partnership produced iconic British sports cars, such as the Austin-Healey Sprite, known for its performance, style, and affordability.



Wireless Communication:

Guglielmo Marconi, an Italian inventor who lived and worked in Cornwall, transmitted the first transatlantic radio signal. His pioneering work in wireless telegraphy laid the foundation for modern radio and telecommunications.

The Cornish Cross:

A breed of chicken originating in Cornwall, the Cornish Cross is known for its rapid growth and meat production. It is one of the most popular broiler chicken breeds worldwide.

The Cornish Pasty:

A traditional Cornish food, the pasty is a meat and vegetable pie encased in pastry. It was originally designed as a portable meal for miners, and it remains a popular and iconic dish. (Yeh, ok, obvious or what, but I had to include it and the next two!)



The Cornish Cream Tea:

A traditional Cornish afternoon tea, consisting of scones with clotted cream and jam. It is a delightful and iconic Cornish experience. Jam first then the cream of course!

The Cornish Language:

A Celtic language spoken in Cornwall. (er... yeh. Obvious). The Cornish language has a rich history and culture. Efforts are ongoing to revitalize the language and promote its use.

How many more can you name?

Geoff Williams

Considering Cornish Creations

SEPTEMBER WELLNESS

Wellness in Cornwall: Staying Healthy This September

September in Cornwall is a sweet spot—warmer seas, quieter beaches, and crisp air that makes being outdoors a pleasure. It's the ideal month to build healthy habits before winter sets in.

Make the most of the sea. Ocean temperatures remain mild, so keep swimming. Wild swimming boosts mood, circulation, and muscle recovery. Stick to lifeguarded beaches like Gyllyngvase or Porthcurno, and don't swim alone.

Walk the coast. The South West Coast Path offers miles of cardio-friendly terrain, with fewer tourists in your way. Regular walking supports heart health, strengthens joints, and sharpens the mind. Dress in layers—Cornish weather can change fast.

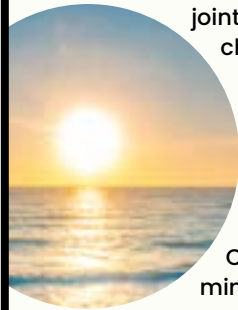
Eat what's in season. September brings blackberries, apples, root vegetables, and fresh mackerel. Local produce is nutrient-rich and supports the community. Mackerel offers omega-3s, blackberries pack antioxidants, and root veg provide steady energy.

Catch the light. Shorter days mean less vitamin D. Aim for 20–30 minutes of daylight daily, but wear sunscreen if you're out for longer.

Blend indoor and outdoor exercise. When storms hit, switch to yoga, Pilates, or climbing at local leisure centres, many of which offer autumn discounts.

Wind down naturally. Longer nights are a cue for earlier rest. Swap late-night screens for herbal tea, a book, or quiet time by the sea. Mindfulness helps reduce stress and keeps your mood steady.

By embracing Cornwall's September rhythm, you can strengthen your body, recharge your mind, and set yourself up for a healthier winter.



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HOME GARDENING

CORNWALL GARDENS IN SEPTEMBER: COASTAL AUTUMN PREP

September in Cornwall is a sweet spot for gardeners. The summer crowds fade, the sea air stays mild, and the soil still holds warmth from sunny August days. It's time to make the most of that gentle Cornish autumn.

Tend to tired borders

Clear away spent annuals and give perennials a tidy-up. Many plants here will keep blooming well into October if you deadhead regularly. Keep an eye out for wind damage – coastal breezes can be lively this month.

Plant for spring

Get tulips, daffodils, and Cornish-favourite fritillaries into the ground now. The mild climate means bulbs settle in quickly, ready for a strong spring show.

Grow late veg

In sheltered plots, you can still sow spinach, rocket, and winter lettuce. Raised beds or cloches will give young seedlings a little extra warmth against the sea breeze.



Care for the lawn

Autumn feeding and light scarifying will help lawns recover from summer wear, especially if they've had a salty spray or two.

Compost coastal bounty

Fallen leaves, garden trimmings, and even seaweed (rinsed to remove salt) make excellent compost – a true Cornish gardener's secret.

