Farm Shop & Restaurant

Open 7 days a week | 9am - 5pm

Visit our website to see events local to you!

trepolandpen.co.uk 01566 706527

f trepolpeno trepolandpen





LEZANT PARISH MAGAZINE

ISSUE 156 APRIL 2024





EDITORS: Jill Price TEL: 01579 370835 Jo Rider TEL: 07976551578 Trudi Pincombe TEL: 07864685533 Bryan Pipe TEL: 07521942630 EMAIL: lezantnews@gmail.com ADVERTISING and ACCOUNTS: Pam West TEL 07877337828 EMAIL: Pamela.west75@outlook.com DISTRIBUTION: Margaret Prole Tel: 01566 782553 EMAIL: prole@btinternet.com





Dear friends,

It's Jo's turn to edit this month. Many thanks to Trudi and Bryan for March's fun and informative issue. Many thanks too to all who have contributed. Please do keep the contributions coming. This is your magazine!

Looking at the comparative rainfall figures for this year and 2023 (many thanks to Nick Barnes for keeping such a meticulous record) the difference is striking. When we were all complaining about the wet, we had reason to! The photo of lambs at Fleardon wearing their orange waterproof coats says it all.

The Spring equinox is nearly here as I write. Hopefully, March having come in like a lion will go out like a lamb, and we will have good weather for the Easter weekend.

Already the primroses are out in the lanes and the buds are beginning to open on the trees. The grass has started to grow apace and soon the fruit trees will be blossoming. The birds are starting to nest and the dawn chorus is increasing in volume. This is a season full of hopefulness. We are blessed to be living in such a beautiful corner of the world.

If you are new to the parish or feeling on your own, do come to one of the coffee mornings at Trebullett or Lezant, the Treburley Club is very welcoming too, as are all the other clubs and societies in this friendly parish.

I share with Jill, Trudi and Bryan (the editorial team) in wishing you all a happy and peaceful Easter.

Jo

Photos on cover: Lambs at Fleardon (photo taken by Sienna Garland), Apple blossom, and Easter Cross at Trebullett.

Rainfall Figures from Trekenner Farm

Rainfall February 2024 240 mm

Rainfall February 2023 10 mm

DEADLINE FOR ITEMS FOR MAY ISSUE: 10TH APRIL

A J DESIGN (Andy Paton) Chartered Architectural Technician	27
A N JEWELL Painter and Decorator	13
BEN'S BOILER SERVICES	6
CBL STOVE & CHIMNEY SPECIALISTS	28
CL BUILDING SERVICES	6
ELLIS STEPHENS—Land Wanted	15
GLEBE VETERINARY SURGERY	31
GF GUBBIN FUNERAL DIRECTORS	8
GROUP TRAVEL Coach Hire and Excursions	9
JOHN CLARK Carpentry/Painting/Decorating	27
KIVELLS Estate Agents	9
KBS Kitchen and Bathroom Specialists	29
LAUNCESTON MOBILE FOOT HEALTH	36
MELANIE YOUNG Chimney Sweep	31
PHIL AND MARK KNIGHT Garden & Building Services	13
PLUGS ELECTRICAL SERIVCES and wet plumbing	30
R MEARS & SONS Chimney Sweeps	32
SALLY ISAAC MOBILE FOOT CARE Foot Care in your own home	15
SHEPHERD'S HUT THERAPY Jo Rider Kinesiologist	32
SOMETHING NICE CATERING (Judith Scott) Catering Service	8
SOUTH WEST HEATING Electric heater installation	28
THE ROCK DENTAL	7
TREBURLEY GARAGE (R Rowe/R Thomas) Vehicle Repairs	12
TREBURLEY PHYSIO Physiotherapy/Acupuncture	14
TRE POL AND PEN	36
W HALE Plumber	30
WILL WRITERS Service	12

PAGE

The views of the contributors are not necessarily those of the Editor or Magazine Committee. The inclusion of any article or advertisement in this magazine does not constitute any form of accreditation by the editors or Committee. The editors and committee are unable to vouch for the professional qualifications, etc., of any advertiser. Readers must satisfy themselves that an advertiser meets their requirements.

Annual Parochial Church Meeting 23 April 2024

Without getting too technical, this actually consists of two, legally separate, meetings.

The first is known as the Annual Meeting of Parishioners, the sole purpose of which is to elect churchwardens. For this meeting, anyone who is on the civil electoral roll of the parish, or on the church electoral roll, is entitled to attend and vote.

The second meeting is the Annual Parochial Church Meeting, and this reviews what has happened in the life of the church in the past year, considers the financial statements and elects members of the Parochial Church Council (in effect, the trustees of the church). It is only people on the church electoral roll who can attend and vote at this second meeting.

The Office of Churchwarden. The oldest elected office in the land.

It is a legal requirement that all parish churches in the C of E have churchwardens. The appointment of churchwardens was required by an edict of the Council of London (1127); and in the Rolls of Parliament (1341) they were described as "wardens of the goods of the church".

Churchwardens appear in parish records from around the 13th century. By the mid 14th they can be seen as elected by and from among the parishioners and as representing the laity and taking responsibility for the church fabric. Not all churchwardens were male, though a female churchwarden was extremely rare before the 20th century.

Churchwardens were responsible for ensuring compliance with the latest government measures, e.g. moving the altar from the east end under Edward VI, and moving it back under Mary. Another duty was to present moral delinquents to the ecclesiastical courts.

Today their responsibilities include maintaining the church building, assisting with worship services, and supporting the clergy.

Among other things, Churchwardens have to promise to serve the members of their church "with love and care".

