



Tre, Pol & Pen Farm Shop & Restaurant

Open 7 days a week | 9am - 5pm

Visit our website to see events local to you!

trepolandpen.co.uk

01566 706527

trepolpen
 trepolandpen

MOBILE APPOINTMENTS IN THE COMFORT OF YOUR OWN HOME

Launceston Mobile Foot Health Clinic



TREATMENTS INCLUDE

- Nail Cutting
- Hard Skin
- Callus & Corns
- Cracked Heels
- Ingrown Toenails

Appointments - 07963 995830
launceston.clinic@gmx.co.uk

LEZANT PARISH MAGAZINE

ISSUE 166 APRIL 2025

Welcome to Middle Earth, Lezant



EDITORS: Jill Price TEL: 07790946729, 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,
 Bryan and Trudi again this month. Welcome one and all to this edition, already into the 2nd month of this season where are the months going?
 Spring is beginning to show herself, buds are appearing and, here at Fleardon, the rookery is being built daily. The nests are high in the trees so if we believe in the old wives tale we are set for better warmer weather; fingers crossed.
 This edition again introduces you all to a very talented resident of our parish who we hope you will find interesting to read about (page 33/34)

Once more Trudi has included a recipe of Cornish origin, as she herself likes to try and bake traditional recipes. This one has a fascinating story and hopefully will be fun to try and we'd love to know how it went!
 (page 23)



Here's wishing you all a 'Pask Lowen' (Happy Easter)

Bryan and Trudi

DEADLINE FOR ITEMS FOR NEXT ISSUE: 10th April

Please send your contributions by email to lezantnews@gmail.com, no later than 10th April

All contributions and articles printed are done so in good faith and are not necessarily the views of the editor or committee.

Please remember that the Lezant Parish Magazine is an independent publication and the editors and committee are not responsible for the services or professional qualifications provided by the advertisers;; readers must satisfy themselves that the advertiser meets their requirements.

Rainfall Figures from Trekener Farm

February 2025 119mm

February 2024 240mm

LIST OF ADVERTISERS

PAGE

A J DESIGN (Andy Paton) Chartered Architectural Technician	29
A N JEWELL Painter and Decorator	13
CBL STOVE & CHIMNEY SPECIALISTS	28
CL BUILDING SERVICES	7
GF GUBBIN FUNERAL DIRECTORS	8
GLEBE VETERINARY SURGERY	31
GOOD STOVES suppliers, installers and servicing	6
GROUP TRAVEL Coach Hire and Excursions	9
JOHN CLARK Carpentry/Painting/Decorating	17
KIVELLS Estate Agents	28
KBS Kitchen and Bathroom Specialists	15
LAUNCESTON MOBILE FOOT HEALTH CLINIC	36
M J WARREN Builders	17
MELANIE YOUNG Chimney Sweep	31
PHIL AND MARK KNIGHT Garden & Building Services	13
PLUGS ELECTRICAL SERVICES 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	29
TREBURLEY GARAGE (R Rowe/R Thomas) Vehicle Repairs	12
TREBURLEY PHYSIO Physiotherapy/Acupuncture	24
TRE POL AND PEN	36
W HALE Plumber	30
WILL WRITERS Service	12
WORK RIGHT Roof Repairs	4/5

Lezant Parish Magazine is an independent publication, organised and published by a volunteer committee (J Price, J Rider, T Pincombe, B Pipe, P West and M Prole) for the residents of Lezant Parish. It is funded by advertising revenue and distributed free of charge to all households in the Parish.

Printers: Parish Printing, Whitstone, Bude, EX22 6TD

Linda also shows her work, not all of which is necessarily made for Tolkien but is as stunning and intricate as Roger's. Sadly Roger died but his work lives on and both he and Linda retain a reputation internationally as two of the finest in their field. The work you see is not only there as an exhibit but to promote book illustration as a serious art form and to make this accessible to a wider audience. The style of the work could probably be seen as a forerunner to modern work such as "Game of Thrones". It's fantasy, mythological or even gothic in style. One thing is sure. The intricacy in the images is astonishing and the patience required to produce such detail is unbelievable.

I had lived in Treburley for several years before I visited. It was well worth the wait.

You don't have to be an art expert to appreciate how beautiful the illustrations are.

Our photo's don't really do them justice so take a look.