Work with the season now, and your Cornish garden will repay you come spring

SEPTEMBER RECIPES

Pear & blackberry crumbles

Use pear instead of apple in these individual versions of the classic pud with a crunchy pistachio topping

700g (or 4 large) ripe English pears peeled and cubed

100g golden granulated sugar

250g blackberry

200g plain flour

100g unsalted butter cold, cut into small pieces

85g shelled pistachio roughly chopped

100g demerara sugar

Ice cream to serve (optional)

Heat oven to 190C/fan 170C/gas 5. Place the pears in a medium-size pan, add the granulated sugar and cook on a medium heat until the fruit starts to soften and releases its juices, about 10 mins.

Add the blackberries and bring back to the boil, then remove from the heat. Spoon the fruity mixture into 4 individual ovenproof ramekins, or 1 large baking dish.

Place the flour, butter and a pinch of salt in a large bowl and rub together with your fingers until the mixture resembles coarse breadcrumbs. Add the pistachios and demerara sugar, then stir to combine.

Sprinkle crumble evenly over the cooked fruit. This can be done up to 1 day ahead, or frozen for up to 1 month. Bake for 20–25 mins if small, 40 mins if large, until golden. If baking from frozen, add 15 mins cooking time.

Remove from the oven, cool slightly, then serve with ice cream, if you like.

BBC FOOD

Homemade tomato chutney

500g red onion – finely sliced
1kg tomato – chopped
4 garlic cloves – sliced
1 red chilli – chopped (optional)
4cm piece ginger – peeled and chopped
250g brown sugar
150ml red wine vinegar
5 cardamom seeds
½ tsp paprika

Tip all the ingredients into a large heavy-based pan and bring to a gentle simmer, stirring frequently. Simmer for 1 hr, then bring to a gentle boil so that the mixture turns dark, jammy and shiny. Place into sterilised jars and allow to cool before covering.

Will keep for 6 weeks.

BBC FOOD

DISCOVER CORNWALL

Here are some gorgeous views of Southeast Cornwall – think dramatic coastlines, hidden gems, and charming villages. Now, let's explore a tailored mix of events, attractions, and experiences you can enjoy in September 2025:

Festivals & Events in September

Looe Live (Looe) – A fun, music-and-food-filled weekend festival in September that really brings the fishing town to life with local produce and live entertainment. Perfect for a lively seaside outing.

Summercourt Fair – One of Cornwall's oldest fairs, this traditional charter fair runs from the third Thursday in September, with the main market on the following Monday. Expect vibrant funfair rides, local markets, and perhaps even Cornish wrestling.

Coastal Towns & Villages to Explore

Kingsand & Cawsand (Rame Peninsula) – Often dubbed the "Forgotten Corner," these twin villages offer quiet shingle beaches, colourful cottages, rockpooling, and even summer boat hires. If you're visiting in early September, enjoying an ice cream from Cawsand Bay Vintage Scoops makes for a delightful treat.



Looe & Polperro – Looe offers a historic port atmosphere, beaches, shopping, dining, and fishing trips—great for families. Polperro, meanwhile, charms with its whitewashed houses, harbour muse, and museum on smuggling history.

Outdoor Attractions & Walks

South West Coast Path – Southeast Cornwall boasts stretches along the path between Looe and Polperro, around Rame Head, and near Whitsand Bay. These offer scenic, sometimes secluded, coastal hikes.

Kit Hill Country Park – A majestic vantage point between Callington and the Tamar Valley. As the highest hill in the area, it offers sweeping views and is rich in wildlife and history, including mining relics and a Civil War redoubt.

Duloe Stone Circle – A fascinating Bronze Age monument just 5 miles from Looe. The impressive quartzite stones (some over 2.6 m tall) set in a field offer a peaceful, historical interlude.

Adrenalin Quarry (Menheniot) – For something exhilarating, this adventure park featuring zip lines, a giant swing, aqua park, axe-throwing, and karting is open on weekends – perfect for families or thrill-seekers.

Gardens, Heritage & Hidden Gems

Mount Edgcumbe Country Park – Nestled within the Rame Peninsula, this park delivers lush formal gardens, ancient woodlands, and open parkland—an ideal place for a tranquil stroll in early autumn.

Sample 3-Day Itinerary Idea

Day Activities

Day 1 Stroll and explore Kingsand & Cawsand, enjoy rockpooling, grab an ice cream, then picnic amid Mount Edgcumbe gardens.

Day 2 Hike along the South West Coast Path to Rame Head or Whitsand Bay, then relax in Looe with fish & chips and a potential fishing trip.

