

Heritage Centre Appeal



YOUR HERITAGE CENTRE NEEDS YOU!



Callington Heritage Centre on Liskeard Road is run entirely by volunteers who keep the Centre running. The Centre can only stay open with the help of these volunteers and the volunteer stewards. Currently, this responsibility is falling on a diminishing number of shoulders which leaves the Centre in desperate need of fresh input from new volunteers. Unfortunately, too few people are volunteering which is leaving it with an uncertain future.

Unfortunately, the Centre cannot continue to run with this small number of volunteers and stewards and may, therefore, be looking at closure. If the unspeakable should happen, all the collections, artifacts etc would be dispersed in their entirety. There would be no nearest point of reference for anyone from Callington and surrounding Parishes wishing to view the wonderful archives or visit the exhibitions that are put on throughout the year. Hundreds of people have donated items over the years on the understanding they were to be exhibited locally for the enjoyment of all, to them this would be betrayal.

So what can **you** do? If you have an interest in local history and have a willingness to commit a flexible two or three hours per month or are just looking to pursue a different hobby, please volunteer your services, no specialist knowledge or experience is required. Novice volunteers are always put with more experienced stewards to start with. Being a steward is an ideal way of finding out exactly what the Centre has to offer and perhaps doing a bit of your own research as well during quiet moments. If you want to know more, please come and see what the Heritage Centre offers at the Community Day on Saturday 28th March from 10.00am. Alternatively, please contact Chris Cansfield on 01752-851403 (e-mail c.cansfield@btinternet.com) or ring Kay Greenstock on 01579-383209 (e-mail bluehaze@btconnect.com).

Portreeve's Community Day

Saturday 28th March 2015 10.00am - 2.00pm Callington Town Hall

COME AND SEE WHAT YOUR TOWN HAS TO OFFER YOU! (See page 7 for more details)

The copy deadline for the April issue is 12 noon on Monday 9th March 2015

(We will be working on a strict 'first come first served' basis, so get your articles in as soon as possible!)

Editorial copy can be sent to the Editor by emailing news@callington-tc.gov.uk
Copy can also be sent to the Town Hall at the address below

Advertising space needs booking in advance. Please post or hand in copy to the Jo Taylor, Callington Town Hall, New Road, Callington PL17 7BD. Telephone 384039 or email: jo.taylor@callington-tc.gov.uk

The Town Clerk's Office is open from 9am - 2pm Monday - Friday

The One Stop Shop is now open from 9.30am-1.30pm Mon, Tues, Wed & Fri. General Enquiries 0300 1234 100

Post can be put in the letter box in front of the office or through the entrance door.

Church Matters

Our Lady of Victories Catholic Church

Our Lady of Victories Catholic Church will be hosting Women's World day of Prayer on Friday 6th March at 10.30am

A light lunch will follow.

Sundays, Holy Mass 5pm

Tel: Parish Priest Fr David Annear 01566 773166

Mustard Seed

Sunday Morning Service 10.45

Thursdays (term time only) Underground Youth 7.00pm

Callington Spiritual Church

Wednesday March 4th Spiritual Centre above Social Club (main door straight up the stairs) admission £3, start 7.30pm medium Janet Furze/ Eileen King

Wednesday March 18th Spiritual Centre above Social Club (main door straight up the stairs) admission £3, start 7.30pm medium Russell Smetherton

Wednesday April 1st Spiritual Centre above Social Club (main door straight up the stairs) admission £3, start 7.30pm medium John Packer

Methodist Church

The Wesley Guild continues to meet each Monday at 7.30 pm

2nd March - Mrs Gail Lee - Live at Home Scheme

9th March - Rev Malcolm Richards - Desert Island Discs

16th March - Rev Ruth Goodland - Early Christianity in St Germans

Christian Aid Lent Lunches - Friday 6th and 13th March at 12.30 pm £5 BOOKING ESSENTIAL 01579 383534

Messy Church - Sunday 8th March 3.30pm- 5.45 pm - fun, food and games for all the family. Children to be accompanied by an adult please.

