

To advertise in or contribute to this Newsletter

Email your items as attachments to stdaynews@gmail.com or send details to Newsletter, Cedric House, St.Day. TR165NQ

Please, please ask for advice before submitting your items

Revised rates

St Day Newsletter Advertising Fees

from 1st April 2024

1/4 page (1 issue) - £10

1/4 page (4 issues) - £30

1/2 page (1 issue) - £14

1/2 page (4 issues) - £42

Full page (1 issue) - £25

Full page (4 issues) - £72

Local community groups, charities and clubs can have

up to one full page FREE

Please call or email Nigel for

help and advice on 07967309402

Please note copy dates. We aim to publish the Newsletter on or very close to the 1st day of November, February, May and August.

Please submit your articles and advertisements as soon as possible

In this issue

Horticultural Society

Christmas Lights

Parish Council report

Quizzes

Climate Action

Churches

Speedwatch report

Defribulators

Boxing Club

Winter Wellbeing

Town Clock

Skate Park

Local Businesses

And lots more besides

St Day Parish Council Climate Action Plan Update 2

Following on from the update last newsletter, the parish council is pleased to share the short term actions which it is working on to reduce it's negative environmental impact.

We recognise that this is long road to change behaviours which have been in place for many years, so our short term actions are aimed at easy wins.

Our ongoing actions are;

our originis decions are,			
Action	Status		
Pledge to support the target set out by Cornwall Council in its Climate Change Plan	Completed		
Switch to a renewable energy supplier for all Parish requirements	We have no parish buildings to do this in.		
Install LED/low energy bulbs in all Parish Council-run buildings/streetlights	This is managed by Cornwall Council and the parish is currently trialling a darkness period from 1200-0500.		
Actively work to reduce consumption, reduce waste and recycle	We have implemented a culture of speak up to challenge where waste is being made unnecessarily.		
Use recycled paper and environmentally friendly cleaning products in all Parish Council facilities	We have written to all our suppliers asking them to make a change as we have no parish buildings.		
Reduce the use of weed killers and other chemicals in public spaces	This is ongoing and is a balance between safety, effectiveness and toxicity.		
Create a new public notice board to promote awareness and environmental initiatives	We will utilise the current Parish Notice board to save on money.		
Commit to minimising the impact of Parish Councillors' activities on the environment	All parish councillors have committed to this.		
Ensure that all planning applications meet the required environmental and sustainability requirements	A crib sheet has been produced to help the councillors identify the relevant planning policies		
Hold an Environmental Day for local parishioners to learn more and get advice where needed	Currently in planning.		









The W J Mills (Cottages) Trust is an organisation which was originally set up back in the 1930s with the intention, amongst other things, of providing homes for the 'poor and needy' in St Day.

From time to time, properties become available and enquiries are invited from anyone who lives in St Day or the surrounding area, has lived there in the past or who has strong connections with it.

Applicants are asked to complete an application form: financial position and current housing situation are taken into account with priority being given to the elderly and those in greatest need.

In due course, applicants may be asked to attend an informal interview with the Trustees.

If you are interested in becoming a resident, you will need to complete our application form, which you can find (along with further information about the W J Mills (Cottages) Trust and its history) on our website:

www.wjmillscottagestrust.org.uk

If you are unable to download and print the application form yourself, and would like a hard copy, then please contact us on:

Telephone: 01209 822589

Email: millstrust@hotmail.co.uk

In person:

The Community Room, Mills Street,

St. Day, TR16 5LL (During office hours: 10.00 to 12.00 Monday to Friday)

The St Day 'Oil Club' helps people save on their oil bills

Residents are saving money on heating oil, by having deliveries on a regular monthly day; which is the THIRD WEDNESDAY OF FACH MONTH

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To join and save on your oil costs, you need to place your order through the St Day Oil Club.

Please contact James Beer
01209 821406
Or email

jamesfwbeer@gmail.com





Weekly Coffee Morning in St Day Community Centre

If you want to have an experience of true community, come along to the Community Centre in

St Day, at 11am on a Tuesday morning for Briony's (A Cake Occasion) coffee morning. You will be met with an abundance of totally delicious treats in the form of cheese cakes. Black Forest Gateaux and Bakewell Tart; or for the more savoury taste, there are two varieties of quiche and wholesome chicken soup. All home-made and served with tea or coffee, and the smiling face of our truly talented host and creator of the wonderful food, Briony. The atmosphere is relaxed and warm with no hurry to eat up and go.... but for those who are in a rush, you can take away the goodies to enjoy later. Everything is one pound and frankly, as well as better value than most coffee shops, it is (in my opinion) far tastier too! As from August I will attend weekly as Parish Clerk, to be available to chat to the Parishioners; the only problem is that I cannot resist the temptation to indulge - not good for my hips and waist!



Look forward to seeing you there, Sarah

If you would like to have a chat about community issues, you can visit the Parish Clerk, and possibly one or two of the Councillors the on a Tuesday Morning between 10.45am and 12.15pm

at

Briony's Coffee Morning in the

Community Centre

To check, or to contact on other days, you can call Sarah on 01209 205782 / 07826 856262

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Can you spare a couple of hours to help keep your community clean and tidy?
There will be a LITTER PICK

Saturday 10th February



9.30am

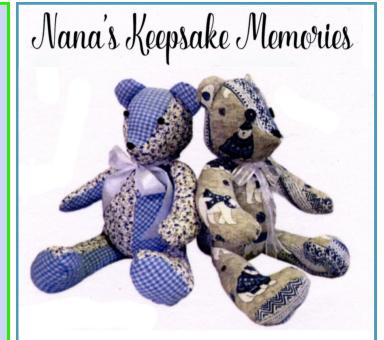
Meet outside the Community Centre

Tea and coffee afterwards!

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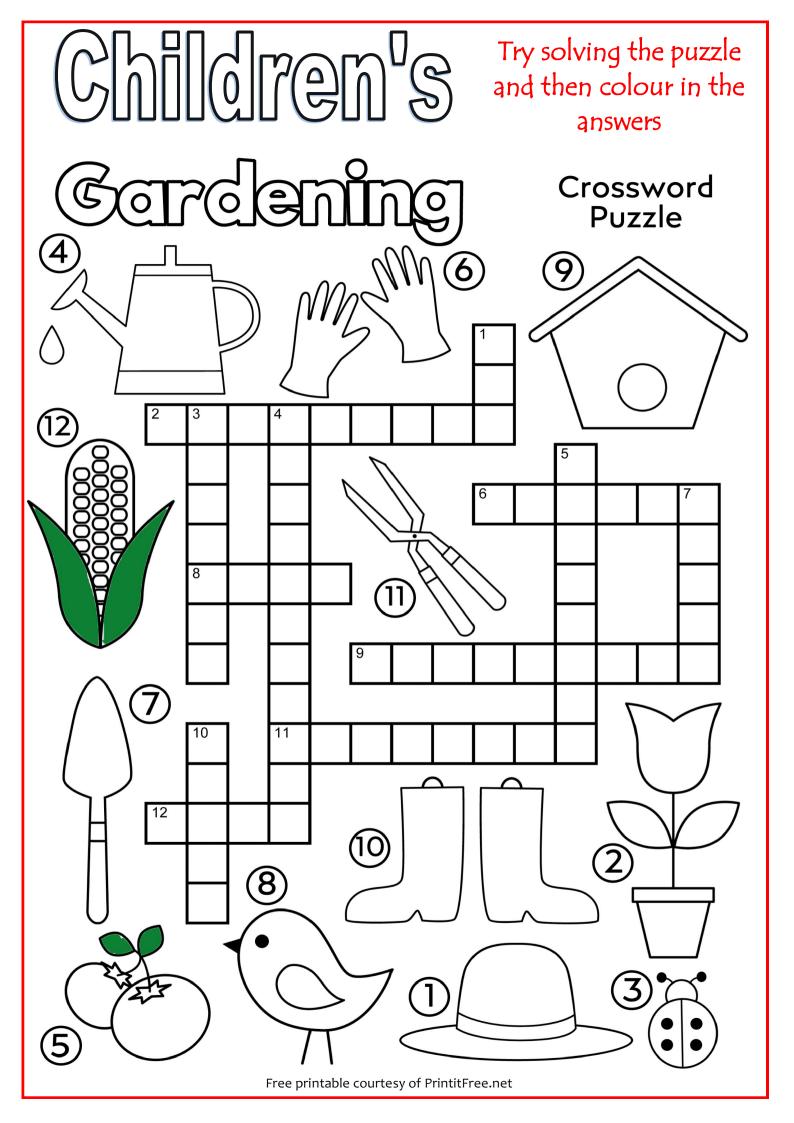
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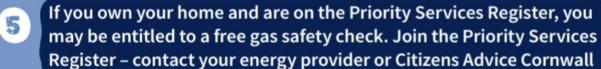