Day 3 Attend Looe Live (if it aligns with your stay), or head to Summercourt Fair for local culture and funfair delights. Alternatively, switch to an action-packed day at Adrenalin Quarry.

Tips for a Smooth Visit

Weather & Preparations: September in Cornwall is generally mild but can be changeable—bring layers and waterproofs just in case.

Advance Bookings: If you're planning to go to events like Looe Live or stay near popular spots, consider booking ahead.

Transportation: Coastal paths and rural villages might involve narrow lanes or limited transit. A car makes exploring easier, but some areas are accessible by local buses or ferry services.

In Summary: Highlights for Southeast Cornwall This September

Festive fun: Looe Live (local music & food), Summercourt Fair (historic fairground).
Coastal charm: Kingsand & Cawsand with their sleepy beaches and pastel cottages; the quaint atmosphere of Polperro.

Natural beauty & trails: Scenic hikes along the Cornwall Coast Path; panoramic views atop Kit Hill; historic Duloe Stone Circle.

Adventure: Zip lines, rides, and more at Adrenalin Quarry.

Green retreats: Peaceful gardens at Mount Edgcumbe.



DISCOVER CORNWALL



DEVIOCK ACTIVITIES GROUP



IN SEPTEMBER

We have had to relocate our activities as the Methodist Church have decided not to sell the Zone to the community.

OUR NEW VENUE IS ST NICS CHURCH, DOWNDERRY

Opposite the school on the Main Road.

FROM WEDNESDAY 3RD SEPTEMBER

TABLE TENNIS 6pm £2

New players of all abilities always welcome

FROM THURSDAY 4TH SEPTEMBER

MUSIC CLUB 2.15pm - 3.45pm £3

with refreshments.

A fun session-bring your guitar,ukulele or your voice.

No previous experience or musical ability needed.

Piano available at our new venue too, so we'll need someone to play it!

FROM MONDAY 8TH SEPTEMBER

CRAFT CAFE & ART GROUP 10am - 12 noon £3

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Downderry & Seaton Village Hall

Main Road, Downderry, Torpoint, Cornwall. PL11 3JX

(Registered Charity 1210090)

Tuesday 2nd September 10am to 12 noon - Coffee Morning

Have a stroll along the beach and enjoy a hot or cold drink with Crumpets while making new friends.

Friday 5th and Saturday 6th September

The VH Drama Group's Summer Play

Tickets are now onsale, £1.10 each. Doors open 6.30pm for 7.30pm start.

Thursday 11th September 2pm to 5pm - Games Afternoon

Enjoy a fun afternoon with family and friends or make new ones. Lots of games available to play, or if you have a favourite bring it along!
Entry fee £1 each. Hot and cold drinks available, including a reasonably priced bar.

Saturday 13th September & Sunday 14th September - WellFest 2025

Bookings are now open for the WellFest 2025 Charity weekend in Downderry and Looe. There are some amazing classes and experiences for you to try.

Saturday 20th September 10am to 1pm - Little & Bigger Breakfast

Make new friends and enjoy a hearty breakfast of either a breakfast bap or full breakfast.

Sunday 21st September 10am to 1pm - Producers Market

Shop local for great fresh produce. Hot and cold refreshments available. Entry is free.

Friday 26th September 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.

Sunday 28th September 10am to 2pm - Table Top Sale

Bookings are now open for our next Table Top Sale, large £10, small £5 (set up from 8.30am, pay on the day).

Come along and grab a bargain, we have everything under one roof - your very own Bargain Hunt starts right here.

We have had some amazing items donated for the Village Hall table, including new items from the Glass Shack.

Pay by cash or card. Hot and Cold refreshments will also be on sale.

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

Regular activities and other events in the village Hall

Mondays - 11.15am & 12.15am Pilates with Gocha; 2pm Qigong with Nicola;

6.45pm Yoga with Jackie

Tuesdays - 2pm VH Short Mat Bowls Group; 6pm Pilates with Sarah;

7.15pm VH Drama Group

Wednesdays - 2pm VH Badminton Group

Fridays - 10.30am Chair Yoga with Craig

Most days 9am to 11.30pm VH Snooker Room

10am on 10th Community Bus Coffee Morning

11th Abstract Art Workshop with LA Art

16th Soundbath with Tracy - 25th Willow Tree Psychic Fair

For details of the above events, activities and groups, see website

www.downderryandseatonvillagehall.co.uk,

www.facebook.com/groups/downderryandseatonvillagehall,

or email downderryandseatonvillagehall@gmail.com

Torpoint Mosquito Sailing Club

September Events

MON SEPT 1ST / 15TH

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.