Mothering Sunday - 15th March 10.30 am All age Worship Service led by Rev David Stolton and Morag Stolton. Further details of all our activities can be found on our website www.callingtonmethodist.org



News from the Town Council

As we move into spring, the reality of the latest round of cuts to Cornwall Council are beginning to become apparent. Luckily, due to the work the Council has done in previous years, we are in a position to carry on with our functions with limited increases. However, other Councils, such as Calstock and Liskeard, are looking at 30% plus increases in the Parish Council precept as they are faced with taking on services from Cornwall Council.

During the last few months we have unfortunately had a number of issues of damage to graves caused by vehicles accessing the Cemetery. This has implications not only for the family of the bereaved but also from a Health and Safety perspective. As part of our consultation process, we would like your views on whether we should limit access using vehicles to the Cemetery in Liskeard Road. We are looking at various options and would like the views of the residents of the Town in general and people who use the Cemetery in particular. We are looking at possible implications for disabled users and what mitigation can be put into place to make access easier for this part of the population. Please email the Town Clerk at clerk@callington-tc.gov.uk or write to Callington Town Council, New Road, Callington, Cornwall PL17 7BD with your views by **20th March 2015**.

Callington Town Council and Cornwall Council are acutely aware of the issue of Dog Fouling around the Town. Town Council staff have recently completed accredited training to enable them to issue fines for those owners caught allowing their dogs to foul without taking the responsibility to remove the mess afterwards. The Town Council have also confirmed with Cornwall Council that standard waste bins can be used to deposit the mess.

The biggest problem is that we need to catch the owners who are failing to clean up after their dogs. In the modern era of social media, and phones with cameras, we need help from the rest of the public in providing the information to enable the Council to prosecute those owners. There is only so much that Parish and Town Councils can do without evidence provided. We can assure you that Cornwall Council will prosecute if the evidence is secured. Please do not take any risks in obtaining such information, your personal safety is more important than catching the perpetrators!

BE SAFE BE SEEN

On dark nights and in bad weather all pedestrians, dog walkers, horse riders, cyclists and children in particular, are vulnerable on the roads because they are less visible to motorists. Anyone travelling near traffic, for example children walking to and from school in the winter, should wear or carry something reflective in poor light and bright or fluorescent during the day to make themselves as visible as possible and keep them safe.

Cornwall Council Road Safety Unit have a selection of fluorescent and reflective items, such as stickers and armbands, for sale at cost price. For more information on these items, or to purchase them, contact the Road Safety Unit on 0300 1234 222.

Whilst wearing reflective clothing is no substitute for good road sense, they do help, and pedestrians, dog walkers, horse riders, cyclists and children are always advised to be responsible and **Be Safe Be Seen**. Without reflective clothing or items you are only visible from 30 metres away in low beam headlights. By wearing a reflector you become visible at 150 metres, giving drivers five times the distance to notice them, and more importantly, avoid them.

KELLY BRAY RESIDENTS ASSOCIATION

KBRA hold a quiz night every second Saturday of the month in the village hall. The quiz starts at 7.30pm and costs £1 per person, max 6 people per team. Tea/coffee and cake is for sale at 50p per item, a raffle is also held. Quiz subjects include general knowledge, sport, history, science & technology, science & nature, true & false, etc.



Why not get a team together and make this a regular evening out!

Speech and Drama Festival

Eight year old Lydia Rundle entered the Saltash Speech and Drama Festival for the first time, reciting a poem and gaining 85 marks. The adjudicator, Philip Thrupp, from Norwich said that Lydia had a very bright, clear voice and she spoke with energy which was clearly projected. Lydia attends Callington Primary School.

Sixteen year old Shannon Jarvis, also from Callington, won the overall Drama class.