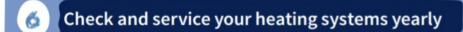
TOP TIPS

for staying warm and well this winter

Call us on **0800 954 1956**

- Meep warm and try to keep your heating at 18°C (living areas) and at 16°C (bedrooms)
- 2 Have regular hot meals and drinks
- Call us for financial help and advice on grants to stay warmer for less
- Insulate and draught proof your home, call us to see how we can help





- Keep moving regularly to help keep warm
- Get your Flu, COVID and Booster jabs, 119 or your GP or pharmacist
- Move towards work, volunteering and training 301872 326440
- Look after yourself and check on neighbours
- To get a free home fire safety check 🕽 0800 358 1999
- Travel safely, consider weather conditions before you travel
- Boiler Flow settings you can cut your gas costs by 6-8% by lowering the temperature flow setting on your combi or condensing boiler.
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ST PIRANS Amateur Boxing Club

St Pirans Amateur Boxing Club (ABC) continues to grow from strength to strength, we are now at capacity for Juniors and Seniors (approx. 25 Juniors and 25 Seniors) with a waiting list. We have been so busy that we had a period when the club was open 5 nights a week as well as travelling to boxing shows at the weekend, we are now back to 3 nights a week and weekends for shows. St Pirans ABC have been extremely busy since our last newsletter contribution we have travelled to Southampton, Exmouth, Torrington, Bristol, Bideford, Chard, Gloucester, Cheltenham, Birmingham, Plymouth, Torquay, Christchurch, Bath and PontyPool (Wales) as well as several visits to Cornish Clubs for sparring. In 20 weeks, from the start of August 2023 we have travelled 6.368 miles!

Jacob wins the Western Counties Belt

Jacob Matthews is a current Western Counties Belt holder who has successfully defended the belt once already. He will defend the belt again at the St Ives ABC show on 27 Jan 24, fingers crossed!



Photo (left)- Coaches
Tony Houghton and
Wayne Salmon with
Jacob Mathews and his
Western Counties Belt.

Photo (below)- Photo Joe Bryant and coaches
with his ABA England
Development
Championships Semi
Finals medal

Joe becomes first St Pirans ABC ABA Semi Finalist

Another milestone for St Pirans ABC was when Joe Bryant reached the Semi Finalist in the Amatuer Boxing Association of England Ltd Development Championship. Joe is another of our success stories, however he is currently studying in the University of the West of England (Bristol) but still keeps himself fit whilst studying and turns up at the club for the odd training session.



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Another St Pirans ABC sell out show!

14 Boxers from St Pirans ABC competed in another sell out show at the Penventon Hotel Redruth on 7 Oct 23. This was a great opportunity for our most novice of boxers to our most experienced boxers (Blaze, Conner and Jacob) to display their boxing skills.



More news from St.Day ABC on page 14

Boxers pass Level 1 coaching course!



Two new coaches! Blaze and Noel (or Chris) recently completed their Level 1 Coaching courses. Blaze has now hung up his gloves, he brings a lot of experience, he was the first St Pirans ABC boxer to win a Western Counties belt! Noel has not yet fully hung up his gloves, he helps out with the coaching of the Juniors and trains with the seniors. Noel works for Jaguar Land Rover and was recently the runner up in the World Jaguar Land Rover technician competition!

Coach turns 60!

We helped Coach Wayne celebrate his 60th Birthday. Many thanks to Andrea Rogers for making the cake. Wayne is the coach known as "bad cop" as he strives to push all members to their potential from a fitness perspective as well as their boxing skills!

More from St.Day ABC on page 16





CAN YOU HELP DELIVER THIS NEWSLETTER?

We have a list of around 15 willing helpers who have volunteered to deliver this newsletter to you door four times per year. Obviously there are times when they are unable to deliver, holiday, illness etc. In these circumstances it then falls to Steve Penny, who organises the deliveries, to arrange a substitute or who very often will do the additional rounds himself.

It would be very much appreciated if you were to volunteer to deliver the newsletter, or be available to help when the regulars can't deliver. If you are willing to join the team please contact the Parish Council Clerk at stdaypc@gmail.com

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St.Day Parish Council

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Brothers Cody and Bailey show real potential!

Brothers Cody and Bailey have been both busy and successful during this period. They have both demonstrated what we are looking for in our club members, fitness, stamia, determination and good boxing skills!

3 x St Pirans ABC parents pass the Judge and Timekeepers Course

We are proud to announce that we have 3 newly qualified ABA England Judge and Timekeepers. Dan (far right), Robert (second in from right) and Karl (4 in from right).





WE TAKE CATS IN REGARDLESS OF THEIR AGE, TEMPERAMENT OR IF THEY HAVE HEALTH PROBLEMS, SOME OF WHICH END UP STAYING WITH US FOR THE REMAINDER OF THEIR LIVES IF THEY ARE NOT ABLE TO BE REHOMED.

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From your Parish Church

First and foremost a Happy New Year from us all at Holy Trinity. We would like to thank you for all your support last year. We had a really excellent Christmas season with a lot of extra services, one of the highlights being the welcoming of our school into church for their Christmas celebrations. The church and school have always been the hub of any town or village, so it was good to work together once again. December also saw our celebration of Nine Lessons and Carols with music provided by Carharrack and St. Day band. We are glad to say that this year it was really well attended, and 8 different organisations did the readings. A special mention goes once again to the school whose 3 child representatives outshone the adults, the evening ended with mulled wine and mince pies being served to all. Our Christmas services were well attended also.

Looking forward- there are two
Communion services every week on
Sunday and Tuesday to which you are all
warmly invited. We are about to arrange
our social calendar where we try to vary
each month's activity. Every event is open
to anyone so do come along and support
us, we are a happy social bunch of people
who enjoy meeting others.

Sue Manley

St Day Mobile Library

Stops opposite the old church on a Thursday at 10.25 to 10.50 Save these Dates in your Diary!

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A Brief History of St Day Town Clock Maps and

surveys dated 1772/7 describe the Market Square area of St Day as 'St Day Green'. In 1797 the first market buildings were erected and these, together with what may be railings can be seen on maps of this era. Lysons, writing in 1814, recorded that: "a market on Saturdays, for 'butchers' meat and other provisions', was established a few years ago by Mr Williams for the accommodation of the miners". By 1826 more buildings had been added, forming a quadrangle of building surrounding an open market place, which at that time was known as 'Harvey's court'. The market place was an enclosed area, later described as being "protected by iron railings".

In 1831 a "neat stone tower, with a lock-house", the Town Clock we know today, was erected in the market place at an expense of £400. Although there is no mention of the clock, it seems likely that it was part of the original design. The clock was certainly in place by 1845 as William Francis refers to it in his lengthy poem 'Gwennap'.

The market was a lively place. In 1844 the constables had to ask magistrates to impose closing times for the market: 10pm in summer, 9pm in winter. The following year a "mob of 500 people" threatened a bailiff trying to repossess the goods of stall-holder. In 1851 Elizabeth Evans was given six months hard labour for stealing a pair of shoes from William Mill's stall in St Day Market.

By 1851 the clock was in disrepair. Richard Harvey was refusing permission for anyone to enter the tower to fix it and an anonymous poem was published in West Briton pleading for access.

To add to the tower's woes, around 1855 the cupola was damaged by a lightening strike. In the 1850-60s the town clock and bell remained



"a long time idle". A letter in the local press on the state of St Day in 1869 refers to "a clock tower, built in humble imitation of one not a great way off, but whose clock has been sadly attended to, judging from the mournful tones from time to time in the county papers". The other clock tower 'not a great way off' refers to Redruth Town Clock, built a few years earlier than St Day's.

The situation was not resolved until Richard Harvey died in 1870. The lease of the market buildings reverted to one of the Lords of the Manor, Mr Chichester. The following year a public meeting was held at the Temperance Hall where it was decided to restore clock. Mr Chichester granted access and contributed to

the fund. St Day carpenter John Letcher replaced the cupola, and the clock was restored by local clock and watchmakers, John Veale and Edward Newton. The St Day Clock Committee was formed, later becoming the St Day Clock and Lamp Committee.