The Gallery is open from 10am until 5.30pm every day.

lakeside-gallery.com



The Four Winds
By Linda Garland

Shanty' comes to Treburley



A group of enthusiastic singers who share their love of singing and, more importantly, their love of Cornwall and keeping the tradition of informal community singing in pubs alive (referred to as "The Shout") performed at the Treburley Social Club on Friday evening, 14th March. Song books were provided to help those not familiar with the songs join in, which many did! Tales were told of the songs' history how it came to be, keeping Cornish tradition and heritage alive.

All that singing created many thirsty throats but the bar kept us well lubricated. A good time was had by one and all.

We thank them for coming to the club and we very much hope they will pay us another visit in the not too distant future.

Maureen Piper

Editors note—Every St Pirans Day (March 5th) there is a Trelawney Shout event which encourages people to gather in pubs and clubs and other venues to sing the Cornish anthem, "Trelawney".



**MOSS REMOVAL
ROOF REPAIRS**
NO JOB TOO BIG OR SMALL



MOSS REMOVAL FROM JUST £295 - FIND AND REPAIR LEAK FROM £150

FIND & REPAIR LEAKS from £150.00
MOSS REMOVAL & MOT from £295.00
REPOINTING CHIMNEYS from £275.00
VALLEY, GABLE & RIDGE REPOINTING
£375.00
SPRAY FOAM REMOVAL from £995.00



WE COVER EVERY ASPECT OF
ROOFING AND ROOF REPAIRS
IN OUR MOSS REMOVAL WE ALSO TAKE
INTO ACCOUNT ANY REPOINTING OR
DEFECTIVE AREAS AND ANY SLIPPED
OR BROKEN TILES

GENERAL MOT
Checkatrade.com
Where reputation matters



CALL THE TEAM
OFFICE - 01579 890092
MOBILE - 07383 648863

RECOMMENDED BY APPROVED ROOFERS

15% OFF WITH THIS ADVERT

Email: info@workrightroofing.co.uk
www.workrightroofing.co.uk

Welcome to Middle Earth, Lezant !

On the outskirts of Treburley heading towards Launceston adjacent to Fleardon Farm is an exhibition of totally unique art that we're fortunate to have in the middle of our parish. Its called Lakeside Gallery and was established in 1989 by Linda and Roger Garland to promote their highly acclaimed work as illustrators.



A large part of the gallery is devoted to illustrations they produced for the author J.R.R. Tolkien. Tolkien probably needs no introduction to many of you. His classic epic trilogy "The Lord Of The Rings" has sold well over 150 million copies and is still in print. Roger produced illustrations for many more of Tolkien's books including "The Hobbit", "The Silmarillion" and "Farmer Giles of Ham". "The Lord of the Rings" and "The Hobbit" have been made into blockbuster films thus increasing the popularity of the Tolkien phenomena.



Middle Earth— by Roger Garland

fantasy piece illustration for Tolkien's LOTR

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



WE COVER A WIDE RANGE OF
CORNWALL AND SURROUNDING
AREAS AND RECOMMENDED BY



Checkatrade.com
Where reputation matters



MOSS REMOVAL FROM £295.00

Dear homeowner, my name is Mr Daniel Rigby and I am the sole owner of Work Right Roofing Ltd. My team and I are professional roofing contractors. I am a great believer in prevention is better than cure. So my team and I are offering a moss removal service which entails all moss removed and to re-point any defective cement works from ridge line and re-cement any broken gables, we always allow upto 15 broken or slipped tiles. What this offer ensures is a overall roof clean and minor repairs, all gutters and downpipes will be cleaned once job is finished. This service is from as little as £295 and will 100% prevent you from having large roof repairs or roof replacement.
PLEASE CALL TODAY FOR A FREE QUOTE

SPRAY FOAM REMOVAL FROM £995

IMPORTANT, This needs to be removed

If spray foam is fitted to your property it can mean that it may be un-mortgageable, meaning when you come to sell your property the new owners may not be able to secure a mortgage due to the spray foam installed between your rafters. If you have spray foam fitted in your roof, if left it can cause rafters and timbers to rot. The spray foam in your roof can be removed by our professional roofing team, rafters will be sanded down and wood filled and treated. Spray foam will be removed from your property and disposed of safely.



OFFICE: 01579 890092

DIRECT: 07383 648863

FREE NO OBLIGATION QUOTE

Email: info@workrightroofing.co.uk

www.workrightroofing.co.uk



GOOD STOVES
SUPPLIERS, INSTALLERS & SERVICING



Fully insured and
HETAS certified installers
With our vast knowledge of flue
systems, no job is too small

Covering Launceston, Bude, Tavistock, Holsworthy, Callington and Surrounding Areas.