NEW POP UP CAFE



A new Community Pop-in Cafe is opening in Callington on Thursday 5th March. It is situated in the Community Centre in Coronation Close and will be open from 10.00 am to 12 noon every week. There will be tea, coffee, toast and homemade cakes. There is no charge but there will be a donations box to help cover costs.

The Centre is situated in the bottom left-hand corner of Coronation Close - head towards the Library but, opposite the entrance, turn right towards the Catholic Church - but turn right again just before, into a small car park. Follow the signs!!

Come and have a cuppa and meet your friends or just come to chat if you're on your own. It's good to talk!

CALLINGTON REMEMBERS

Thank you to all those who bought the book " Callington Remembers " and who supported the project.

A special thank you to the staff of Hindles who displayed and sold the book. There are only a few copies left.

The sale of the book has raised £357 for Help for Heroes and the excellent work they do.

"We will Remember Them ".

Clive Grenfell and Yvonne Holliday



SCOUTS STAMP APPEAL



1st Callington Scout Group are collecting all used stamps. Please help them out by saving all your used stamps and putting them in the collection box in the foyer of the Town Hall. Many thanks.

Beavers (6-8 yrs) meet every Thursday 5.45pm - 7.00pm Scout Hut, Callington

Cubs (8-10½) meet every Tuesday 6.00pm—7.30pm Scout Hut, Callington

Scouts (10½ - 14) meet every Friday 7.30pm - 9.00pm Scout Hut, Callington

VOLUNTEER CORNWALL AND AGE UK NEEDS YOUR HELP

Volunteer Cornwall and Age UK have two new projects in the Callington area to support local people's health and wellbeing and we need to recruit volunteers to support the projects. 'Living Well' supports people with long term health conditions and 'Welcome Home' is supporting people when they go home from hospital. We need volunteer visitors and volunteer shoppers.

These projects are funded by NHS Kernow for 12 months, and delivered in conjunction with Age UK and Health & Social Care partners. Welcome Home is about ensuring people recently discharged from hospital have the help and support they need to manage. This goes beyond just getting them back home and settled, we look at the social networks around them – have they got friends, family or neighbours they can rely on for help and support or do they need volunteers or paid services bringing in to support them? And are they aware of and in touch with support groups or other community-based resources (such as Memory Cafes, Coffee Mornings, Arts & Crafts groups etc) which provide such a vital service in combatting loneliness and isolation? If you are interested in finding out more about the project, then get in contact or have look at the Volunteer Cornwall website.

The projects will be delivered by a network of volunteers across Cornwall. We need volunteers in the Callington area who are willing to give some of their time - from a couple of hours each month, to a couple of hours a week - to support people in your local area. Full training will be given and out of pocket expenses will be paid. If you are interested in becoming a volunteer for this new service, please contact Jessica Burford-Redgrove at the Volunteer Centre: 01579 344818 or by email jessicab@volunteercornwall.org.uk



FREE Touch Tennis Sessions

TouchTennis is the UK's fastest growing sport and is a great way to get families involved in the game of Tennis. This game is simple to pick up, loads of fun and great exercise for all ages. Taught on smaller courts, with 21" rackets and sponge balls, you would be surprised how quickly you pick up the skills needed for the game, so you will be playing like a professional before you know it!

There are **FREE** sessions running throughout this term (up to Thursday 26th March) in Callington at the Tennis Dome on the Community College site. All sessions are family sessions, where we are actively encouraging parents to get involved and play alongside their children. It's easy; lots of fun, keeps everyone active, gives you a great work out and is very social. We do ask that anyone wanting to attend please contact our office on 01752 426322 or emailing admin@tennis-mad.co.uk / info@tennis-mad.co.uk as advanced booking is essential so that we can plan our sessions accordingly.

Callington Memory Cafe

Meets alternate Saturday afternoons, 2.00pm - 4.00pm in the Council Chamber at the rear of the Town Hall. Disabled friendly venue.