Meanwhile the market itself had it up and downs. Robert Keast, a butcher from Illogan was fined at Penryn petty sessions in 1870 for 'unjust scales' at St Day Market. In 1877 there were complaints that the market still trading until midnight. But in 1881 a visitor to St Day described: "the deserted market-stalls on which from St Day miners in South Africa, including the weather-stained clock-tower looks down, regretfully one would say but that the clock's hands are regilded and gleam hopefully...". By 1882 trade had revived. Writing in 1889 Herbert Thomas recalled: "On Saturday nights the streets were impassable... The two markethouses were packed full of the commodities in demand for housewives", then notes further decline: "The streets were empty indeed... Even the old town clock's striking seemed like a funeral knell in a churchyard as the sound reverberated over the desolate place." However, he reported that things had improved in recent years. In 1891 the Market Toll book recorded an "annual clock subscription of £1.1s per annum".

By 1897 the older parts of the market place had fallen out of use. The roofs had gone on "the old Market House at St Day, which adjoins the present one" and the area was being encroached upon. There were concerns about saving the site for the inhabitants, with the parish council (at that time Gwennap PC) debating who owned the old market-house. That year the St Day Lamp and Clock Committee reported a £5 deficit. Despite this the market area was used in the Queen's jubilee celebrations, with the old potato market Around 1946 the Second World War tablet was referred to as 'Victoria Square'. Nonetheless the added to the war memorial. By this time decline continued. In 1906 an editorial in The

Cornishman noted: "St Day was an important mining town and market town when Redruth and Camborne were struggling villages. Now the grass grows in St Day market house, and the stalls are rotten and unused." By 1909 the market area was described as long disused, it gates "old and in disrepair". Gwennap Parish Council declined to adopt it as open space for residents.

While the market declined around it, the Town Clock tower was revived. £100 was raised for its restoration around 1905. Mr T.R. Tripp collected Edward Dunn and Arthur Strauss who sent a guinea. Donations and support came from the Williams family of Scorrier. It is probable that St Day was given the cupola and bell from the modified Redruth clock tower at this time.

In 1918 the St Day Clock Tower became the venue for Remembrance Day, and the following year fundraising began for the war memorial. The sale of the roof and doors of the Market Square shed contributed to the fundraising. Major John Williams of Scorrier House led the project and the Williams family paid for the granite and woodwork. Mrs John Williams designed the structure, which was built by local builder Mr Sandoe, with J.H. Arthur & R. Tripp as clerks of works.

By the 1930s the St Day Community Council was responsible for the maintenance of clock and paid £5 a year to have the clock "wound-up and oiled periodically". Around 1933 W.J Mills offered £125 "to ensure preservation of the clock", and paid for the building of the ornamental walls and the planting around the tower. Shortly after that responsibility for the building passed to Gwennap Parish Council.

(Continued on page 24)



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responsibility for maintenance of the clock had passed to Camborne-Redruth Urban District Council. The clock mechanism was found to be 'beyond repair' and replacement with an electric one recommended. In February 1948 Herbert Thomas (the newspaper proprietor born in St Day) presented the town with the electric clock at a cost £265.

Thing appears to have ticked along quite happily for some year after that, (but if anyone has any stories about the clock or tower in later years, please do get in touch). We know that Vivian Vanstone has responsibility for restarting the clock as necessary around 1980. In 1986 the wrought-iron gates were added to war memorial by St Day Parish Council to protect it from vandalism.

By 1991 the tower was in need of repair again. The cupola was lifted off by helicopter and the pillars replaced. In 2001 it was lifted off again, this time by crane, for further repairs. At that time the building was in the care of Kerrier District Council, with responsibility passing to Cornwall Council in 2009.

In 2014 ownership of the Town Clock and War Memorial Building passed from Cornwall Council to St Day Parish Council and the current works began. This has included extensive renovation work on the building, including having new windows fitted, the clock faces restored, stonework repaired and repointed, and the clock motor reconditioned and updated.

(Our grateful thanks to Lesley Trotter who has carried out this research as part of the heritage work financed by the Heritage Lottery Fund. If anyone has any dates and facts to add to this timeline Lesley would be happy to hear from you.)

THIS MONTHS QUIZ

All the answers begin with H

- 1. Cricket Dismissal
- 2. A Cinque port
- 3. Christian name of the Prime Minster in 1964
- 4. 1965 Beatles film
- 5. Royal Park in London.
- 6. Over 64mph wind on the Beaufort Scale
- 7. Greek God of the Underworld
- 8. Bond girl in Goldfinger.
- 9. Who's capital is Port-au-Prince.
- 10. What is Trichopathophobia.

You will find the answers somewhere

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TR16 5JU



If you have mail for the Parish Council, please post to/drop into the Post office; I will collect from there!

Thank you,

Sarah Moore (St Day Parish Clerk) 07826 856262

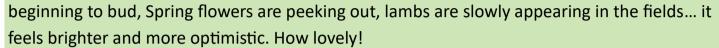
Spring – a time of hope and new beginnings

The steadfast love of the Lord never ceases, his mercies never come to an end;

they are new every morning; great is your faithfulness.

'The Lord is my portion,' says my soul, 'therefore I will hope in him.' (Lamentations 3 verse 22-24)

In the new year we begin to see signs of Spring – as the coldness of Winter begins to retreat, the days become longer, trees are



The Book of Lamentations in the Bible is a collection of poems which recount the sorrows of God's people as they went through a really difficult and painful time, with many of them being forced into exile in a foreign land. It's an ancient book, written around two and a half thousand years ago, but like much in the Bible it still speaks to us today.

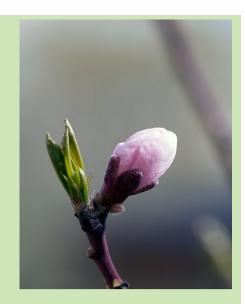
In our own lives we often go through times which feel dark and difficult. Yet there is always hope – encouragement to move forward, a caring friend, a gesture of kindness, a happy memory. Lamentations reminds us that God's love is sure and never-ending, that his mercy is fresh and new daily, that he is faithful – even when we experience troubles. Whatever we go through in life, we can be assured that God walks with us, and will not leave us. There is always hope. So let us take heart from the new life we see emerging all around us this Springtime. Let it be a reminder that light can emerge from darkness, hope can emerge from despair, life can emerge from death... because our God is a God of love, mercy, faithfulness and hope. Whatever problems we experience, let's lift our eyes above our sorrows, pains and difficulties and look to Jesus, who walks with us Jesus said "Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid". (John 14 verse 27)

A prayer: Faithful God, thank you for your Son Jesus, who came to give us new life. Help us to look to you, and give us hope, whatever our circumstances. Remind us that you are always with us. We pray in the name of Jesus our Saviour, Amen.

Reverend Elizabeth Harris

St Day Methodist Church. 01209 820077. Elizabeth.harris@methodist.org.uk

St Day Methodist Church holds various weekday events and a Sunday Service; for more details please see the noticeboard, or contact Rev'd Liz, or one of the church stewards (contact details are on the noticeboard). We also offer online services each Sunday, and various online resources in partnership with the other chapels in our Circuit – search online for 'Falmouth & Gwennap Methodist Circuit'.



COMMUNITY SPEEDWATCH

WANT TO MAKE A DIFFERENCE AND SAVE LIVES?

All the evidence that is available, clearly states that Community Speedwatch contributes to reducing the speed of traffic along the B3298 through Tolgullow, and on the road coming into St Day from Redruth.

Many thanks to the volunteers who are willing to give up 1 or 2 hours per week, to monitor the traffic along these roads.

I am looking to recruit more members to the St Day team, in addition to the 2 ladies who have recently joined the team.

Training involves completing an on-line test, and on site training with the



team. We have 4 authorised CSW sites, but cannot, with the best will in the world be everywhere at once, and at all times of the day!

If you would like to join the team, please contact me-

jamesfwbeer@gmail.com or call me on 01209 821406.

J Beer - St Day Speedwatch Coordinator



2023 is ending on a high note!

- During recent tests at the GEL United Downs site the lithium content of the geothermal fluid was measured again with even higher concentrations found.
- The government Contracts for Differences (CfD) which guarantees a set price for the sale of renewable electricity was awarded to the 3 GEL sites with planning consent in place.
- GEL has received funding from Kerogen Capital and Thrive Renewables to enable the final power plant phase at United Downs to be completed.
- A successful bid for funding from the Automotive Transformation Fund allows GEL to explore lithium extraction from our deep geothermal fluid.