No mess, no fuss. We'll thoroughly clean your chimney with our rotary brush and vacuum, providing certification once the job is done.

Sweep & vac

Birds nest removal

A service you can rely on

Chimney Sweep and Service

A thorough sweep from £50

Call or email us today to book yours;

Tel: 01566777388

Email: info@goodstoves.co.uk



Melanie Young

Local Chimney Sweep and Vac

Master Sweep Trained

Fully Insured and NVQ Accredited

Tel: 07773333718

melsweep@hotmail.com



Glebe Veterinary Surgery

Lezant, Launceston, PL15 9PP

RCVS Approved Small Animal Practice

Opening hours:

- Monday - Thursday
9am - 5pm
- Friday - Saturday
9am - 12pm

Emergency Service Available

Telephone: 01579 371 295
Email: inbox@glebevets.co.uk
Website: www.glebevets.co.uk



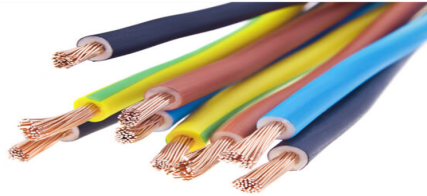
PLUGS ELECTRICAL SERVICES



Tom Steel

07768883938

tommyplugs@gmail.com



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

“The complete bathroom installation service”

New bathrooms fitted, floor and wall tiling specialist

General Plumbing including:

- Bathroom makeovers
- Dripping taps and burst pipes
- Pump and cylinder changes
- Radiator upgrades and additions
- Specialist in Leadwork
- No job too small
- No Call out charge



Friendly Service, Quality Work

NO VAT
City and Guilds Qualified
established 1983

Call William Hale on

Tel: 01579 362132 Mobile: 07826 699719

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

07484398456
www.clbuildingservices.co.uk
mail@clbuildingservices.co.uk



SHARE Recycling for Charity project.
www.south-hill.co.uk/charity-recycling
CornwallRecycling@outlook.com Ali 07305 044049
Please band/bag/brick each programme separately



- All Ink cartridges and manufacturers branded printer toners **no pens**
- Tupperware, Lunch boxes, takeaway tubs, reusable sports bottles, Baby bottles
If you save your milk bottle tops hold onto them and drop off in 6 months please
- Pringles brand only and only those with **metal bases** please and please flattened
- Ferrero Rocher boxes & trays and foil.
- All Tea packets **Update No More Coffee any coffee**
- Cheese packets. **Separate BabyBel wax, nets, labels NO fruit or garlic nets**
- Biscuits, crackers & cakes wrappers, individual & multipacks, Mini Cheddars, Soreen, hot cross buns, mini rolls, Ryvita, Tuc, Twix, Kit Kat, wafers, cookies, pretzels, rice cakes, rice crackers, breadsticks, Twiglets, Snack a Jack, cereal bars
- Bread bags, rolls, baps, crumpets, wraps, bagels, thins, pittas, flatbread, naans
- NO MORE DENTAL Now closed. Toothpaste tubes go in kerbside recycling.**
- Household cleaning wipes packs, Trigger sprays, plastic air fresheners, Marigold brand only, all disposable gloves, dishwasher/laundry packs/tubs
- Personal care wipes, Carex refills, hand pumps, tubes & pots from creams, ointments, gels, lotions, moisturisers, hand cream, Mascaras, compacts, lip sticks, lip balm, gloss, toner, foundation, eye shadow.. **no nail varnish**
- Drinks cans, all soda, mixers, beer, cider.. please flatten
- Any condition cameras, mobile phones, MP3s, Kindles, tablet computers, gadgets, sat navs, jewellery, used postage stamps, foreign money, **no laptops**



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



25 YEAR
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*

**EFFICIENT & CONTROLLABLE
ELECTRIC HEATING**

Find Out More: **01209 714 600**

GF GUBBIN

FUNERAL DIRECTORS

PART OF

DENISE WELLINGTON FUNERAL SERVICES



24 Hour Contact
01566 785340

gfgubbinfuneraldirectors.co.uk
gfgubbin@denisewellingtonfunerals.co.uk

Chartered Architectural Technologist
offering a complete Architectural
Service, including:



- Domestic and Commercial
- Feasibility Studies
- Planning and Building Regulations
- Conversions / Extensions /
New Build / Remodelling
- Adaptions for People with Disabilities
- Barns and Listed Buildings