SAT SEPT 6TH

LIVE MUSIC FEATURING LOCAL BAND FROM ST.GERMAN'S THE HAHA'S

FRI SEPT 12TH

FAMILY BINGO - 7-30 TO 9PM. ADULTS & CHILDREN WELCOMED.
RAFFLE MID-WAY THROUGH AND FINAL ADULTS ONLY - CASH GAME.

FRIDAY SEPT 19TH

CHARITY COFFEE MORNING.. 11AM TO 11SH THIS YEAR WE ARE PROUD TO SUPPORT LOCAL CHARITY CHAT PLEASE COME ALONG AND ENJOY SOME FABULOUS HOMEMADE CAKES AND SAVORIES AND ENJOY THE BEAUTIFUL VIEW OF THE TAMAR.

EVERY THURSDAY

FUN QUIZ NIGHT 8PM START/ 50P PER PERSON. THE LOSING TEAM WIN LOLLYPOPS

EVERY SUNDAY

PLAY ...FIND THE JOKER. WE GIVE OUR PAYING CUSTOMERS MEMBERS AND NON-MEMBERS WHO ARE IN THE CLUB AT 5PM A CHANCE TO WIN SOME MONEY. A DECK OF PLAYING CARDS INCLUDING THE JOKER ARE SHUFFLED AND PUT INTO BROWN ENVELOPES SHUFFLED AGAIN AND THEN NUMBERED 1-53 A RAFFLE THEN TAKES PLACE AND COSTS £1 A TICKET MAX OF £10 (CASH ONLY) PER PERSON. THE CURRENT JACKPOT AT TIME OF GOING TO PRINT IS £6900. YOU HAVE TO BE THERE TO WIN. TICKETS GO ON SALE AT 5PM

ALL EVENTS ARE OPEN TO EVERYONE.

FOR MORE INFORMATION - SEE OUR FACEBOOK PAGE OR WEBSITE.
[HTTPS://WWW.TMSC.ORG.UK/EVENTS](https://www.tmsc.org.uk/events) OR CALL SUE PALMER
07557301823

WellFest SE Cornwall

WellFest is all for charity and bringing the community together for connection, collaboration and improving health and wellbeing. All practitioners and organisers give their time for free.

♥ HOW IT WORKS

All events are donation-based and donations will be gratefully received on the day. All practitioners and organisers give their time for free.

Funds will go directly to our local community partners - details are listed on individual ticket pages.

👉 A small booking fee applies for two special offerings:

- The beautiful Kirtan concert with Premanjali
- The rejuvenating wood-fired sauna experience

Proceeds from both will go to Downderry and Seaton Village Hall.

🌍 THIS YEAR'S COMMUNITY PARTNERS:

- Downderry and Seaton Village Hall
 - St Nicholas Church
 - The Millpool Centre
- Looe Marine Conservation Group
 - Cornwall Wildlife Trust

🌱 NOURISH YOURSELF

Enjoy our Wellbeing Menu in collaboration with:

- 🍷 Summink Different - locally
- 🏠 The Inn on the Shore

📅 BOOKINGS NOW OPEN

Visit www.moyabodywork.com/wellfest to explore the schedule and reserve your spot.

If you don't have access to the internet please phone or message Moya on 07900218817 who will be happy to help you book tickets.

COFFEE MORNING AT THE BRITISH LEGION TIDEFORD



SEPTEMBER 8TH
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Memorial Concert

MEMORIAL CONCERT FOR NORMA HARWOOD WILL BE HELD AT ST. GERMAN'S PRIORY CHURCH ON SATURDAY 13TH SEPTEMBER.

MEVAGISSEY MALE CHOIR WILL BE SINGING FROM 7.30PM. SOLOISTS ARE ALISON HARVEY AND CHOIR MEMBER CHARLIE WETTER. TICKET PRICE £7.50.

ALL PROCEEDS WILL BE EQUALLY SHARED BETWEEN THE CHURCH AND THE BELL TOWER FUND.

NORMA COOMBE WAS BORN IN ST. GERMAN'S MARCH 1933, SHE LIVED THE MAJORITY OF HER LIFE HERE, ATTENDING THE VILLAGE SCHOOL AND PARISH CHURCH.