Lezant Lunch Club

Thirty-four members of the Lezant Lunch Club were welcomed by Ken Scoble to lunch at Trebullett Hall on Wednesday 28th February. Members enjoyed a delicious meal of cottage pie served with freshly cooked vegetables followed by apple crumble and cream. The food was prepared by Jo Rider and Sue Oatey. Service was provided by Ruth Burden, Janet Lyle, Cynthia Jewell, Irene Nash and Helen Judge.

During coffee Cynthia presented a fish themed quiz. An example : Non swimmers do this in deep water. The answer is below.

The Lezant Lunch Club meets on the last Wednesday of each month. The next lunch will take place on Wednesday 24th April at 12.30 at Trebullett Hall. The cost is just £5 for two courses plus coffee. Please phone Ruth Burden on 01566 782286 to book a place. If anyone has problems travelling to Trebullett do get in touch. Likewise, if anyone would be happy to drop someone off.

As well as new members, volunteers to prepare and serve the meals are very welcome to join our friendly team of 26. Food costs are refunded to those preparing the menu. Please contact Ruth to discuss these roles if you would like to help.

Quiz answer: flounder

THANK YOU TO SARA HURNDALL

After very many years of delivering the parish magazine to the residents in Rezare (and before that the news sheet prepared by Audrey Parsons), Sara has decided that the time has come for her to stop. We, the parish magazine committee and, I am sure, all the residents in Rezare are thankful and appreciative of all that Sara has done over the years for the magazine and we trust that she will enjoy the rest from walking all the way around the village! Thanks again, Sara.

We are delighted to say that Helen Judge has agreed to take over the round and she will be delivering the magazine from the April issue onwards. Thanks, Helen.

Used Printer Ink Cartridges

You can **recycle** your used printer ink cartridges by donating them to Recycle4Charity (The official box is in Trebullett Hall or via Ruth Burden). Trekenner School also collects them and raises funds for the PTA.

Community Money Advice in Launceston

James Rider recently attended a talk with the arresting title "So What's Your Attitude to Debt?". The speaker was the manager of Community Money Advice Launceston. CMAL was started in 2012 by Launceston Churches Together. (They started Launceston Food Bank and Launceston Street Pastors at the same time - all three now being independent charities.) CMAL is affiliated to Community Money Advice, which is a national Christian-led debt advice charity with over 180 centres across the country. They are based in offices in the Gateway Centre (the old tax office).

CMAL is the only debt advice centre currently operating in NE Cornwall, and its catchment area has a population of some 100,000 people. The degree of poverty within that catchment, as assessed by Cornwall Council, is now more than 20%. The areas of Lanstephen and Ridgegrove are listed in the national register of deprived areas. Current clients of CMAL come from almost all the parishes in the area. Many clients have poor literary and numeracy skills; their debts typically include council tax, utility bills, rent arrears and credit card bills. Since 2019 there has been a steady increase in retired people seeking help.

CMAL's cardinal principle is "Never judge". Rather, they listen and seek to establish trust; their work is, of course, all carried out in complete confidence and is free of charge. In addition to debt advice, they offer help with budgeting and with claiming complex benefits. Most benefits claims are now means tested, and claimed online, but this can involve going through as many as 30 screens or pages of information. Health-related benefits often involve a medical assessment, which can be in Exeter, Plymouth or St Austell.

Thinking about the question which started the talk, CMAL find that people in general tend to fall into one of three camps in their attitude to debt: never get into debt; if you do, it's your own fault; you can find yourself in debt at any time and for any reason. The team at CMAL all fall into the third category - as one would expect, since their task is to provide non-judgmental advice. There are presently eight volunteers providing advice at CMAL, and they are looking to add to this team. All their volunteers are currently retired, but they are finding that the pool of possible volunteers has shrunk in recent years. They are also looking for one or two more people to join the board of trustees who oversee the work of the charity.

It presently costs about £10,000 pa to run CMAL. This is raised through personal donations as well as regular financial support from the local Anglican and Methodist churches, Launceston Rotary and Cornwall Community Foundation. They are, of course, always grateful for any financial assistance which people are able to provide, eg by joining The Friends of CMA Launceston.

CMAL's contact details are: Tel: 01566 777407 Email: office@launcestonmoney.co.uk Web: www.launcestonmoney.co.uk

'Is it nothing to you?'

It was quite a balmy day for mid-April and all the more so because I was in Inverness, Capital of the Highlands of Scotland, a city rejoicing in its newly bestowed city status. Good Friday is not a Bank Holiday in Scotland and so the centre was buzzing. On my left, a one-man band, complete with harmonica, guitar, drum and cymbals, was making what I would flatteringly call 'a real din'. On my right, the proprietor of a mobile chicken vending van, complete with loudhailer, was telling those who wanted to listen and those who had no other choice that his barbecue chickens were only one pound. And straight ahead was a small group of mainly older people stood silently around a wooden cross. Is it nothing to you, all you who pass by?

The four Gospels of the New Testament each bring a different dimension to the story of Jesus, undoubtedly the most controversial man who ever lived. But they also have something in common. They are really narratives about the circumstances of his death with an introduction about various facets of his life and teaching and conclude with the astonishing claim that after his death he rose again. The Gospel writers are primarily focused on answering two questions – 'Who is Jesus?' and 'Why did he die?' I suddenly realised that I had known the answer to those questions all my life, or at least for as long as I could remember. It's there in the children's hymn There is a green hill far away, 'He died that we might be forgiven / He died to make us good / That we might go at last to heaven / Saved by his precious blood.'