If you, or someone you know, suffers from memory loss (including dementia) perhaps the memory cafe can be of help. Join us for a couple of hours of friendly banter and get those little grey cells active. There is no charge, (but donations towards our running costs are gratefully received).

Dates:

14th February 'Valentines Day' *lead by Rick*

28th February *lead by Eric*

14th March 'Antiques' *lead by Rick*

28th March 'Board games' *lead by Nick*



CELLIWIC EVERGREENS

Please note the monthly meetings will now start at 2.00pm in the Town Hall, Callington.

The speaker for the March meeting on Wednesday 11th is Kevin Dickens who will give an illustrated talk on the late Jim Thorington.

Jim will be remembered by many Callington people as a reporter and photographer for the local newspapers.

Visitors are very welcome to all meetings.

Callington Young Farmers Update

Callington Young Farmers is a club for young people between the ages of 14 and 27 years. We meet every Thursday evening and go on visits to businesses to look around, have talks by some very interesting people, or go bowling and other social activities. You name it we have done it or will do it!

Over the last month, the Young Farmers have been very busy. Members have been working hard with a pantomime for the Entertainments Competition. They wrote their own script and have gone it alone without any professional producer. They have worked extremely hard and had a lot of fun with it, although the club didn't make it to the final in the competition they put on a couple of great performances and gained some fond memories. Good luck to Launceston club who are Cornwall's finalists and who will be representing Cornwall at South West Area in March.

Callington Young Farmers held a Charity Big Breakfast on Saturday 31st January in conjunction with Farmhouse Breakfast Week. Members sourced produce from local businesses including all the meat from Tamar Valley Meats, eggs from Haylake Farm, bread from Cornish Bakery Callington, mushrooms and tomatoes from Cornish Produce and various other generous donators helped supply the rest. Many thanks goes to these businesses and to all who came and supported the event. £718 profit was raised for the club's chosen charities being Cornwall Air Ambulance and Children's Hospice Southwest.

Young Farmers are always looking for new members. If you or you know someone who may be interested joining us please call Rob or Lucy who will be happy to hear from you.

As you will see from the activities above, Young Farmers do a range of activities with something for everyone. Cornwall Federation of Young Farmers Clubs has 20 clubs across the county with over 700 members. It is an amazing organisation which offers so much to all involved. The more you put in, the more you get out... Confidence, opportunities, achievements, qualifications and lifetime fond memories and friendship to name a few. If you would like to find out more information or would like to be a part of this organisation (you don't have to be a farmer to be a member!) Contact Rob on 07980 833918 or Lucy on 07561 057969.



Callington Town Band is delighted to announce that its President, BBC Spotlight reporter, Alison Johns, will be compering the band's Spring Concert in Callington Town Hall on Saturday March 21st at 7.30pm and presenting the annual awards to band members.



SLIMMING WORLD

From January, Slimming World will now be on a Wednesday morning 9.30am & 11.30am and a Wednesday evening 5.30pm & 7.30pm in the Town Hall, Callington.

Charity Event

to support fundraising for the
London 2 Paris Cycle Ride
in aid of
Cornwall Down's Syndrome Support Group

Saturday 14th March 2015

Ticket only event
£15.00 per person
to include a light buffet

From 7.30 pm

Pacific Suite
China Fleet Country Club
Saltash
PL12 6LJ

Tickets available
from
Coads Green Primary
School
Tel: 01566 782303

Come and dance the night away to **FAIRPLAY** - a professional function band playing floor filling, funk, soul, rock & disco covers.





DO YOU RECOGNISE ANYONE IN THIS PHOTO?

Just one of the hundreds of photos from a collection at Callington Heritage Centre. If you are interested in local history and would like to ensure that photographs like this are kept safely forever, please offer your services to the Heritage Centre as a volunteer and help to keep it open.