NORMA WAS THE DAUGHTER OF GWENDOLINE (CLOKE) AND HAROLD COOMBE. NORMA HAD 2 BROTHERS TERRY (DECEASED) AND MELVYN (92) WHO IS SINGING IN THE CHOIR AT THE CONCERT.

NORMA MARRIED EDWARD (TED) HARWOOD AT ST. GERMAN'S CHURCH IN 1955. THEY HAD 1 SON IN 1960.

NORMA IS BEST KNOWN FOR BEING THE VILLAGE HAIRDRESSER FOR OVER 50 YEARS. NORMA DIED APRIL 2025 AT NORTH HILL CARE HOME ST, AUSTELL, JUST 5 WEEKS AFTER HER 94TH BIRTHDAY.

THE COOMBE FAMILY LOOK FORWARD TO SEEING YOU TO CELEBRATE NORMA'S LIFE.



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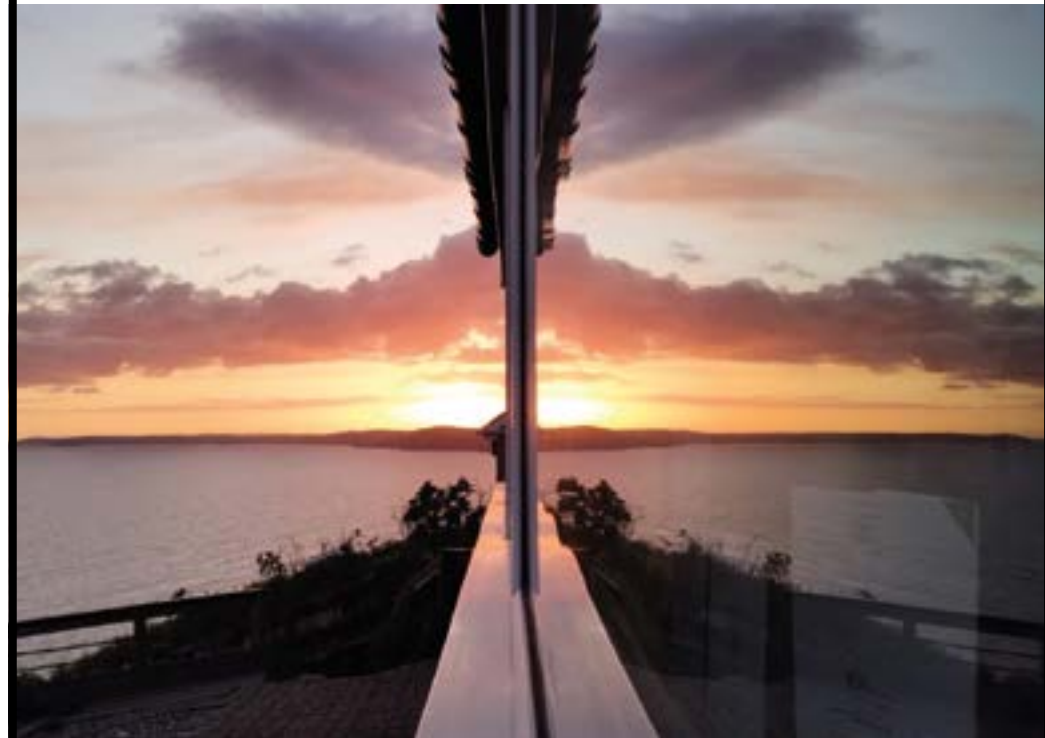
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PHOTO OF THE MONTH

SUNSET



Sunset from Withnoe terrace , Freathy .

Sarah Jones

Please send your photos to:
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A BIT OF CORNISH CRACK

SEPTEMBER EDITION

Why did the scarecrow in Penzance refuse a holiday?

Because September's when all the tourists leave and he can finally relax.



You know it's September in Cornwall when...

- You can find a parking space in less than 20 minutes.
- The pasties taste even better because you're not eating them in a queue.
- The seagulls start eyeing your chips with a wistful, end-of-season sadness.



Local Weather Report:

Sunny with a chance of mizzle. (Translation: Take your sunglasses and your waterproof.)



Cornish Gardening Tip for September:

Plant spring bulbs now – just remember where you've put them, or come April you'll think the fairies have been.

Overheard in St Ives:

Tourist: It's so peaceful here in September!

Local: That's because we've just finished putting the roads back where they were.

This Month's Fun Fact:

The Cornish word for September is *Gwyngala* –



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

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