'Can it really be 40 years?' I keep asking myself that question. And (with mixed emotions) I have to answer 'yes'. My first appointment as a Methodist minister, 40 years ago, took me to Mitcham, Surrey. Just across the road from the Methodist building was a cottage hospital that I would often visit. There were just two wards, one for minor surgery and the other for what in those days were called 'geriatric' patients (we tend to call it something like 'care for the elderly' these days). On at least two Easter Days, a lady who had been lying in the hospital bed for several years would sing out, 'Jesus lives, thy terrors now / Can, O death, no more appal us / Jesus lives, by this we know / Thou, O death, cannot enthral us. Hallelujah!'

The longer I have been a Methodist minister the fewer the people who ask me how it was that I moved from being a law student to being a minister. The answer is quite simple. The longer I was student, sharing my faith with others, the more convinced I became that God wanted me to do something different from law. One important occasion followed my lending a Bible to a fellow student with the suggestion that my friend read John's Gospel. I was joyfully nonplussed when, after reading it, my friend told me, 'I believe that Jesus died on the cross for me and I believe that he rose again'. That truly is the Easter message.

Happy Easter!

John Haley

(Revd John Haley, TYS, is a minister in the Launceston Area Methodist Circuit and his responsibilities include Trebullett Methodist Church). This article has been edited to *fit. Ed*

SHEPHERD'S HUT THERAPY



For balanced wellbeing

Jo Rider Kinesiologist Dip KA **East Penrest Farm** Tel: 07976 551578 jmarider@gmail.com

Food sensitivities, stress, pain management and more

R Mears & Sons Chimney Sweeps & Stove Installation

Established over 30 years Vac Brush. Full CCTV investigations. Pots, Cowlings & Bird Protection fitted. Chimneys Lined. Solid Fuel Appliances, Rayburns, Woodburners, Stoves, etc serviced. Fully Insured.

Tel: 01840 261221 Tavistock: 01822 664554 Mob: 07737 533392 www.sweepdevon.com



NEWS FROM ST BRIOCHUS, LEZANT



It is amazing to think that it is the beginning of April and we have already celebrated Easter at St Briochus. Earlier in March, at our service on Mothering Sunday, bunches of beautiful daffodils were handed out.

This month we are looking forward to three baptisms of little ones, welcoming them to the beginning of their personal journey of faith.

The NEXT Coffee Morning and Cake Sale will be held on

Saturday 13th April at 10.30am The Church Room, Lezant

COME AND JOIN US!

*If you require any assistance, please ring -

James Rider

Churchwarden: Secretary:

01579 370186 **Bridget Pentreath** 07802 177803



BUILDING **SERVICES DEVON & CORNWALL**

PERSONAL, PROFESSIONAL, QUALITY Plastering, Rendering, Kitchens, Bathrooms, Lime Render & Plaster, Painting & Decorating. FULL PUBLIC LIABILITY INSURANCE



Reg No.577203

07484398456 www.clbuildingservices.co.uk







mail@clbuildingservices.co.uk

SERVICING AND BREAKDOWNS



Melanie Young

Local Chimney Sweep and Vac

Master Sweep Trained

Fully Insured and NVQ Accredited

Tel: 07773 333718



melsweep@hotmail.com

Glebe Veterinary Surgery Lezant, Launceston, PL15 9PP **RCVS Approved Small Animal Practice** Emergency Service Available **Opening hours:** Telephone: 01579 371 295 Monday - Thursday 9am - 5pm Email: inbox@glebevets.co.uk Friday - Saturday Website: www.glebevets.co.uk 9am - 12pm

PLUGS ELECTRICAL SERVICES



Tom Steel

07768883938

tommyplugs@gmail.com





Any aspects of domestic, commercial and industrial electric work, and wet plumbing

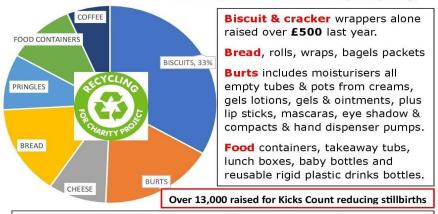


RECYCLING FOR CHARITY PROJECT

Join the army of recyclers and get on board with our recycling project.

Don't thrown away items that we can make money on for charity.

Check the list on line www.south-hill.co.uk/charity-recycling



You can drop off items once a month in TESCO car park Launceston See our trailer on **Thursday March 14th** 10:15 – 11:15am Any questions contact Ali 07305 044049 <u>CornwallRecycling@outlook.com</u>





Something NICE

Catering

Traditional and Creative Catering for all Occasions Finger and Fork Buffets Children's Parties Anniversaries and Funerals Home made cooked meals for holiday homes JUDITH SCOTT

West Landue, Lezant, Launceston PL15 9NN Tel 01566 773523 - Mobile 07980 136708

GF GUBBIN

PART OF

DENISE WELLINGTON FUNERAL SERVICES



24 Hour Contact 01566 785340

gfgubbinfuneraldirectors.co.uk gfgubbin@denisewellingtonfunerals.co.uk Kitchen & Bathroom Specialists Supply Only Installation service Bespoke Design Service 07846 025506 Rich

01566 779791





Richard@kbslaunceston.co.uk





The Showroom, Unit 5 **Red Post, Bude, Cornwall EX23 9NW**

01288 381852 carl@cblstoves.co.uk www.cblstoves.co.uk



 Slate, Granite & Glass Hearths Wood & Ceramic beams & surrounds

Chimney Rebuilds

Stainless Steel twinwall

Iskoern Pumice lining

Fireplace alterations

Wood, Multifuel, Gas &

& Contemporary Stoves

Stove Installations

Electric Traditional

& Fires

Chimney Lining

flues

Floating Shelves



25 YEAR **BUILT TO** LAST GUARANTEE

GUARANTEE At the core of our heating*



Be warm, when you want

Join 4000 + of our customers across the south west & say goodbye to night storage

FFFICIENT & CONTROLLABLE ELECTRIC HEATING

Find Out More: 01209 714 600

Kivells Estate Agents & Auctioneers Thinking of selling your property?