Photo of Callington Primary School Football Team 1955/56 with Headmaster W. Harris and Chas Lovell

L to R Back Row WF Harris (Headmaster) Michael Conlan, Phillip Dolley, Ian Poad, David Glover, Barry Boundy, Chas Lovell (Sports Master) Clive Libby, Anthony Rogers. L to R Front Row Jim Rayner, Alan Veale, Gordon Kent, Raymond Hatch with Cup, Chris Cansfield, David Rowe, Tony Duance.

COMING SOON AT THE CAVE

Join the
NEW
CAVe Film Club



★ ★ 4 Oscar nominations ★ ★
★ ★ 4 BAFTA nominations ★ ★

Thursday 26th March

Callington Town Hall at 7.30pm

Doors open at 7.15pm for registration to C-Fylm:
£5 cash only and FREE entrance to first film
Members' entrance: Adults: £4 U18s: £3

Poster printing kindly sponsored by Kivells



CAVe Film for March: "Mr Turner"



Thursday 26th March

"One of the finest films about an artist ever made, fashioned by a filmmaker who's a notable artist himself."

"Mr Turner" (nominated for four BAFTAs and four Oscars) explores the last quarter century of the great, if eccentric, British painter J.M.W. Turner (1775-1851). Profoundly affected by the death of his father, loved by a housekeeper he takes for granted and occasionally exploits sexually, he forms a close relationship with a seaside landlady with whom he eventually lives incognito in Chelsea, where he dies.

Throughout this, he travels, paints, stays with the country aristocracy, visits brothels, is a popular if anarchic member of the Royal Academy of Arts, has himself strapped to the mast of a ship so that he can paint a snowstorm, and is both celebrated and reviled by the public and by royalty.

Callington & District Twinning Association

invites teams to join them for their

Annual Quiz Night

at 7.30pm on

Saturday 14th March

in

Callington Town Hall

Entrance: £2.50 per head for teams of up to six



PORTREEVE'S COMMUNITY DAY

What is there to do in Callington?
Come along and find out for yourself on

Saturday 28th March

10.00 a.m. - 2.00 p.m.

Callington Town Hall

Local groups, organisations and charities will be raising their awareness in the community by raising funds for their charity or showcasing themselves

Please come along and support them

There are a variety of stalls including:

TOMBOLA
RAFFLE **CRAFTS**
BRIC A BRAC
REFRESHMENTS AVAILABLE
AND MUCH MUCH MORE.....

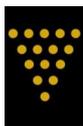
Callington Town Band
presents its

SPRING CONCERT

compered by BBC
'Spotlight' Reporter,
Alison Johns

in the Town Hall on Saturday,
March 21st at 7.30pm

Admission £5, under 16 Free



NEWS FROM CALLINGTON COMMUNITY COLLEGE



Cornwall Learning Education Business Partnership organised a "Have a Go" day for Callington Community College on Friday 16th January where local employers provided 'tasters' – bite sized opportunities to try out work-based skills.

Year 9 students found out about careers and the pathways to a dream job – including further education and apprenticeships.

Have a Go activities included how to windsurf with a simulator with the Cornwall Marine Network and South West Lakes Trust, taking blood pressures with Royal Cornwall Hospital and a bed making competition with Premier Inn. Also offering 'Have a Go' activities were Transport Bombardier, Cornwall College Hair and Beauty, Superfast Cornwall, the Army, Nurturing Excellence project, and Bluefruit Software.

The whole day was kick-started by an inspirational Key Note speech from Phil John, an IT entrepreneur from Ivybridge. He spoke to the students about how he has managed to achieve so much at such a young age and about the opportunities and challenges that lie ahead.

Sean Morris, Principal said "The 'Have A Go' day is a fantastic opportunity for our students to learn about the world of work".