Lithium Extraction

The results from recent well tests showed 340 parts per million (ppm) of lithium in the deep geothermal fluid at United Downs, which makes it amongst the highest concentration of lithium found in any geothermal lithium project in Europe. In November, GEL was awarded £1.8m from the government Automotive Transformation Fund (ATF) which will help accelerate the transition to an electrified automotive industry by allowing new technology to be utilised.





More Geothermal Project Sites

In February, GEL received planning permission for an additional project site at Manhay in the parish of Wendron. A new planning application was submitted in December this year for a site in Camelford.

Contracts for Differences

The government announced in September that a record number of clean energy projects have been awarded funding from the government's flagship renewables scheme, helping the UK grow the economy and strengthen energy security. GEL has been awarded a strike price for electricity production at United

> Downs, Manhay & Penhallow which will be guaranteed for 15 years.

Community Engagement &

Education

The GEL team have enjoyed welcoming visitors young and old to the United Downs visitor centre; its great to be meeting people face to face again. GEL has attended many careers fairs over the last 12 months as well as helping students to learn about Cornwall's deep geothermal power and heat projects. We are looking forward to welcoming more people to our open days next year when the power plant is being constructed.

Research Projects



GEL is proud to be part of 4 Horizon Europe funded projects. The benefits for Cornwall are: Learn from geothermal projects around Europe, helping to optimise Cornwall's resources, bringing money into Cornwall and shining a spotlight on Cornish businesses and universities. See individual project details below.

A year of successful recruitment

During 2023, GEL has seen the number of personnel at the United Downs office grow. The new additions to the team have been

- Office & HR manager
- Finance assistant
- Project manager
- Project & research coordinator
- Community engagement & education officer

Joining in 2024: Planning assistant, chemical engineer & power plant engineer.



CRM-geothermal is developing an innovative technology solution to combining the extraction of critical raw materials such as lithium & energy from geothermal fluids to decrease dependency on imported resources.



Developing a single access point for the market uptake of geothermal energy use in multivalent heating and cooling networks across Europe.

Push-It



PUSH-IT's aim is to overcome the seasonal mismatch between heat demand and heat generation from sustainable sources by using underground heat storage, the project focuses on 3 innovative technologies helping to reduce greenhouse gas emissions.

Opti-Drill



The objective is to develop a drilling advisory system utilising novel sensor and machine learning methods (AI) to predict problems, help well completion and to unite those methods for optimisation and enhanced decision making.

What's in store for 2024?

The binary power plant will be installed and generating electricity onto the national grid before the end of the year.

Additional planning applications will be submitted for more deep geothermal power projects.

A demonstration lithium extraction plant will be installed at the GEL United Downs site, with plans to increase the lithium extraction capacity once the technology is proven.

A refreshed Geothermal Projects website will be launched, where you will find lots of information and keep up-to-date with progress.









St Day Parish Council has a Vacancy for a Parish Councillor

If you are:

21 years or over

and you are a British subject, a citizen of the Irish Republic or a citizen of the member state of the European Union

and you can you answer Yes to at least one of the following criteria?

- (a) you are registered as a local government elector for the parish
- (b) you have, during the whole of the preceding twelve months, occupied as owner or tenant in St Day; or have any land or premises in the parish
- (c) your principal or only place of work, during the preceding twelve months, has been in the parish of St Day
- (d) you have, during the whole of the preceding twelve months, resided in the parish or within 4.8 km thereof

....And you would like to get involved with your community, then please apply in writing to:

Sarah Moore

(Clerk to St Day Parish Council) by email to: stdaypc@gmail.com

You must include a short synopsis of how feel that you would fit the role, and what you could bring to the Parish Council and the community.

Applications should be received by <u>Friday 9th February, 2024</u> and will be considered at the Parish Council meeting on <u>Monday 11th February, 2024</u>.

Please note that as a Councillor, you do not need to give up a significant amount of time, just be prepared to get involved in your local community. The Parish Council meets once a month – on the second Monday evening.

If you require further information please contact the Clerk on 07826 856262 or stdaypc@gmail.com

St Day Skate Park

The Parish Council are in the throws of sourcing a new facility for St Day. This will be in the area where the old skate park was situated; so far the old steel ramps have been removed along with the concrete base, the railings and teenage village; so this has opened up a much larger area for the new skate park to be situated. The area is currently grassed, so still usable as a green space for now. We have had one public meeting so far and some useful guidance from a skate park build company. Once the survey date is with us, and the results have been analysed, we will be holding a further public meeting for discussion (this will be advertised via Facebook and the parish notice boards) and then a tender will be put out in order to employ a contractor, along with any necessary planning applications, health and safety checks etc. Fund raising and grant applications will be necessary to finance the new park, as it will take a six figure sum to complete the project, but the Parish Council is optimistic and looking forward to seeing a great new facility for the community to enjoy. Thank you for all the responses to date.

Please take out these centre pages, complete the survey and drop into St Day Post Office by 29th February 2024

1. How old are you?	2. Where do you live?	3. What do you ride?
\diamondsuit 10 and under	♦ In St Day	
	♦ In Cornwall	→ BMX
	→ Outside of Cornwall	
		♦ Inline
,		
, 30·		
4. What is your	5. How often do you ride?	6. Preferred style of park?
standard of riding?	→ Daily	♦ Bowl
♦ Beginner		→ Ramps
♦ Intermediate	→ Monthly	♦ Mix
★ Expert		

Any other comments/ideas				
Please circle your preferred	'must have' items in a Skate n	ark:-		
Please circle your preferred 'must have' items in a Skate park:-				
FLATBANK	QUARTERPIPE	CURB & LEDGE		
FLATRAIL	GAP	WALLRIDE		
RAILS	KICKER	EURO GAP		
MANUAL PAD	MINI RAMP	POLE JAM		
JUMPBOX	BOWL / POOL	STAIRS		

Any other 'must have' items or things you think are important for us to consider?

If so, please email your ideas to stdaypc@gmail.com

PARISH COUNCIL NEWS

The Parish Council would like to thank our many contributors who regularly or occasionally write an article for the newsletter. The St Day "Newsletter" is the way that readers can be kept informed about events and important aspects of life in our community.

While looking forward to the New Year, I have used my report to look back and recall some of the many events that took place in our village in the past year. This is just a few of many memorial events that took place.

On the 6th May the Parish Council celebrated the **Coronation of King Charles III** with a buffet lunch and the opportunity to watch the event at the Star Inn, Vogue.

The visit of **Cactus Brass** to the Market Square on the 19th August gave us 2 hours of fabulous music, with many opportunities to sing along. The afternoon finished with a raucous rendition of Trelawney, and a Cornish Cream Tea accompanied by a glass of Pimms.

Remembrance Sunday. Following the service at Holy Trinity Church the congregation, with many members of St Day Football Club, walked to the War Memorial where a short service of remembrance was held and many wreaths were laid. The Carharrack and St Day Silver Band played appropriate music and the playing of the Last Post on the bugles. It was a very special occasion, as so many people came together to pay their respects to those who made sacrifices in defence of our country.

The Christmas Events.

These started on the 1st December with the turning on of the Christmas lights, and the visit of Santa to Market Square. I have received many comments from residents and others, of the absolute brilliance of the lights, and that so many areas of the village were covered with this sparkling joy. Thank you to The Star Inn and The St Day Inn for the way that they both added to the variety of Christmas decorations and trees that they placed in prominent places for all to see. On the 15th December there was the annual Carol singing around the Christmas Tree in the Market Square. The Carharrack and St Day Silver Band, played well-known carols that the many people present were able to sing along to. Mince pies and mulled wine were served by the Parish Councillors and the Clerk. On the following day Sarah (Parish Clerk) took mince pies to the 2 care homes in the Parish, for both the staff and residents to enjoy.

FUTURE EVENTS.

These are some of the events that you can look forward to joining in with in 2024...

St Day Horticultural Society Spring Show

St Day in Bloom competition

St Day Feast

The Welcome Club, which meets in the Community Centre on the second and fourth Thursday of each month, is from 2 - 4pm and you will have the opportunity to join in with a variety of activities which include watching films showing the history of St Day, to participate in community singing, line dancing, origami, keep fit exercises in a chair, bingo, beetle drive and a quiz. Or just come along for a chat. Hot drinks and biscuits are provided. There is no charge.