✓ Local experienced team ✓ Established auctioneers & estate agency sales ✓ Free market appraisal for sale ✓ Your first point of call for professional advice

FREE market appraisal:









Senior Sale: Negotiator

Trainee Sales Negotiator

ica Smiti Lettings Manager

Trainee Lettings

01566 777 777

launceston@klvells.com

2 Broad Street, Launceston, PL15 8AD

VELL



NAEA



7th - 12th April

21st May

25th June

10th July

30th July

13th Aug

10th Sept

9th October

Group Travel Day Trips & Coach Holidays

Enterprise Park, Midway Road, Bodmin, Cornwall PL31 2FQ Tel: 01208 77989

Coach Excursions & Tours 2024

Derbyshire & The Peak District

South Devon Railway & Rare Breeds Farm Bicton Park Botanical Gardens Jurassic Coast World Heritage Site Cruise

Meaders Lavender Farm & Cream Tea 17th - 21st July

Visit Eastbourne Pecorama & picturesque Beer Village 6th - 8th Sept **Burghley Horse Trials** Widecombe Fair Goosey Fair, Tavistock 2nd November Bridgwater Carnival

Visit our website for all our excursions & tours.

Call: Dawn or Robin on 01208 77989 for bookings and brochure website: www.grouptravelcoachhire.co.uk email: grouptravelcornwall@btconnect.com

Bodmin MOT Centre

01208 77989

Garage Services **MOT** Testing Station Classes 4, 5 & 7 Servicing & Repairs **High Vehicles & Motorhomes** Brake Test & Headlight Alignment Pre MOT Inspections Annual & Interim Vehicle Servicing

Commercial interim inspections available including brakes and lights

Helping you stay compliant

Bodmin MOT Centre Enterprise Park, Midway Road, Bodmin, Cornwall PL31 2FQ

Lezant Women's Institute

A vast shed, milking cow herd, and state of the art automatic feeder machine feeding continuously through the cow cubicle aisles was the first sight on our visit to Future Farms, Duchy College. Sam showed us around. She took us through the massive building, costing £3m in 2020, and explained how they managed and milked the 220 herd of mainly Friesian cows which are housed indoors in winter. The amount of milk each cow gives is automatically recorded in the 20x20 herring bone parlour with 2 people milking 40 cows at a time twice a day.

The cows sleep in cubicles on special mats covered in sawdust. There is a 'kitchen' where big bays of straw, maize, silage, minerals and grain are automatically mixed and fed continuously by this amazing automatic Trioliet machine. The cow dung is removed automatically and stored in large slurry tanks until spread on the fields. Their breeding programme keeps the milk herd at their best. They like to rear their own replacements rather than buy in stock. The younger animals are in other sheds, and the sheep flock is currently housed prior to lambing.

It was interesting to see how a modernised farm works. This March visit ended with an invite to watch some milking.

The next two WI meetings

April 10th at 2pm

Wildlife photography – an art in itself. How can we achieve the perfect image – is it know-how, patience, an eye for a subject? Colin Sargent, well known local wild-life photographer, will be showing us how to enjoy our native wildlife and how to take some stunning photographs.

May 8th at 2pm

Cyber Crime - Cyber criminals seek to exploit human or security vulnerabilities in order to steal passwords, data or money. Kevin Sinfield will help us learn how can we protect ourselves. If you know of any friends who would like to come, this is an Open Meeting and all are welcome.

Light refreshments will be available.

We charge a guest fee of £4. The meetings are held in Trebullett Chapel Hall.

As always, if you think you might like to join us, we offer two meetings free of charge so that you can decide whether the WI is for you.

For further information, please contact Diana (01579 370971) or Cynthia (01579 370182) or email lezantwi@gmail.com

A J DESIGN

Andy Paton MCIAT Chartered Architectural Technologist offering a complete Architectural Service, including:

- Building Design Service
- Domestic and Commercial
- Planning and Building Regulations
- Conversions
- Extensions
- Adaptations for the Disabled
- New Build
- Barns and Listed Buildings
- Project Management
- Free Initial Visit

01579 370567

Andy Paton, MCIAT 16 Treburley Close, Treburley, Launceston PL15 9PG

JOHN CLARK

CARPENTRY

PAINTING AND DECORATING

GENERAL MAINTENANCE

01579 370758

07775 506235

CHURCH AND CHAPEL SERVICES FOR APRIL 2024

TREBULLETT METHODIST CHURCH

our own arrangement for this service

- Sunday 14th April 11.00am Morning Service with Henry Stanbury
- Sunday 21st April 11.00am

Sunday 28th April 11.00am

Morning Service with Maryanne Parsons Sacrament Service with Revd John Haley

For more information, contact Jan Howells on 01566 782289



ST BRIOCHUS, LEZANT

Sunday 07 April	11.000am	Holy Communion 11am
Sunday 14 April	11.00am	Morning Prayer 11am
Sunday 21 April	11.00am	Morning Prayer 11am
Sunday 28 April	11.00am	Eucharist 11am

If you require any further information or need any other help, please do not hesitate to ring - Churchwarden: James Rider 01579 370186 Secretary: Bridget Pentreath 07802 177803

Free to Good Home.