AJ Design

Andy Paton MCIAT
16 Treburley Close
Treburley
Launceston
PL15 9PG



01579 370567

www.ajdesignonline.co.uk
andy.ajdesign@btinternet.com



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

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





- Stainless Steel twinwall flues
- Chimney Lining
- Iskoern Pumice lining
- Fireplace alterations
- Stove Installations
- Wood, Multifuel, Gas & Electric Traditional & Contemporary Stoves & Fires
- Chimney Rebuilds
- Slate, Granite & Glass Hearths
- Wood & Ceramic beams & surrounds
- Floating Shelves




Group Travel
Day Trips & Coach Holidays
Enterprise Park, Midway Road, Bodmin, Cornwall PL31 2FQ Tel: 01208 77989

Coach Excursions & Tours 2025

8th April	Geevor Tin Mine & Lands End
6th May	Enys Garden, Bluebells
13th-19th May	Melrose & the Scottish Borders
27th May	Thorpe Park (book early for tickets)
11th June	Marwood Hill Gardens, Barnstaple
24th June	Mount Edgecombe & Harbour Cruise
3rd July	Tiverton Canal Barge & Bickleigh Mill
14th-18th July	Visit Chester
29th July	Port Eliot Estate with Kernow Mill
5th August	Legoland (book early for tickets)
13th August	Plymouth Firework Championships

Visit our website for all our excursions & tours.
Call: 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

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

Contact the Launceston team today for your **FREE** market appraisal:

				
Daniel Stokes MNAEA Director	Laura Westcott MNAEA Senior Sales Negotiator	William Braunton Sales Negotiator	Jessica Smith Lettings Manager	Emily Coombe Trainee Lettings Administrator

KIVELLS
www.kivells.com

01566 777 777
launceston@kivells.com
2 Broad Street, Launceston, PL15 8AD

SOUTH HILL PARISH HALL
DIAMOND JUBILEE
Celebration - **May 24th**
2025

Free Entry DOG SHOW · CAR BOOT · FAMILY FUN DAY

12-10-30 pm Refreshments · Live Music · Bar

There will be a mixture of stalls selling their services and wares. If you would like a pitch for £5 please contact Ali Humphreys hallpm@south-hill.co.uk 07305 044049

'Warm Welcome Spaces' Update

Since November 2024, Treburley Social Club has been buzzing with warmth and laughter every Monday morning, thanks to our weekly coffee mornings. Originally part of the Warm Welcome Space initiative, these gatherings were meant to run until the end of March—but due to their incredible success, we're thrilled to announce that they're continuing!

We make sure everyone is welcomed with a hot drink and delicious homemade treats. They've kindly agreed to keep things going for as long as people want to come along! To help cover costs, we'll now be asking for small contributions towards the tea, coffee, and those much-loved cakes and biscuits.

The goal of the coffee mornings has always been simple: to bring people together, encourage friendships, and offer a cosy space to chat and connect. And from the wonderful feedback we've received, it's clear they've done just that!

So, whether you're a regular or you've yet to pop in, we'd love to see you. Treburley Social Club warmly invites all members to join us, and if you're not yet a member, new applications are always welcome.

Come along, pull up a chair, and enjoy a cuppa with friends old and new!



Many thanks,
Ian & Angela.



Warmest temp April 2024 was 15° and the lowest was 3° the average was 9° so having a warm space to go would be beneficial if the same happens this April.

HIDDEN BENEATH OUR FEET!

These items were found in the lower Trekenner area of Lezant /Penscombe by kind permission of the landowners Lesley & Jim Buscombe.

A cast copper-alloy silver gilded double frame buckle, with zoomorphic decoration, (would have had an iron pin)

Most likely a British military sword sling buckle; probably late Georgian or Victorian dating c. AD 1800-1900.

Both ends are decorated with lions heads. 66.87mm long, 21.59mm wide, 9.22mm thick.



Bronze age knife

Sub triangular incomplete copper alloy blade, probably from a tanged knife, most likely from Bronze age dating c.1000-800BC, it has a dark green patina 85.05mm long, 32.48mm wide, 9.71mm thick

Weighs 51.57g



LEZANT LUNCH CLUB

Twenty-nine members of the Lezant Lunch Club were welcomed by Ken Scoble at Trebulet Hall on Wednesday 26th February. Members enjoyed a delicious meal of cottage pie, served with fresh vegetables, followed by apple crumble and custard. This was cooked by Jo Rider and Sue Oatey. A vegetarian alternative of mushroom and cream cheese tart was prepared by Mary Synott. Service was provided by Ruth Burden, Cynthia Jewell and Mary Bridger.