Both Holy Trinity Church and the Methodist Church hold monthly coffee/bacon buttie, and bag a

(Continued on page 36)



Produce
Street food
Crafts
Live music

T

and so much more!

Head to the
Town Clock and
start exploring
the stalls from
there

1st Saturday in the month 10 til 2pm

Redruth Town Market is a collaboration between Redruth Town Council, Redruth Revival CIC, Redruth and District Chamber of Commerce

If you're interested in becoming a trader and joining our generous loyalty scheme, please get in touch: townmarkets@redruth-tc.gov.uk

The Methodist Church in St. Day

warmly welcomes you to share with them in their events and activities. Situated at the corner of Telegraph Hil and Scorrier Street Methodism has been present in St. Day for many years. The Methodist Church and family seek to serve and follow Christ's teaching as a group of believers and individuals. We extend the love of God to all.

St Day Methodist Church is open most weekends for Sunday worship at.10:30am

For weddings, funerals and baptisms contact:

Minister
Reverend E. Harris.

01209 820077

elizabeth .harris@

methodist.org.uk

(Continued from page 34)

bargain events.

The Monthly Market at The Mills Hall in Carharrack is worth a visit, there is an opportunity to buy fresh produce, home made cakes, pastries and hand knitted items. Soon will see the arrival of the "peat free compost truck" just in time for the start of vegetable planting.

I also look forward to the events that will be held at the Old Church during the Summer.

OTHER MATTERS

COUNCIL TAX/PRECEPT - The Parish Council has drawn up a budget for the 2024/2025 financial year. We, as a Council spend many hours in ensuring that the precept is kept as low as possible. We have not been able for the forthcoming year to budget for 0% increase; however, I am pleased to say that a minimal rise has been achieved - In real terms this means that dependent on what band your property is rated at for Council Tax Purposes, the following will apply:

Band B - £1.34 increased annual payment

Band C - £1.53 increased annual payment

Band D - £1.72 increased annual payment

Band E - £2.11 increased annual payment

LITTER PICK- The next Litter Pick will be on Saturday 10th February. Please come along to the Community Centre at 9.30am. We spend around an hour tidying up the village, then enjoy a drink, a slice of cake and a chat.

COUNCILLOR VACANCY - There is still one vacancy on the Parish Council. The role involves: Considering all planning applications in the Parish and reports its comments to Cornwall Council. Gives grants throughout the year to support local groups and organisations.

Plans for St Day's future - which include a new skateboard park, refurbishment of the Community Centre lavatories to make it accessible to those who have a disability.

Deal with many day-to-day problems which arise and reports regularly to Cornwall Council when potholes appear, litter bins overflow, play equipment is damaged and so on.

If you are interested in filling the vacancy, please look on the PC noticeboard/website for details on how to apply.

MINOR WORKS VOLUNTEERS - There will be a meeting on Thursday 22nd Feb in the Community Centre (6pm) to draw up a list of the jobs that need attention, which so far include: clearing of the shute opposite the Star Inn at Vogue; cleaning of exercise equipment at Wheal Jewell playing field; removal of the brambles on the left side of the wall, by the Church in Scorrier Street; Gap under the door to the Town Clock to be water-proofed; culverts in Bunt's Lane to be maintained and kept clear.

The Parish Council is delighted that some of the Climate Action Group has volunteered to tidy the Millennium Garden in Telegraph Street over the next few weeks.

If you care about St Day and have DIY skills, gardening expertise or are just good with a shovel or paintbrush, please do come along to the meeting!

SKATEPARK - The Parish Council are in the throws of sourcing a new facility for St Day. This will be in the area where the old skate park was situated; so far the old steel ramps have been removed along with the concrete base, the railings and teenage village; so this has opened up a much larger area for the new skate park to be situated. The area is currently grassed, so still usable as a green space for now. We have had one public meeting so far and some useful guidance from a skate park build company. Once the survey date is with us, and the results have been analysed,

(Continued on page 37)

(Continued from page 36)

we will be holding a further public meeting for discussion (this will be advertised via Facebook and the parish notice boards) and then a tender will be put out in order to employ a contractor, along with any necessary planning applications, health and safety checks etc.

Fund raising and grant applications will be necessary to finance the new park, as it will take a six figure sum to complete the project, but the Parish Council is optimistic and looking forward to seeing a great new facility for the community to enjoy.

I have recently followed friends' advice and joined Facebook, in particular the St Day Notice-board, where there have been some unpleasant "posts" regarding the Parish Council. I would like to highlight one such post: it reads "let the people of St Day have their say and not be run by the 'clique of outsiders'." I assume that because we, as Parish councillors, were not living in St Day from birth, we are the 'outsiders', so should not be Parish Councillors!!

We are on the Council because we all live or have lived in St Day for a number of years, and feel that we have a special relationship with the village. Consequently, in the continued absence of any volunteers, who have lived in St Day from childhood, to join the Parish Council, we have taken on the various Council roles and other voluntary activities in support of the residents, and attempt to make St Day a place that the residents, like us, feel proud of.

We will continue to do so BUT feel very unsettled and somewhat threatened by a small minority of residents and other local people, stirring up ill feeling on local issues whilst encouraging unsocial actions against our persons.

If you wish to contact the Councillors on any local matters, please ring or email us, or alternatively use the "have your say" box in the Post Office or contact the Parish Clerk, Sarah Moore. All parishioners are welcome to attend and make known their views at the monthly Parish Council meetings.

Parish Councillors

James Beer (Chairman):	<u>james.beer@stday.org.uk</u>	01209 821406
Zoe Abbotts (Vice Chair):	zoe.abbotts@stday.org.uk	07824 531820
Clive Jones:	clive.jones@stday.org.uk	07970 138101
Dee Stevenson:	demelza.stevenson@stday.org.uk	07968 782030
Darrell Christie	darrell.christie@stday.org.uk	01209 722448
Jo Lello-Dunn	jo.lello-dunn@stday.org.uk	07714 028497
\ /A C A NIC\/	to a solution count	

VACANCY It could be you!

Sarah Moore (Clerk) <u>stdaypc@gmail.com</u> 07826 856262

Cornwall Councillor - Redruth Central, Carharrack and St Day Electoral Division

Cllr Connor Donnithorne <u>cllr.connor.donnithorne@cornwall.gov.uk</u> 07710 883060

The Parish Councillors will continue to support the community, and with warmest regards we wish you a Happy and Healthy 2024.

James Beer

Chairman, St Day Parish Council

Christmas Lights 2023



We do hope you enjoyed the Christmas Lights this year. We managed to extend the displays further than before and, also in new locations. We are very grateful to all those who made it possible through their hard work, support, donations and great enthusiasm. It is very much appreciated, and I think you will agree that our efforts were very worthwhile. The lights have now be taken down and stored for next year. All this cannot happen without the generous support of all our volunteers, whether it is helping to put them up and down, powering the lights from their homes or helping with the 'Switch On' on the Market Square. It was great to see so many villagers there, and such community spirit.

We also depend on your financial support so that we can continue to cover the costs, maintain the current displays and also extend the lights to other areas. If you are able to donate to the Christmas Lights Appeal, please show your support by putting any spare cash in the collection pots. As fewer people carry cash these days, it is now possible to donate using the QR code below. Any contributions (small or large) will be put 100% towards the lights next year. Using the camera on your mobile phone will enable you to link to pay money into the account. Thank you in

advance for your generosity!

If anybody would like further information or be involved with the Christmas Lights in the village, please contact me at mhomer55@hotmail.com or on Messenger. All the best for 2024!

St Day Christmas Lights





West Cornwall Concert Band

Charity Number 1076576

West Cornwall Concert Band is a leading Concert Band with around forty Woodwind, Brass and Percussion players. The policy of the band is to encourage musicians of all ages and abilities to learn, develop and perform music in a friendly and supportive environment. There is a wide range of skill levels in the band from newcomers to well established players including some who are returning after taking a break from playing. Performances are given throughout the year in a variety of venues across West Cornwall, often joining with other local choirs or musical groups. If you are already a player, have not picked up your instrument for a while or are new

If you are already a player, have not picked up your instrument for a while or are new to the area and would like to play again, please come and join us and you could participate in our forthcoming events.

The band practices on Monday evenings, except Bank Holidays, at Wesley Methodist Church, Chapel Street, Camborne, TR14 8EG between 7pm and 9pm. Why not just come along to meet us and hear what we do. Joining us offers the opportunity for some fun and musical enjoyment in good company.