Fifty or so Woodturning Magazines. Contact Chris George. 01579 370654 chris.sycamore@gmail.com

BUSINESS, FOR SALE AND WANTED ADVERTISEMENTS CAN BE PLACED

IN THIS MAGAZINE

Our advertising charges are very competitive and we have a circulation of over 400 paper copies, one to each household in the parish and to others who have a connection with it. Many copies are also emailed to people who prefer to receive it in pdf format.

Prices:

Half page: 5 issues £55.75 10 issues £111.50 (£11.15 per issue)

Whole page: 5 issues £87.50 10 issues £175 (£17.50 per issue)

For new advertisers, buy 5 or 10 and get one free so 6 for 5 or 11 for 10.

If less than 5 booked then £12.00 for half page and £19 for whole page per issue

For sale and wanted adverts can be sent to the editor via email to lezannews@gmail.com and we will try to include them in the newsletter. Cost £1 per 'For Sale' advertisement. No charge for "Free to good home" adverts. Don't forget our "Congratulations" feature is available for local major personal events .

SUSPECT INVOICES

We are very appreciative of our advertisers continuing to support the Lezant Parish Magazine. However, we have been made aware that an organisation called Lezant

Parish Business Directory (https://lezant.parish.uk/business-directory/) has been emailing some of our advertisers attaching an invoice for inclusion in their online directory.

These invoices do **not** come from us so please do not pay unless you want to be included in their online directory. Fortunately, we were advised by one of our advertisers of these invoices, not a scam unless their online business directory is spurious. This paragraph is purely for information to the businesses within the parish who don't currently advertise in the parish magazine but who may receive such an invoice and think it's from us. Several local businesses are listed on their website as having been approached. The photo of the invoice from Lezant Parish is shown. If you



have any queries, please contact me on lezantnews@gmail.com.

<section-header><section-header><section-header><section-header><section-header><section-header><section-header><table-row><section-header><table-row><table-row><table-row><table-row><section-header><text><text><text><text><text><text>

WILL WRITERS SERVICES

01752 770094/07979850128

A LOCAL FAMILY FIRM WHO SPEAK IN EASY TO UNDERSTAND LANGUAGE. WE VISIT YOU IN YOUR OWN HOME FOR YOUR CONVENIENCE AND COMFORT. FULL MEMBERS OF THE SOCIETY OF WILL WRITERS,

QUALIFIED AND INSURED WE SPECIALISE IN WILLS -LASTING POWER OF ATTORNEYS-PROBATE ADVICE - ESTATE PLANNING & PROPERTY PROTECTION TRUSTS. SIMPLE WILLS FOR UNDER £200. We normally have your Will drafted within 2 weeks.

www.willwritersservices.co.uk



PARISH TAXI SCHEME—FOR RESIDENTS OF LEZANT PARISH ONLY

As a resident of Lezant Parish, you are entitled to a subsidy for any taxi journey using Launceston Taxis. (Please note: the taxi cannot be used on a regular basis for commuting between home and work, nor as a school-run vehicle.) The current subsidy is £5 per single journey (you can also claim £5 for the return journey, if applicable). Please note this increase will be for a limited time only, it's hoped it may cover approximately 6 months. Once the grant is exhausted the subsidy will revert to £4. Please check the magazine for any updates or contact the clerk. To take advantage of the scheme the taxi must be pre-booked through Launceston Taxis on 07340 813434. The taxi driver will have a form that he will complete. You sign the form and pay the reduced rate to the driver. Please note that the single fares quoted below not correct as there has been a recent rise in price which we are in process of confirming with Launceston Taxis but has not been confirmed at the time of going to print.

Lezant	£12.00	Subsidy £5.00	You pay £7.00
Tregada	£12.00		You pay £7.00
Trekenner	£13.00		You pay £8.00
Trekelland	£12.00		You pay £7.00
Trebullett	£13.00		You pay £8.00
Treburley	£13.00		You pay £8.00
Rezare	£13.50		You pay £8.50

The Parish Council would encourage all residents to use the taxi whenever possible although it is appreciated that a taxi is not always available. Pre-booking the day before can sometimes help.

YOUR COUNCILLORS

Mrs V Hill (Chair)	01566 772786	Mrs I Wood (Vice Chair)	01579 370473
I G Nash	01579 370644	N H Burden	01566 782286
G Holter	01579 371223	P J Cairns	01566 782351
T Unwin	07711663229	S Simmons	01566 782428
T Minson	07516990715	Mrs J Dinnis	01566 782104
A Parsons (Cor	nwall Councillor) 07	743446289 or 01566 7822	96
OU	R PARISH CLERK: M	rs Sam Inman 01566 7840	50

Email lezantparishclerk@gmail.com

THE CALLINGTON SINGERS

ARE YOU LOOKING FOR A NEW HOBBY? DO YOU WANT TO MAKE NEW FRIENDS? WOULD YOU LIKE TO IMPROVE YOUR HEALTH & WELLBEING? SINGING IN A CHOIR COULD BE THE ANSWER, SO WHY NOT JOIN US?

REHEARSALS EVERY THURSDAY EVENING AT 7:30 PM IN CALLINGTON PRIMARY SCHOOL



The Callington Singers is a community choir which sings classical choral music, ranging from medieval madrigals, through major oratorio to modern day compositions. The choir is open to everyone, regardless of experience. Your do not need to be able to read music. We are very relaxed and informal, with an emphasis on enjoyment of music for its own sake.