During coffee, members put their heads together to match 20 words to their definitions in a quiz. An example: what is the sick feeling you get after eating or drinking too much? The Lezant Lunch Club meets on the last Wednesday of each month. The next meal will be held on Wednesday 30th April. The cost to members will be £5 for two courses plus coffee. Please phone Ruth on 01566 782286 to book a place.

Did you guess the answer? Crapulence

LEZANT FLOWER AND GARDEN GROUP

We held a very worthwhile Annual General Meeting in February at which we planned our programme for 2025. Our March meeting will be after the deadline for this month's magazine but we will be meeting at Carool, Trekenner, the home of Anne Sheldrake when she will talk to us about seed analysis.

Our April meeting is once again an Easter Floral Art demonstration by Holly on Wednesday 16th April at 7.30pm at Trebulet Hall. Cost will be £4 for members and £5 for visitors. Holly's arrangements will be raffled afterwards at £2 per ticket. Refreshments are included in the entry cost.

From May onward, we will be visiting various gardens each month. In May we are visiting Polventor at Fletchers Bridge, near Bodmin. Details will be in the next magazine.

We finish our garden visits in July and then will welcome Wayne Marshall in October to talk to us about the St Luke's Hospice Open Gardens Scheme. In November we finish the year in welcoming Louise Trenerry to demonstrate Christmas floral arrangements.

All are welcome to join any of these events either to join as a member or as a visitor.

BUSINESS, FOR SALE AND WANTED ADVERTISEMENTS CAN BE PLACED

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

Whole page: 5 issues £83.00 10 issues £166 (£17.50 per issue)

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

If fewer 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 lezant-news@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.

Useful Numbers

Cornwall Councillor: Mr Adrian Parsons

Email: cllr.adrian.parsons@cornwall.gov.uk

01566 782296

Cornwall Council

www.cornwall.gov.uk

0300 1234 100

Cornwall Council Information Service —Launceston Library, Bounsalls Lane, PL15 9AB. Open Tues, Wed, Fri 9.30am-5pm, Sat 10am-1pm

Children at Risk - If you know of a child at risk 0300 123 1116

Hospital – Launceston Community Hospital Main Hospital

01566 765600

MIU

01566 765630

Physiotherapy Outpatients

01566 765616

X-Ray

01566 765629

Dental Emergencies

03330 063300

or 03334 050 290

Parish website—www.lezantparish.org.uk

Police: Email:launceston@devonandcornwall.pnn.police.uk Tel. non emergency: 101

Refuse: Including rubbish, recycling & garden waste collection dates; website www.cornwall.gov.uk

MP for North Cornwall: Ben Maguire ben.maguire.mp@parliament.uk

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	S Simmons	01566 782286
T Unwin	07711663229	Mrs J Dinnis	07616 352032
T Minson	07516990715		

A Parsons (Cornwall Councillor) 07743446289 or 01566 782296

OUR PARISH CLERK: Mrs Sam Inman 01566 784050

Email lezantparishclerk@gmail.com

T. R. Rowe
TREBURLEY GARAGE

LAUNCESTON, CORNWALL
 TEL: 01579 370348



VEHICLE REPAIRS
 SERVICING
 MOT TESTING
 COMPUTERISED DIAGNOSTICS
 PETROL SALES



VINTAGE & CLASS CARS WELCOME



Celebrating 70 years in business
 1952 - 2022



WILL WRITERS SERVICES

01752 770094/07979 850128

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 £245

We normally have your Will drafted within 2 weeks.

www.willwritersservices.co.uk



LEZANT PARISH ARCHIVE GROUP

Presentation Evening – Everybody Welcome

30 April 7pm for 7.30pm start

Trebullett Hall

Entrance, Tea and Coffee £3 pp

(All profits to Archive Group funds)

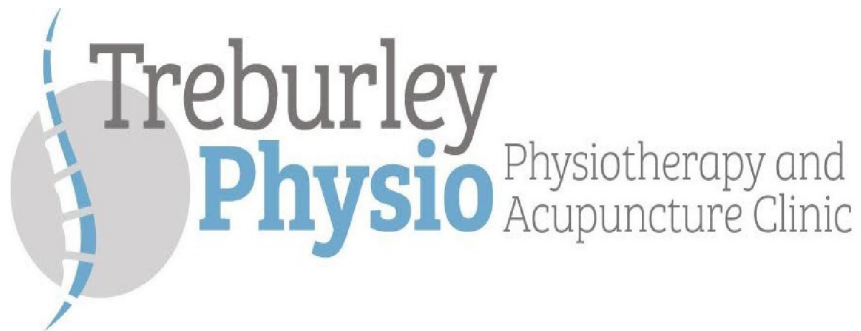
Presentation of slides of people and places in the Parish in the old days. See places as they used to be and people as they were back then. You may recognise somebody you knew, or even yourself!