CALLINGTON WOMENS INSTITUTE



The WI is 100 years old this year and celebrations both national, countywide, and in every WI will be held to celebrate. Between February 22nd and 24th members locally greeted the Centenary Baton in Launceston Castle, waving it at the top of our own Kit Hill and then sending it on its way 'up country' via the Tamar Bridge.

We have been involved in local events over the last couple of months helping with refreshments and supported families further afield by knitting jumpers for the children of Syria.

In November we were visited by Judy Pride from Little Harbour-Children's Hospice South West, which was the charity for our group of 'women supporting charity', having received our cheque for £750 Judy thank us for all the fund raising we had done to achieve such a wonderful figure. She then outlined some of the ways that donations were used to support the children and their families, there are 85 families, 25 staff and 19 families having bereavement support. She outlined the staffing of the units, the support for the parents and siblings of the ill children, the average length of a stay, family holiday time as well as respite stays for the child, how rooms are always decorated as the child chooses and it is like that each visit, the outings they arrange and the activity sessions.

In December we had our Christmas Party with quizzes, pressies, good food and good company.

Callington WI meets in the Town Hall Council Chamber on the second Wednesday of the month, our meeting on 11th March is the AGM with a talk about the WI's website and all things WI on the web!

Contact Margaret Rudling 383552 or Jill Trew 382451 if you would like to come to a meeting or would just like to know more about us.



FAMILY EASTER DISCO

SATURDAY 11TH APRIL

CALLINGTON TOWN HALL

6.00 p.m. - 8.00 p.m.

Refreshments



Raffle

Fancy Dress Optional

Tickets available from
Callington Town Hall
Adults - £1
Children - 50p



LET ME WRITE YOUR WILL

I AM A RETIRED SOLICITOR

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So you feel more confident

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**A QUALITY SERVICE
A SENSIBLE PRICE**

Callington Grammar School

1945—1966

Dear ex-student, following the success of various year group reunions and the Building's Centenary celebration a couple of years ago, I have been prompted to organise one for those from any period stated above, before the format changed to Comprehensive and subsequently to Community College. For those of you who may not be aware, the building still looks the same from the front but is now the home of the Primary School, and if this project comes to fruition, will stage our Reunion.



As each year passes we come to realise that there are one or two more faces missing from our Class photo, so if you are interested in meeting up with the decreasing number of ex-students for an informal gathering, please get in touch with me preferably with your own list of contacts, so that I can compile a master plan. The event will take place on Saturday 12th September 2015 in the School Hall, situated in the 'Girl's Playground'.

I have provisionally booked the premises from 5-9pm and am currently making enquiries about outside catering. This would take the form of a finger buffet and non-alcoholic beverages. Suitable age-related music could form a background whilst the assembly chews the fat. Ideally, if each attendee could bring a group photo or any other memorabilia for display, it would add to the nostalgia. Depending on the response, I would guess a price of £10 per person would adequately cover Hire and Catering, so I would very much appreciate an early reply together with your list of names, e mails and mobile numbers

TERRY BOLT 64 Hazelwood Road, Callington PL17 7EU
01579 383497 07432103223 terry@terrybolt.plus.com

Kelliwik Music Festival

10th-12th July 2015
Saltash Road Recreation Field
Callington, PL17 7DW
www.facebook.com/kelliwik

Rock
Jazz
Indie
Acoustic
Classical
Gospel
Brass band
Choral
Akapela
Glee Club!
and more!

FREE ENTRY!

Bouncy Castle, Bar, Food, Icecream, Craft Stalls. Family Fun For Everyone!

Fund Raising Initiative by Beech Park Auctions

How fortunate we are in Callington to have such a supportive business community, Beech Park Auctions are 100% behind the fundraising for the Kelliwik Music Festival and have very generously agreed to auction items and donate all or part of the money raised to the steadily rising Festival Funds. All we, the people of Callington, have to do is take our no longer wanted, but saleable, items to them and agree a proportion of the sale price that will go to the Festival. They will waive their fee and do all they can to make a good price on each item for the benefit of the customer and the Festival. So a rummage in the attic is needed and off to Beech Park Auctions, South Hill Road Callington, PL17 7LG, 01579 383129.