NEW MEMBERS ARE ALWAYS WELCOME COME ALONG AND TRY IT FOR FREE contact via www.callingtonsingers.org



A.N. JEWELL



Telephone: 07597 307544 Email: anjewell71@yahoo.com

Local Painter & Decorator Over 20 years experience Clean Professional Service For all your interior and exterior paint and paper finishes Free Estimates Competitive Rates



HCPC registered Chartered Physiotherapists offering individual assessment and treatment programmes

Spinal conditions: back/neck pain including sciatica/nerve pain and whiplash Sports injuries

Sprains & strains

Arthritic joint pain

Pre & post-operative rehab

Biomechanical assessment

Targeted strengthening/rehabilitation programs

Acupuncture

Shockwave therapy: tennis/golfer's elbow, Achilles tendinopathy, plantar fasciitis and more

Electrotherapy including ultrasound

Kinesio-taping

Manual therapy including joint and soft tissue mobilisations, myofascial release

Onward referral to specialist consultants if required

For further information e-mail enquiries@treburleyphysio.co.uk Call us on 07731313394 or visit the website www.treburleyphysio.co.uk

Living, Learning, Laughing Together

WORLD BOOK DAY

World Book Day saw lots of fun activities! The children were invited to dress up as their favourite book character and to have a go at designing a story jar for a chance of winning a prize. Parents/carers were welcome to come into school at drop off to start the day with a story and read/share some of our class library books with their children. The preschool children were also invited to take part and joined in with Squirrels for some stories throughout the morning.

As part of our World Book Day activities, children listened to some of George's Marvellous Medicine by Roald Dahl where George finds everything he can to add into a big pot to give Grandma! Squirrels made their own marvellous medicines and made their own recipes! The children mixed and mixed and came up with predictions on what would happen to Miss.Humphries if she drank it!

LANDRAKE CROSS COUNTRY

Trekenner KS2 children took part in the Cross Country in Landrake and battled the mud, the hills, the bog of eternal stench and the mud slide to complete the 5km run in the rain. Stopping for stuck shoes on the way! Great determination!

CRICKET FESTIVAL

The Trekenner Cricket Stars!

A big well done to the Year 1 and 2 children for excellent behaviour, great teamwork, amazing listening skills and fantastic sportsmanship at the Cricket Festival held at Launceston College. We were given compliments from the coach and other attending school about how good they were!

VOLCANO ERUPTION

Reception children made their own volcanoes! They saw what happened when the volcano erupts and the lava cascades down the crevices.

They also did a mega eruption after with all our leftover ingredients and saw how far it could travel. Some of the children were inspired to draw the volcanoes afterwards in continuous provision.

ST PIRANS

Children from KS2 were invited to take part in the Children's St Piran Parade in Launceston.

TREBULLETT METHODIST CHAPEL

Our coffee morning at the beginning of March in aid of St Luke's Hospice was a great success, raising the total of £329 for this amazing local charity. The event was very well attended with lots of familiar faces as well as several new ones. We hope everyone enjoyed themselves – if we go by the decibel count of peoples' chatter, then they certainly did! There was a table full of delicious cakes for people to enjoy and the coffee and tea just kept on coming. Our thanks go to those who manned the teapot and coffee cups, those who made and donated the cakes, those who set up the room and, most of all, thanks to everyone who came along to Trebullett and donated so generously.

At the end of our service on Mothering Sunday, all the ladies were presented with a spray of daffodils which were received with pleasure.



Because Easter is at the end of March, a report on our Easter services will be included in the next issue.

Our April coffee morning will be on Wednesday 3rd April and we look forward to seeing you there. All are very welcome.

On Sunday 26th May, we will be celebrating our chapel anniversary when we will welcome Revd Jo Smart to lead our service. Revd Jo and Andi are now working in the Isle of Man and so it will be good to see them both on that Sunday. All are

LEZANT PATCHWORK AND CRAFT GROUP

You may remember that in our February edition, we told you about Project Linus and that our group was making a quilt to donate to this excellent charity. The quilt is now finished and is ready to be donated to Project Linus.

Project Linus is a non-profit 100% volunteer group which provides new homemade quilts as gifts to a wide range of disadvantaged babies, children, and teenagers, some with life limiting illnesses, abuse survivors or mental health issues under the 'A Quilt is a hug you can keep' motto.





Sally Isaac Mobile Foot Care

Sally Isaac S.A.C. Dip. FHP

Providing gentle and professional foot care in the comfort of your own home

If you suffer discomfort from corns, callus, ingrown toenails, cracked heels, thickened nails etc. or just have difficulty cutting your toenails give me a call

Telephone Sally 07961 076 168

Treburley Social Club Events for April 2024

Wednesday 10	Cash Bingo to raise money for Macmillan nursing. 7.15pm for 7.45pm start
Saturday 20	Quiz - Maureen Piper will be setting the questions. £1.50 per person, no more than 4 people to a team please. 8:00pm start
Wednesday 24	Bingo evening - eyes down at 8:00pm
Saturday 27	Entertainment with Phil G. Members £3.00, non members £3.50. 8:00pm start

Lezant Parish Council Notices

Planning notification:

Application: PA24/00920. Change of use for existing former barn to residential use as an "annexe" associated with existing adjacent house. Kellisryn, Lawhitton

Lezant Annual Parish Meeting - Save the Date

To be held on Tuesday 14 May 2024, 7.00pm at Trebullett Chapel Hall. All welcome.

April (Aprilis) is thought to stem from the Latin *aperio*, meaning "to open"—a reference to the opening buds of springtime.