Event Dates for 2024, unless stated all concerts start at 7.30pm

Saturday 16th March, at Camborne Wesley Church with Holman Climax Choir Monday 20th May, at Camborne Wesley Church, a charity concert for Cove Cancer Charity. With Raise the Ruth Rock choir and Fourthought Saxophone quartet Sunday 9th June, at Gyllyngdune Gardens Falmouth, 2pm to 4pm Sunday 23rd June, at Victoria Gardens Truro, 2.30pm to 4.00pm Saturday 6th July, at Marazion Community Hall with Marazion Male Choir Sunday 28th July, at Gyllyngdune Gardens Falmouth, 2pm to 4pm Saturday 12th October at Camborne Wesley Church with Newquay Male Choir Friday 6th December at Camborne Wesley Church, Grand Christmas Concert

More information about band events, venues, start times and supporting groups with can be found on the band web site www.westcornwallconcertband.com where you will also find details of how to contact us and any current instrument vacancy information.

Pendeen CommunityCare

Pendeen Community Care is a small, family owned and run community care company that has been providing a bespoke care service, to the people of

Camborne, Redruth and surrounding villages for 25 years.

Are you or someone you love in need of a helping hand?

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<u>pendeencare@btconnect.com</u> www.pendeencare.co.uk

Directors:

Jane Field RGN, & Victoria Anthony MA



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Have you ever thought about Brownies?

Is your daughter aged between 7-10 years old?

St Day Brownies have places available for February

We meet Tuesdays, 5:30pm -7pm at St Day Methodist Church

If you think, your daughter would be interested then please email Jess on stdaybrownies@gmail.com she will then guide you on how to register your interest.

St DAY GENERAL STORES

Martin, Lorna & their Staff welcome you to St Day's Traditional General Stores

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a new range of uncut bread delivered 5 days a week

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Fresh gammons, cooked hams & fresh game.

All local Cornish fresh beef, p ork and lamb from Truro Market

Chris and the staff look forward to seeing you so on!!!

www.stday.org.uk

If you have any event which you would like published on the calendar of the new Parish Council website

or

if you would like contact details for your organisation to appear on the website

or

if you would like to amend the existing details for your organisation please contact the Parish Council at stdaypc@gmail.com or via the website.

Happy Peaceful Souls COMPLEMENTARY THERAPY

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Appointments now available in Carharrack happypeacefulsouls@gmail.com
Lisa 07961 741 273

St Day Parish Council 'Minor Works'



Are you a dab hand at DIY? Can you dig a hole?
Can you spare any time to help keep your
community tip top?

We are looking for volunteers to join the

'COMMUNITY MINOR WORKS TEAM'

It's not a huge commitment—simply assisting with odd jobs and occasional maintenance around the parish

NEXT MEETING ON THURSDAY 22nd February AT 6pm,
ST DAY COMMUNITY CENTRE

If interested, please contact Sarah (Parish Clerk) on

07826 856262 or email stdaypc@gmail.com

St Day Newsletter New Advertising Fees

from 1st April 2024

1/4 page (1 issue) - £10 ~ 1/4 page (4 issues) - £30

1/2 page (1 issue) - £14 ~ 1/2 page (4 issues) - £42

Full page (1 issue) - £25 ~ Full page (4 issues) - £72



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Contacting one of our advertisers?

Please tell them that you saw their advertisement in St.Day Newsletter.

ANSWERS to the Quiz

- 1. Hit wicket
- 2. Hastings
- 3. Harold
- 4. Help
- 5. Hyde
- 6. Hurricane
- 7. Hades
- 8. Honor Blackman
- 9. Haiti
- 10. Fear of Hair

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With the Cornish Shrine of our Lady of Walsingham

Sunday Worship 9.30am Tuesday Mass 10am

Vicar Revd Canon Jeremy Thorold Tel 01209 821645

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Scorrier Christian Fellowship

a place where church is family and the bible is taught meeting at Scorrier Chapel, opposite Crossroads Care Home

Sunday Service – Weekly from 10.00am

Prayer and Fellowship Groups – Weekly

Addressing real life issues from a biblical perspective – Monthly

Sing and Play – Tuesday term time from 10.00-11.30am

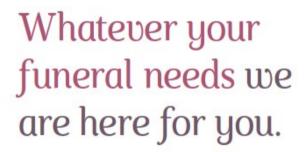
Friday Church – Second Friday of each month from 3.30-5.30pm



www.scorrierchristianfellowship.org.uk

For more information visit the website

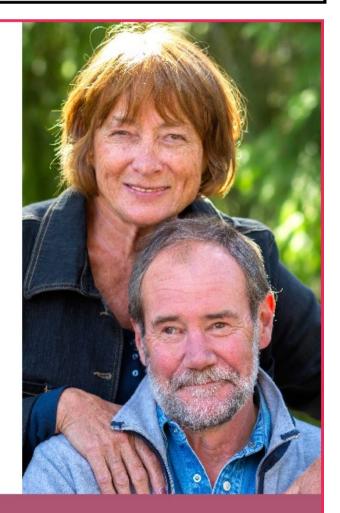
Or contact Colin Wells: 07980809698 / Stewart Burns: 07966956831



If you're looking to plan a funeral at the moment then you've probably got a lot of questions running through your mind. We are here to answer them, call us on Truro (01872) 274021.

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Enterprise Centre, Vogue - code C159X

St Day Inn - no code

Holy Trinity Church - no code

St Day Methodist Chapel - no code

Gwennap Pit - no code

Plus

Fox and Hounds Inn, Scorrier - no code

In the case of an emergency, stay calm, call 999 & they will give you all the necessary instructions & help, on what to do for the casualty.

Have you got friends or family who live away from the town?

Perhaps you need a larger format?
The St. Day
Newsletter can be read online ...
Just look for
St. Day Newsletter on

facebook.

Or

send a message to the address on page 2 and we can send you a link to download it.



WINTER WORD SEARCH FIND THE WORDS!



S G Χ D V O 0 0 O L Η R R S C R F Q G L J Α Ν U Α R Y Х J O Y R M R T D T Х D Х J 0 Х G Μ S S Ν 0 W F L Α K E U Q E W Q В J C C G T T Ι T G Ι Ν T G Y Ι M G Ν I D E L S I T R L Η Y K W S W D 0 Α V F U Y F Z Ι E В R Α R Ι Z O R E E Ν G N P Q Η S T L P Ι U Z Α K В L D 0 CВ Ο T CJ K S K Ν Y V T Α S Η O V E L T V E S P J L K G D 0 J 0 Α Ν R F D G 0 Α Ν 0 D Ν В M W R Х 0 R W R Y T Y F W M D Α J C S P Y W C Z C 0 L D M U Ν E 0 O V M Х 0 W G W 0 E R Α В V S M В M В В S W Α В I Α G V L Ν M S E W Α K F F M 0 T F Α C T S I Ν D V U V M L G 0 V E W I M Α L E I G T C V P 0 J S Ι L Х В Μ В C Y В G S P U Ν S F K U Η G P E Х G Е Ν E Ι L V U R T T Ι 0 L В В R U C G R Ν W L Z 0 D K Ν C P E U Ν C 0 Н Х F U Ι 0 V Ι G D Α T I K U U Ν Z S M 0 K Y W O C V V Η Z 0 F R Η Χ X Х J Α U R K W 0 L S V С

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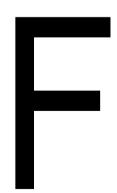
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For Free Quotation Phone Office: 01209 820990 Mobile 07767 792434

Letter to the Editor

(actually an email to st.daynews@gmail.com)

Dear Editor,

Why do we always see the same groups and clubs promoted in the Newsletter? There is lots going on that doesn't get a mention, can we hear about them?

Signed, Member of xyz club.

Reply.