For further information about Beech Park Auctions see their website www.beechparkauction.co.uk.

Kelliwik Festival 2015

We look forward to welcoming you, your family and friends to the Kelliwik Festival 2015, it is on Friday July 10th, Saturday 11th and Sunday 12th, Callington Recreation Ground, Saltash Road.

Follow us on www.facebook.com/kelliwik, for up-to-date info on the bands taking part and all our news. Look out for the posters and information nearer the time!

For further information please contact Jill Trew, Kelliwik Festival Publicity, 01579 382451 or jillftrew@yahoo.co.uk.

Fitness & Health:

****New Disco Class****, Every **Monday**, Town Hall (1.30pm-2.30pm)
WeightWatchers, Every **Monday**, Council Chamber (10.30am-11.30am)
Zumba Dancing, Every **Monday**, Town Hall (7.00pm-8.00pm)
Pilates, Every **Tuesday**, Town Hall (10.00am-11.00am)
Slimming World, Every **Wednesday**, Town Hall (9.30am & 11.30am and 5.30pm & 7.30pm)
Kettlercise, Every **Thursday**, Town Hall (9.30am-10.30am)
Diane Watson Yoga, Every **Friday**, Town Hall (9.15am-10.15am)
Latino Dance Class, Every **Friday** (10.30am - 11.30am)

Council Meetings & Councillor Meetings:

Town Council Meeting – (Tue 3rd) Planning followed by Town Hall and Premises (6.30pm)
Town Council Meeting – (Tue 10th) Outside Services (6.30pm)
Town Council Meeting – (Tue 17th) Planning followed by Finance and General Purposes (6.30pm)
Town Council Meeting – (Tue 24th) Full Council meeting (7.00pm),

Community Events

Country Market in Scout Hut, (Every **Wednesday**) New Road Car Park (8.45am -12.00 noon)
Stonham Housing Advice Centre (Every Wednesday) Town Hall (10.00am - 12.30 pm)
Kelly Bray Residents Association Quiz (Sat 14th) Kelly Bray Hall (7.30pm)
CAVe Film Show (Thursday 26th) Callington Town Hall (7.30pm) ‘What we did on our holiday’
Portreeve’s Community Day (Saturday 28th) Town Hall (10.00am - 2.00pm)

Children Activities

Free Children's Film Show (Sat 21st) Town Hall (2.00pm-4.00pm) **see poster above**
Brownies (7-10yrs) meet every Tuesday 5.00pm to 6.30pm, Callington Youth Centre
Guides (10-14yrs) meet every Tuesday 7.00pm to 8.30pm, Callington Youth Centre
Seniors (14-25yrs) will be running the same time as Guides, Callington Youth Centre (For Brownies, Guides and Seniors please call or text **07837440634** or **01579382015** to join or for more information)
Beavers meet every Thursday (5.45pm - 7.00pm) - Beaver Leader - Jan Rider - 07970 462458
Cubs meet every Tuesday (6.00pm -7.30pm) - Cub Leader - Cheryl Stainsby - 07770797627
Scouts meet every Tuesday (5.45pm - 7.30pm) - Scout Leader - Cheryl Stainsby - 07770797627

Local Groups

U3A, Monthly meeting (Mon 2nd) Town Hall (10.00am-12.00 noon)
Ballroom & Sequence Dance, (Sat 7th) Town Hall (7.30pm-10.30pm)
Callington WI, (Wed 11th) Council Chamber (7.30pm)
Tea Dance, (Friday 6th & 20th) Town Hall (2.00pm-4.30pm)
Good Companions (every Wednesday) Council Chamber (2.00pm - 4.00pm)
Age UK Lunch Club (every Thursday) Town Hall (11.45am - 1.45pm)
Evergreens (Wed 11th) Town Hall (2.30pm)
Caradon Social Club for the Disabled (Wed 18th) Town Hall (2.00pm)