"...April dress'd in all his trim Hath put a spirit of youth in every thing." *William Shakespeare*

FROM CLLR ADRIAN PARSONS

The fields are now filling with the bleating of lambs and ewes. Those that haven't lambed outdoors will be turned out as soon as possible, instantly doing better with fresh air in their lungs. The only proviso being some good shelter in the form of trees, hedgerows or stone walls to protect from the April showers and lively winds that can linger on into the Spring. The joy of seeing livestock over-excited at the feel of grass under foot reinforces a belief that they should be given access to fresh pasture for lengthy periods of their life.

Cornwall Council has approved its budget for 2024/25 which will continue delivering vital services for residents despite the fiscal pressures faced by local government across the country. The details include a net increase of around £37m in spending on care for Adults and Children in Cornwall. In addition, there is a near £9m net increase built in in respect of Home to School Transport and around £7m to support Temporary and Emergency Accommodation reflecting the significant demand pressures being experienced in these areas.

The budget will mean a council tax increase of 4.99% for residents, which includes a 2% levy to fund adult social care, bringing the bill for a Band D property to £1,892.75. It also confirms plans to bring in a 100% Council Tax premium on second homes from April 2025.

This rise come at a time when many just can't afford it, the previous LibDem/ Independent administration had often called for fairer funding from Westminster to only have this knocked back. Interestingly now the Conservative administration is saying this situation will not improve "until we achieve fairer funding from Westminster for local government". The figures within the budget have become all the more sobering when you see now how great the projected shortfall is, and what this will mean for the council to deliver a good standard of service to it's residents. With it even being suggested by some that Cornwall Council could be facing a bankruptcy situation by 2026!

At Full Council there was a long debate on the potential raising of tolls on the Tamar Bridge and Torpoint Ferry, which was approved, which will see the cost rise from £2.60 to £3.00 for cars with a caveat that, if more funding is secured from Westminster, the toll rises could be cancelled. Again it feels like many further down west don't understand the impact this has on those of us who live in the East of Cornwall. This increase was supported by the majority of the Conservative group and Labour Councillors.

Wishing you all a happy Easter, with the hope and beauty that springtime brings, with the promise of brighter days ahead!

Local Information—clubs and activities

Lezant Flower and Garden	3rd Wednesday. Call for venue and time	07919 352032
Launceston Area Art Group	Thursdays—Trebullett Hall Phone for details.	01579 363579
Lezant Bellringers	Practice Night Wednesdays Lezant Church	01579 370993
Lezant Church Cake Sale	2 nd Saturday Church Room 10.30-12 noon.	01579 370681
Lezant Horticultural Society	Philip Knight Chairman	01579 370993
Lezant Parish Archive Grp	Meetings as advertised in this magazine	01579 370370
Lunch Club	Last Wednesday 12 noon Trebullett Hall	01566 782286 Ruth Burden
Parish Council	2nd Tuesday. Trebullett Hall 7.30pm	Clerk: 01566 784050
Patchwork & Craft Group	Tuesdays October to March 2.30pm Trebul- lett Hall	01566 782556
The Sew and Sews	Alternate Mondays 10.30am at Penmarech, Trebullett	01566 782282
Short Mat Bowls	Every Monday 7.00pm-9pm Trebullett Hall	01566 782282
Tots and Tea	Alternate Mondays—Trebullett Hall 10.30- 12	01566 782223
Trebullett Coffee Morning	1 st Wednesday Trebullett Hall 10.30-12 noon. Every month except for quarterly charity coffee mornings March, June, Sept,	01566 782286
Treburley Social Club	Daily 7.30pm-11.00 pm Fridays only 6 30pm-11.30pm	01579 370889
Trekenner School FOTS	Chair: Kirsty Wenden kwendend1977@aol.com	
Women's Institute	2 nd Wednesday 2pm Trebullett Hall	Cynthia 01579 370182
Worship		
St Briochus Lezant	B ridget Pentreath James Rider	07802177803 01579 370186
Trebullett Methodist Church	Rev John Haley johnhaley@lamc.org.uk	01822 833634