Keep an eye on our fascinating website for updates

<https://www.lpag.org.uk>



Editors note: As someone who loves to hear of the 'olden days' I would be grateful to have some more history of Lezant to be published in the magazine as not everyone can access the website. Thank You. Trudi.



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

PHIL AND MARK KNIGHT

Gardening - Grass Cutting
Hedge Trimming - Building Work
Painting & Many Other Services

01579 370993
07837 400400

knightsfield@btinternet.com

Knightsfield House, Lezant
Launceston, Cornwall, PL15 9PP

GENERAL GARDENING AND BUILDING SERVICES

A.N. JEWELL

Local Painter & Decorator

Over 20 years experience

Clean Professional Service

For all your interior and exterior paint and paper finishes

Free Estimates

Competitive Rates

Telephone: 07597 307544

Email: anjewell71@yahoo.com

Treburley Social Club

April 2025

Mondays	Coffee mornings 9:00am to 12:00pm
Saturday 12th	Entertainment evening with Phil G. Members £3.00, non members £3.50. 8:00pm start
Saturday 26th	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 30th	Bingo evening - eyes down at 8:00pm

Lezant Patchwork & Craft Group
meets every Tuesday in Trebulet Hall at 2.00pm
New Members are very welcome.



Telephone 01566 782556

April Date in history :

29th April 2001 - People could officially record their ethnicity as Cornish on the Census.

A Traditional Cornish Fairing

Cornish fairings are a type of traditional ginger biscuit that originated in Cornwall. The name "fairing" was originally used for an edible treat sold at fairs around the country, but over time it became associated with ginger biscuits or gingerbread.

Cornish fairings come from the maid hiring fair that was held in the week after Christmas in Launceston. Often they were bought by young gentlemen as a treat for their sweetheart.

John Furniss, a baker from Truro, is thought to have used this recipe from 1886 selling the biscuits all over via mail order! Furniss' biscuits are still sold today, in fact you can add a packet of their Fairings to your shopping basket today!

Cornish Fairing (makes approx 12)

Oven 180°C / 160°F fan

Ingredients;

225g plain flour
2 tsp baking powder
2tsp bicarb of soda
3tsp ground ginger
2tsp mixed spice
120g butter cubed
120g castor sugar
6 heaped tbsps golden syrup (can be treacle which gives a darker biscuit)

Method;

1. Sieve the flour, baking powder, bicarbonate of soda, ginger and mixed spice into a large bowl.
2. Rub in the cubed butter using your hand until you get fine breadcrumbs.
3. Stir in the caster sugar and give it a good mix with a spoon.
4. Finally, stir in the golden syrup and mix in with your hands until a dough forms. The dough needs to come together but not be too soft. Take walnut size pieces of the dough and roll them into balls and place on the baking trays, spaced well apart
5. Bake for 10 mins
6. Cool on tray slightly before removing to cooling rack.

We'd love to know if you tried these and how they turned out!
Or do you know of any regional Cornish variations.

NEWS FROM ST BRIOCHUS, LEZANT



'And then my heart with pleasure fills and dances with the daffodils.'

William Wordsworth

Lent will soon come to an end with the approach of Holy Week and the joy and celebration of the resurrection on Easter Sunday, the 20th of April.



Coffee Morning and Cake Sale
Saturday 12th April
10.30am
The Church Room, Lezant

*If you have any queries or require further assistance, please ring -
Churchwarden: James Rider 01579 370186
Secretary: Bridget Pentreath 07802 177803

Kitchen & Bathroom Specialists
Supply Only
Installation Service
Bespoke Design Service
07846 025506 Richard@kbslaunceston.co.uk

01566 779791

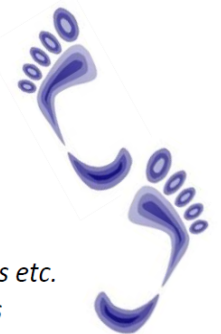
KBS
LTD

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

LEZANT PARISH COUNCIL NOTICES

HIGHWAYS. The Clerk reports any problems that come to her attention to CORMAC. Mrs Sam Inman 01566 784050 or LezantParishClerk@gmail.com.