FAMILY FILM SHOW



Saturday 21st March
Doors open at 2 pm
Film starts 2:30 pm
Free Entry

CALLINGTON TOWN HALL



PLEASE NOTE

The deadline for the April 2015 edition is 12 noon on Monday 9th March 2015



News from your Cornwall Councillor

Work is underway to put a bid into Central Government for increased devolution to Cornwall. The "Case For Cornwall" document will be a cross-party report which will put the case to the new Government post election. Although it does not have the Cornish Assembly proposal which I favour on the agenda at this time, we will work with the Council to make the strongest case possible for the devolution of powers from Westminster. One of these areas, Planning, is causing major concern to the Council given that the Council has been fined over £400,000 this year alone due to planning decisions being overturned by the Planning Inspectorate. At the present time, the National Planning Policy Framework is a developers charter and although Councillors have done a lot of work in protecting the countryside, this has been undermined by decisions of these inspectors.

Cornwall Councillor Andrew Long

Balti King

Indian Restaurant & Take Away
5 New Road, Callington PL17 7BE

☎01579 383818

(now rated 5* by the Food Standards Agency)
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Eating In or Takeaway

Every Monday Banquet Night

MENU: 2 Papadums & Chutneys, Starter of your choice

Any Main Course

(King Prawn, English Dishes, Thali & Tandoori Mix Grill £3.50 extra)

Rice & Nan

6 Course Meal for £11.50

10% Discount on collected Takeaways when you spend £10 and over - CASH ONLY

Sunday-Thursday 5.30pm-11.30pm

Friday-Saturday

5.30pm-Midnight

including Bank Holidays

Is life getting you down? Relationship problems? Stress, anxiety, struggling to cope?



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Hours to suit

Please contact Barbara:

Tel: 01579 382441 Mobile: 07711 475 549

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14th Whisky Falls (live band)

28th The Pause (live band)

29th AGM 7.30pm

APRIL

18th Orangutan Wheelbarrows (live band)

25th Glass Curtain (live band)

MAY

9th The Jack (live band)

23rd Vicious Kitten (live band)

For further details please contact the
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THE SUARA HARMONY CENTRE WHO ARE WE AND WHAT DO WE DO?



The Harmony Centre is located in the Pannier Market in Callington and extends a warm welcome to the people of Callington and surrounding area. This article is an opportunity to introduce ourselves and what we can offer you at the Harmony Centre. The Centre adopts a holistic view on health and well-being and comes under the bracket of Complimentary Health.

WHAT IS COMPLIMENTARY THERAPY?

Complimentary Therapies aim to treat the whole person, not just the symptoms of a disease or health challenge. It supports or compliments conventional medicine, so they can work in harmony. It focuses also on mind-body techniques which strengthen the communication between your mind and body. These two systems must be in harmony for you to stay healthy. Our pledge to you is we will:

LISTEN to your needs

WORK WITH YOU to form a holistic treatment

UNDERSTAND you are unique and your treatment plan will reflect this
NURTURE you mind, body and spirit which potentially improves health and well-being of physical, mental, emotional and spiritual health.

COLLABORATE with other healthcare professionals for the optimum outcome of your session

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Reflexology is a very calming and balancing treatment, using pressure techniques on the feet and brings a feeling of relaxation on the body and mind which encourages the body's self healing and can be beneficial to a range of health conditions.

Aromatherapy massage is the use of essential plant, herbal and flower oils to deliver into the body through the skin, it's a very gentle massage.

Swedish is a more firm massage for aches and tension in the muscles. These treatments work well alongside the other therapists treatments, on their own as a regular health and wellbeing boost or just as a treat.

Barry Collings

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