Local Information—services

Transport – Bus and Coach and Travel Information
12 Mon - Sat. Bude - Launceston - Plymouth, Sun Launceston - Plymouth.
GoCornwallBus (www.plymouthbus.co.uk) Tel. 01752 662271.
306 GoCornwallBus Launceston to Okehampton Station connects with GWR train to Exeter Central for some outward and return journeys. Note Bus 306 does not run on Sunday. The 306/GWR service replaces the old Stagecoach 6A service to Launceston.
National Express Coaches - www.nationalexpress.com. Daily coach from
Launceston to Victoria via Heathrow leaving Westgate Street 12.25pm.
Arr Victoria 18.45. More details and return times on their website.
Launceston Taxis (Parish Taxi Scheme) 07340 813434
Little Red Bus —Launceston Community Transport Partnership. Please give 24 hours' notice to book your seat by phoning 01566 777960 Mon-Fri 10.00-12.00. Return fare £3, single £2, concessionary bus passes accepted for Dial A Ride only.
TAP Transport (non-urgent health related journeys) 01872 223388
Traveline www.travelinesw.com 0871 200 2233 National Rail Enguiries www.nationalrail.co.uk 0845 7484950
Hospital – Launceston Community Hospital Main Hospital 01566 765600;
MIU 01566 765630; Physiotherapy Outpatients 01566 765616
X-Ray 01566 765629
Dentistry — If you do not have an NHS dentist and want to add your name to the NHS waiting list please call 03330 063 300 from 7.30am to 10.30pm. If you need urgent dental treatment but do not currently have an NHS dentist, please call 03330063300
Local and central government
Lezant Parish Council – Chair Mrs Val Hill 01566 772786 Clerk: Mrs Sam Inman, 01566 784050, lezantparishclerk@gmail.com
Member of Parliament: Mr Scott Mann (Conservative) Constituency Office: Landline 01208 74337
Cornwall Councillor: Mr Adrian Parsons 01566 782296
Cornwall Council 0300 1234 100 (all Departments) www.cornwall.gov.uk
Cornwall Council Information Service & Registrar — Launceston Library, Bounsalls Lane, PL15 9AB. Open Tues, Wed, Fri 9.30am-5pm, Sat 10am-1pm Registrar by appointment only. Phone 0300 1234 181. Line open 9am to 6pm Mon, Tue, Thu and Fri, and 10am to 6pm on Wednesday.
Children at Risk - If you know of a child at risk 0300 123 1116
Police:Email:launceston@devonandcornwall.pnn.police.uk Tel. non emergency: 101
Refuse : Household and Recycling Collections 0300 1234 141 Collection day Thursday for whole parish. Launceston Waste and Recycling Centre, Pennygillam Industrial Estate, Launceston. Open all year except Christmas Day, Boxing Day and New Year's Day 9am to 4pm. 0300 1234 141. Replacement recycling bags: https://secure.cornwall.gov.uk/form/auto/waste_recyc_equip_req Tourist Information Centre - White Hart Arcade, Launceston Tel. 01566 772321
Parish website—www.lezantparish.org.uk

WHAT'S ON IN APRIL



Mon 1st	Easter Monday. Bank Holiday. April Fool's Day!
Wed 3rd	Trebullett Coffee Morning Trebullett Hall 10.30 - 12.00
Thurs 4th	Mobile Library. Monks Hill, Treburley. 13.25-13.45
Mon 8th	The Sew and Sews at Penmarech, Trebullett 10.30am
	Short Mat Bowls. Trebullett Hall. 7.00pm
Tues 9th	Parish Council Meeting. Trebullett Hall, 7.30pm
Wed 10th	Lezant WI Trebullett Hall Wildlife Photography. 2.00pm
	Treburley Social Club Cash Bingo in aid of Macmillan nursing. 7.15pm for 7.45pm start.
Sat 13th	Lezant Church Coffee Morning & Cake Sale Church Room 10.30
Mon 15th	The Sew and Sews at Penmarech, Trebullett 10.30am
	Short Mat Bowls. Trebullett Hall. 7.00pm
	Trekenner back to school
Tues 16th	Patchwork and Craft. Trebullett Hall. 2.00pm
	Holy Habits Group. Trebullett Hall. 2.15pm All welcome
Sat 20th	Treburley Social Club. Quiz Evening 8.00pm
Mon 22nd	Tots and Tea. Trebullett Hall. 10.30-12. For tots from 0 on and their
	mums for play, chat and tea. The Sew and Sews at Penmarech, Trebullett 10.30am
	Short Mat Bowls. Trebullett Hall. 7.00pm
Tues 23rd	Patchwork and Craft. Trebullett Hall. 2.00pm
1023 2510	Holy Habits Group. Trebullett Hall. 2.15pm All welcome
	Annual Parochial Church Meeting Lezant Church Room
Wed 24th	Treburley Social Club Monthly Bingo. Eyes down 8pm
weu 24th	Lezant Lunch Club. Trebullett Hall. 12,30pm
Sat 27th	Treburley Social Club Entertainment with Phil G. 8.00pm
Mon 29th	The Sew and Sews at Penmarech, Trebullett 10.30am
	Short Mat Bowls. Trebullett Hall. 7.00pm
Tue 30th	Patchwork and Craft. Trebullett Hall. 2.00pm
	Holy Habits Group. Trebullett Hall. 2.15pm All welcome

Trip to Royal Cornwall Show - sponsored by Age UK

Age UK wrote to three organisations in our parish offering a trip to the Royal Cornwall Show at a very reduced rate, the parish magazine, Lezant WI and the parish

The date of the trip will be Saturday 8th June and cost is £14.75 per person to include coach, show entry and pasty at the Age UK marquee plus a cup of tea later in the afternoon before leaving the show. The coach will probably pick up at Treburley as last time but we will know that nearer the time. Those who go must be 50 or over and live in the PL15 area. The deadline for advising names to Age UK is Friday 19th April so I will need names well before that date so that we can meet the deadline. Once I have the full list of names I will advise how payment can be made so that one total sum can be paid to Age UK rather than individual cheques/cash.

I have emailed the leaders/secretaries of all the organisations in the parish and asked them to list those of their members who wish to go. However, there are many who don't belong to any of the organisations so, if this is you and you would like to join the trip, please let me know. I will need your name, number in your party, email address and/or phone number, please. You can send details to me at <u>jillprice1963@gmail.com</u>. Or phone me on 07790 946729. **Please don't send your details direct to Age UK!** You can also contact me by this email or phone number if you have any queries or need more information.

IMPORTANT NOTE :

All guests must be able to cope with getting on and off a coach, coach transport, the terrain of the Royal Cornwall Showground, a significant walk from the Showground car park to the Age UK marquee and back, and the anticipated volume of people, as well as potentially very warm weather. Individuals requiring support may be accompanied by a family member/carer, who will also be required to pay £14.75. This offer is only valid using one of our coaches for travel to and from the Showground; the offer is not valid for those who wish to use alternative forms of transport.