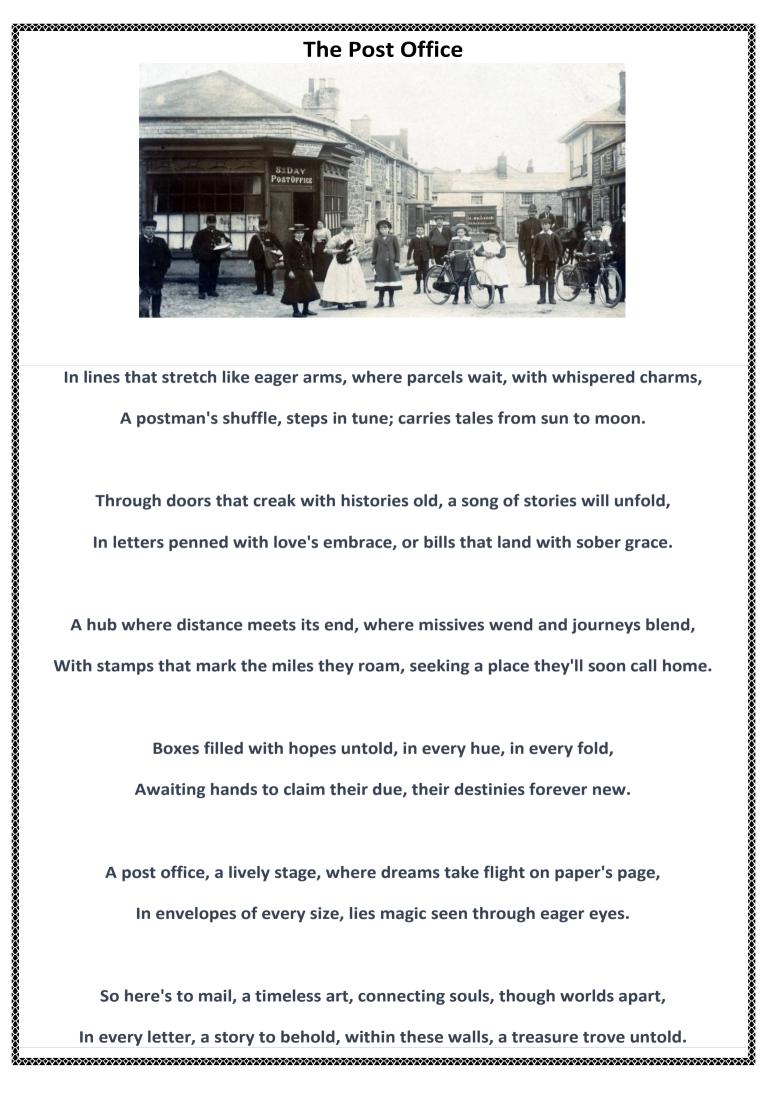
Dear anonymous club member,
Unfortunately no one from your club got in touch
and gave us any news from your club!
Perhaps someone will for the next issue—all the
information they need is on page 2.
It's FREE.

Nigel Knight, Editor, St.Day Newsletter. Email-st.daynews@gmail.com

The Star Inn at Vogue

GOOD BEER GUIDE







Phone 01209 822400

Email bluelotusreeption@gmail.com

Our welcoming and peaceful centre offers a relaxing space where clients can discuss well being with full confidentiality. All of our therapists are supportive, professional and fully insured.

We have been fortunate to have several new therapists join our team here are their introductions.

Jill Guiver Dip FPCH Colon Hydrotherapist, Fully Qualified, Insured and RICTAT Registered, YourGutMap Practitioner, Vitamin B12 Technician.

Dip Menopause Wellness IPHM

Feeling tired and run-down? Are you bloated or suffering from constipation, diarrhoea or IBS? Is your digestive discomfort affecting your health and day to day life? Then you owe it to yourself to learn about the benefits of Colon Hydrotherapy – a natural restorative treatment that gives a systemic boost to the body. It works with your body, helping to return your digestive system to a more natural, healthy state. For the month of November, I'm running a special on a colonic treatment with a 30 minutes consultation for £70.

I also offer Vitamin B12 Injections. Up to 40% of adults in the UK are believed to be deficient in Vitamin B12. It has many essential functions in the body such as supporting bone health, the formation of red blood cells, increased energy levels, and improved cognitive function. Constipation, low mood, fatigue, shortness of breath and poor memory are just a few of the many signs of B12 deficiency. Microbiome Stool Testing and Food Intolerance Testing also available.

Please contact Jill Guiver at info@thecolonicsuite.com or 07982176521. Book online at https://www.thecolonicsuite.com



Phone 01209 822400 Email bluelotusreeption@gmail.com

Hello from Jenny at Zest Acupuncture!

Acupuncture works by restoring balance and triggering the body's natural healing abilities. Zest Acupuncture offer holistic assessment and treatment for a wide variety of health problems. Using thin needles, Jenny's treatment helps to balance the flow of Qi (energy)around the body, offers relief from chronic, joint and muscular pain, migraine, womens health problems, hot flushes, anxiety and mild depression, skin conditions and more, and enables clients to live a fuller life.

The selection of acupuncture points will be tailored to you, based on a thorough assessment of your individual condition, symptoms & medical history, to restore your internal balance, alleviate symptoms and improve your energy levels.

Each session is £45, the treatment is very gentle and not painful. Jenny is registered with the Health Care Professions Council and British Medical Acupuncture Society

To book now phone or text 07837350462 or email jenny@zestacupuncture.com or fill out the contact form at <u>zestacupuncture.com</u>

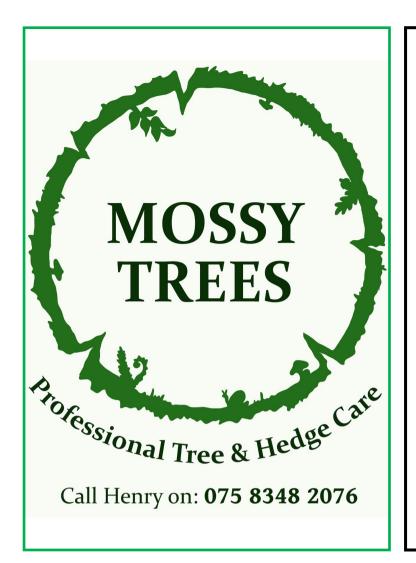
Anya's Ultrasound is an exciting new ultrasound clinic in Scorrier. It is the only nurse sonographer led diagnostic clinic in Cornwall, delivering pregnancy and gynaecology ultrasound scans.

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Email: anya@anyasultrasound.co.uk Call: 07779077781



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San Marino, St. Agnes. TR50PQ

Carharrack and St Day Retired and Pensioners Club

We meet on the first Monday of every month, (provided it is not a Bank Holiday), in the Mills Hall, Carharrack, the doors are open at 1.30pm, ready for the meeting to start at 2pm. We get on the way with a short meeting to discuss the Clubs activities and finances, and then onto some light entertainment, then tea and biscuits, we are usually all finished by 3.30 - 4pm We try to provide a varied entertainment program for each month and usually a list for the years entertainment is available by the

meeting in March.

We hold various fairs throughout the year, Easter, and Christmas being the most popular and we also have a Christmas Party, with a Meal at a Popular location at the beginning of December, the meal is free to all members who have attended at least 6 monthly meetings during the year. Membership is available to anyone of the age of 55 years or over, and membership for the year is for £12. Please come along and have some fun!

Paul Bailey - Secretary 01209 820582 / paulbailey01@hotmail.com

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Community Footpath & Walking Group

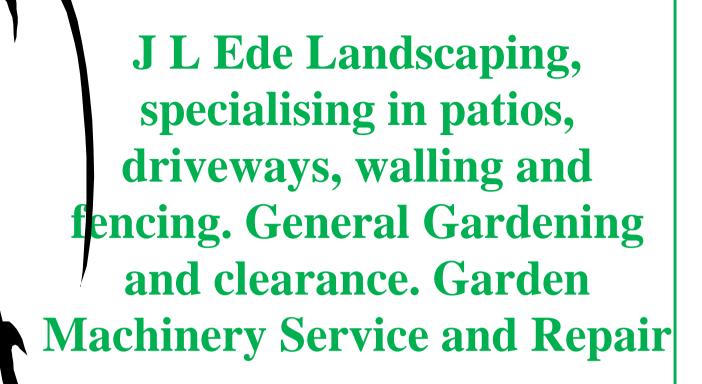
1st and 3rd Tuesday of each month, 9.30am (finish at coffee morning!

Restarts in March March 5th & 19th April 2nd & 16th May 7th & 21st





Well behaved, four legged companions encouraged and most welcome Contact: Sarah Moore (07826 856262)



Saneath, Vicarage Hill, St Day Redruth Cornwall TR16 5PJ

Tel:07909658927(Mobile)
Contact: Jerry



St Day Pharmacy - Homeleigh, Fore Street, St Day, TR16 5JU 01209 916984 stdaypharmacy@outlook.com

Hello and welcome to all local residents of St Day, Carharrack and surrounding villages. We are St Day Pharmacy, your new local pharmacy. We are pleased to announce that we are up and running now, offering both private and NHS pharmacy services to the local people. We dispense both NHS and private prescriptions. We will look after your health; give us one chance and we promise we will not disappoint.