POTHLES, FLY TIPPING ETC. if you have something to report an exact location and photo are useful. Members of the public are also able to report issues directly to Cornwall Council either by calling 0300 1234100 or online at <https://www.cornwall.gov.uk/transport-parking-and-streets/roads-highways-and-pavements/report-a-problem-with-a-road-or-pavement/>

FINDING OUT ABOUT PLANNING IN THE PARISH. Details of all planning applications are placed on parish noticeboards and can be found on the parish website <https://www.lezantparish.org.uk/planning>. All applications, planning decisions and advice of pre-applications will be published in the Lezant Newsletter. (Please note that due to the timings of publication it is possible the deadline for comments may have passed. Up-to-date information on planning can also be found at <https://planning.cornwall.gov.uk/online-applications/>).

PLANNING NOTIFICATION

Application: PA25/00404. New build 3 bed detached cottage style property to be sited on the existing mobile home footprint with non-compliance of decision notice. PA17/04751 dated 22/09/2017. Location: Treprennek, Lawhitton

LEZANT WI

There was no speaker at the WI's meeting in March, as we were busy making plans for the celebration of our Centenary in May. We were also given our programme for the year, and it looks very exciting, with talks ranging from Legends of Bodmin Moor, Choughs of Cornwall, Tree Planting, Owls and more.

We hope to be sharing stories from our Archives, from 1925 onwards, in later Parish Magazines.

Local Information—clubs and activities

Lezant Flower and Garden	3rd Wednesday, Call for venue and time	07919 352032
Launceston Area Art Group	Thursdays—Trebulllett 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 Trebulllett Hall	01566 782286 Ruth Burden
Parish Council	2nd Tuesday. Trebulllett Hall 7.30pm	Clerk: 01566 784050
Patchwork & Craft Group	Tuesdays 2.00pm Trebulllett Hall	01566 782556
The Sew and Sews	Alternate Mondays 10.30am at Penmarech, Trebulllett	01566 782282
Short Mat Bowls	Every Monday 7.00pm-9pm Trebulllett Hall	01566 782282
Tots and Tea	Alternate Mondays—Trebulllett Hall 10.30-12	01566 782223
Trebulllett Coffee Morning	1 st Wednesday Trebulllett Hall 10.30-12 noon. Every month except for quarterly charity coffee mornings March, June, Sept, Dec. on Saturdays.	01566 782286
Treburley Social Club	Daily 7.30pm-11.00 pm Fridays only 6 30pm-11.30pm	01579 370889
Trekener School FOTS	Chair: Kirsty Wenden kwendend1977@aol.com	
Women's Institute	2 nd Wednesday 2pm Trebulllett Hall	Cynthia 01579 370182
Worship	Bridget Pentreath	07802177803
St Briochus Lezant	James Rider	01579 370186
Trebulllett Methodist Church	Rev John Haley johnhaley@lamc.org.uk Tabitha Stafford tamsin382@gmail.com	01822 833634 07989 348989

PARISH TAXI SCHEME—FOR RESIDENTS OF LEZANT PARISH ONLY

If you are a resident of Lezant Parish, you can claim 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.)

From 01 December 2024 the subsidy will be increased to £7 per single journey (you can also claim £7 for the return journey, if applicable). Please note this increase will be for a limited time only in order to use up reserves - once the grant is exhausted the subsidy will be lowered. 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 are for guidance only, and may differ depending on where you are being picked up/ dropped off:

Lezant £17.00	Subsidy £7.00	You pay £10.00
Rezare £18.50		You pay £11.50
Trebullett £18		You pay £11
Treburley £18		You pay £11
Tregada £17.00		You pay £10.00
Trekenner £18.00		You pay £11.
Trekelland £17.00		You pay £10.00

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.



JOHN CLARK

CARPENTRY

PAINTING AND DECORATING

GENERAL MAINTENANCE

01579 370758

07775 506235

M.J.WARREN

BUILDERS & DECORATORS

PROPERTY MAINTENANCE

SPRINGFIELD, LEZANT PL15 9PP

ALL ASPECTS OF INTERIOR AND EXTERIOR DECORATING

KITCHEN AND BATHROOM INSTALLATION

GENERAL BUILDING WORK

ESTABLISHED OVER 30 YEARS

FOR A PROFESSIONAL RELIABLE SERVICE

Please call Michael on 07956 508850

mjwarren711@btinternet.com

WHAT'S ON IN APRIL

Tues 1st	Patchwork and Craft. Trebulet Hall. 2.00pm
Wed 2nd	Trebulet Coffee Morning. Trebulet Hall 10.30-12 noon
Thurs 3rd	Mobile Library. Monks Hill, Treburley. 13.25-13.45
Mon 7th	Easter Holidays start for Trekenner School and Launceston College Trebulet Club Coffee Morning 9am-12noon Short Mat Bowls. Trebulet Hall. 7.00pm
Tues 8th	Patchwork and Craft. Trebulet Hall. 2.00pm Parish Council Meeting. Trebulet Hall, 7.30pm
Wed 9th	Lezant WI AGM
Sat 12th	Lezant Church Coffee Morning & Cake Sale Church Room 10.30am Trebulet Social Club Entertainment with Phil G. 8pm
Mon 14th	Trebulet Club Coffee Morning 9am-12noon Short Mat Bowls. Trebulet Hall. 7.00pm
Tues 15th	Holy Habits. Trebulet Hall 2.15pm
Wed 16th	Lezant Flower & Garden Group. East Floral Art Demo with Holly. Trebulet Hall 7.30pm
Fri 18th	Good Friday. Lent Lunch. Trebulet Hall 12.30pm. See p19
Sun 20th	Easter Sunday
Mon 21st	Bank Holiday Monday
Tues 22nd	Back to School for Trekenner School Holy Habits. Trebulet Hall 2.15pm
Wed 23rd	Back to School for Launceston College
Sat 26th	Trebulet Social Club. Quiz with Maureen Piper. 8pm
Mon 28th	Trebulet Club Coffee Morning 9am-12noon Short Mat Bowls. Trebulet Hall. 7.00pm
Tues 29th	Holy Habits. Trebulet Hall 2.15pm
Wed 30th	Lezant Lunch Club. Trebulet Hall. 12,30pm Trebulet Social Club Monthly Bingo 8pm

Trebulet Methodist Church Services April 2025

Sunday 6th April 11am Morning Sacrament Service with Revd John Haley
 Sunday 13th April 11am Morning Service with Carl Meyer
 Friday 18th April 11.15am Good Friday Service led by Revd John Haley to be followed by Lent Lunch in Trebulet Hall, donations for lunch for Christian Aid.
 Sunday 20th April 11am Easter Sunday Morning Service with Elizabeth Rogers
 Sunday 27th April 11am We will be making our own arrangements for this service
 For more information please contact Jan Howells on 01566 782289

TREBULETT METHODIST CHURCH

Our monthly coffee mornings continue to be well attended with coffee, tea and cake to tempt us. It's always a good event and we welcome any of you who would like to come. We meet old friends and also welcome those new to our parish. Lots of chat and good things! Our next one will be on Wednesday 2nd April at 10.30am at Trebulet Hall.

Easter falls in the middle of April this year. Revd John Haley will lead us in a Good Friday morning service starting at 11.15 on 18th April. This will be followed by the annual Lent Lunch when we enjoy delicious bread and cheese washed down by tea and coffee. All are welcome to either of both the service and the lunch. The lunch is free but donations for Christian Aid would be appreciated.

On Easter Sunday morning we will welcome Elizabeth Rodgers to lead our service at 11am. Elizabeth is a regular preacher at Trebulet and her services are always inspirational. We look forward to welcoming her again on this very special Sunday.

On Sunday 11th May, we will be celebrating our chapel anniversary when we will welcome Sheila Burt to lead our morning service. Sheila was due to lead the service for our Angel Weekend at the beginning of December but we all remember the awful weather that put paid to that morning's arrangements! So, we have invited Sheila to come and lead our special Anniversary Day. Trebulet Methodist Church will have been welcoming people to its doors for 215 years on that day! All are welcome.

APRIL SERVICES AT ST BRIOCHUS

Sunday 06 April	Holy Communion	11am
Sunday 13 April	Palm Sunday Service of the Word	11am
Friday 18 April	Good Friday - Stations of the Cross	11am
Sunday 20 April	Easter Sunday - Holy Communion	11am
Sunday 27 April	Eucharist	11am

If you would be interested in joining a Lent Course, please contact James or Bridget below

*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