Repeat Dispensing Service

We offer a repeat prescription service which means that your regular prescribed medicines can be obtained directly from the Pharmacy. Your repeat prescription will be dispensed so that your medicine is ready to pick up at a convenient time. All that is needed is for patients to ring us with their request or to hand in their repeat slip directly to us in the pharmacy. Please ask a member of the Pharmacy team for more information about this service.

Repeat Management Service - We can re-order your medicines on your behalf and then you can either collect your medicine from the pharmacy, or we can deliver free of charge.

Free Prescription Delivery Service - We offer free delivery service. Please telephone the pharmacy for more information.

Over the counter medicines and advice on Health and Lifestyle Issues

We have a wide range of well-known products available, many of which you can only buy from a pharmacy. If you wish, you can talk in confidence to the pharmacist about common ailments and their treatment. Pharmacies are also useful places to go for advice on maintaining a healthy lifestyle. You are always welcome to come in and help yourself to the display of healthcare leaflets covering many of the topics we frequently get asked about. Look out for the new ones each month! Please ask our pharmacist if you require further information on any topic or condition.

Emergency supply of medicines - We can provide emergency supply of certain important medicines on the weekends when your surgery is closed.

Flu vaccinations - We offer NHS and private flu vaccines.

Support for People with Disabilities

We can provide help for people with a disability who require assistance with managing and taking their medicines. We will assess your needs, and may be able to supply your medicines in special containers marked with daily doses or help in other ways such as supplying reminder charts. Please ask the pharmacist for more information.

Unwanted Medicines

Do Not Hoard Medicines - it can be fatal. Return unused medicines to us for safe destruction. Don't put them in the bin or flush them down the toilet.

Opening Hours

Monday 9am - 6.15pm
Tuesday 8.30am - 6pm
Wednesday 9am - 5.30pm
Thursday 8.30am - 6.15pm
Friday 8.30am - 6pm
Saturday 9am - 1pm





United Downs Environment Group



Want to know more details? Go to...

0

United Downs Environment Group email: uniteddeg@gmail.com

Change of name. Late 2023 St Day & Carharrack Climate Action Group successfully joined up with Gwennap Environment Group thus the change of group name to '**United Downs Environment Group**'. Please contact us using the new fb and email address.

Made in St Day Xmas Fayre 3rd December, Marquee, Star Inn @Vogue, St Day another successful collaborative event with St Day & Carharrack Community School. This year's event was an absolute hit! The Marquee looked beautiful and gave us enough space for 18 stall holders selling high quality, locally made gifts. The school choir opened the Fayre with their angelic voices serenading us with Christmas songs. Many of us were in floods of tears. This year's Fayre raised £327.50 for the school. Also Leo Fergus with his 9 year old creative brain and imagination, designed; illustrated and produced a Christmas comic. He raised £101.00 for Penhalligans Friends. Well Done Leo! A huge thank you to all the children who took part; Mr Ashly and Katie Cook who successfully made it happen. Many thanks to Mark and Rachel Graham, for their generosity and total support for this event; all our stall holders and our amazing team of volunteers who just keep giving and giving! We will be back in time for Christmas 2024. If you wish to be part of this Fayre do contact us early to reserve a stall.

Children's PreLoved Christmas Presents – Thank you for your donations of toys, books and games. Once again a good turnout at the school, raising money for their funds. This year we took the remaining stock to Cusgarne school for a similar sale. Since joining with Gwennap Environment Group, we now have two schools in our area we hope to be able to work collaboratively on future projects.

Carharrack Community Market and Peat Free Compost Refill Station, Mills Hall, Fore Street, TR16 5RJ 1-3pm, 2nd Saturday of the month. Our refill station returned in November and we tried out our new venture combining compost collection with Community Market. It was successful and we will continue to do this. We ask you not to arrive before 1pm as this could cause a blockage if there are other events in the hall in the morning. The market is continuing to grow bringing new services and local goods to your doorstep. We welcome new traders: "Zoltan the Sharpener". A professional blade sharpener, who can sharpen anything including chainsaws! Prices on his website [zoltanthesharpener.co.uk]; Cusgarne Organic Farm supplying us with fresh organic veg and eggs; Just Banging Bakes, some of the most delicious brownies and other cakes and savouries and Carleys Organic nut and seed butters, produced in Chacewater. Of course, our old favourites are still with us. Check out the new video on facebook, follow us for monthly changes. During these cold winter months join us for hot drinks, hot soup and bread (pay what you can). We look forward to seeing you soon. Please remember to bring your Reusable Refill Compost Blue Bags, containers for Incredible Bulk [mobilezerowasteshop.co.uk] and bags for your shopping. Public transport: no 40 bus stops right outside Mills Hall. Compost Refill station Back In February!

Update on Scythe Training: We have been successful in obtaining funding to train approx **12 people** on how to set up, use, care for and maintain a scythe. People from across the mining villages are invited to attend this 1 day course – FREE. Date in Spring to be confirmed. Please contact us to book your place. Come and be a part of the 'Mining Villages Scything Community'. http://scytheassociation.org/

Tree Planting: 2,994 Total Number of Trees planted since 2019
A Shout Out To Land Owners – Get in Touch! If you wish to plant up your land with trees – No charge! What's the catch? You provide the land, and we have fun planting. Contact Us...



United Downs Environment Group

email: uniteddeg@gmail.com

1 United Downs Environment Group

email: uniteddeg@gmail.com

May 2024 - St Day Community Orchard: "Let's go a Blossailing". We are planning to Dance, Sing, Bless and Celebrate the fruit trees of St Day Orchard. Come and Join Us. Please watch out for updates on social media, local shop windows and St Day Parish Council notice board.

Funding application for the Community Orchard: You may remember last newsletter we reported on grant funding application for tools and we were successful. We are to receive £616.00 to purchase key equipment needed for the management and maintenance of the orchard including a scythe. Remember to apply for scythe training!!! Wish to get involve? Fancy being a 'Keeper of the Orchard'...get in touch.

On another note, how about this...Hay Box Cooking. Some of you may know the basic principle of hay box cooking is to conserve the heat, an affordable way to cook. Thanks to Teresa Pascoe for her tips and photos.

Find a box slightly larger than the pan you're planning to use and line the bottom with the insulation of your choice. I use sheep's wool.







email: uniteddeg@gmail.com



Choose a casserole pan, with a lid. I just took the handle off one.

Prepare the ingredients making sure it fills the pan as much as possible without spilling. I use a wild jointed rabbit, fresh herbs from the garden and seasoned well. Place on the stove, bring to a boil and simmer for 15mins.

Place carefully in the box packing well with the insulation. Pack the sides with insulation. Packing in well. Cover with insulation, Leave overnight and in the morning it should be cooked! Good luck!

An excellent article for more information 'Making and using a Hay Box to cook in'.

https://blog.woodland-ways.co.uk/outdoor-cooking/making-and-using-a-hay-box-to-cook-in/ Do report back!



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United Downs Environment Group

2024 Half Year Calendar of Community Meetings/Events

Bi-monthly meetings 1st Wednesday of month 7-8.30pm

Locations: **St Day**, Star Inn@Vogue (in community library area) and Carharrack, Mills Hall, Fore Street, TR16 5RJ

Richard Jury Playing Field Gwennap Parish rooms. Pulla Cross, TR48SA or crofthandy hall village Hall TR16 5JQ

Feb 10th Sat 1-3pm, Carharrack Community Market, Warm Space, & Peat Free Compost Refill station, Mills Hall

March 6th Wednesday, 7pm **UDEG Meeting: St Day**

March 9th Sat 1-3pm, Carharrack Community Market, Warm Space, & Peat Free Compost Refill station, Mills Hall

April 13th Sat 1-3pm, Carharrack Community Market, Warm Space, & Peat Free Compost Refill station, Mills Hall

May 1st Wednesday, 7pm **UDEG Meeting: Venue Richard Jury or Crofthandy TBC**

May 11th Sat 1-3pm, Carharrack Community Market & Peat Free Compost Refill station, Mills Hall

May date tbc "Blossailing", St Day, Burnwithian Woodland & Community Orchard

June 8th Sat 1-3pm, Carharrack Community Market & Peat Free Compost Refill station, Mills Hall

July 3rd Wednesday, 7pm **UDEG Meeting: Venue Carharrack**

Scythe Training – coming up early summer watch this space!

years "Insulation, Energy and Transport on a budget".

email: uniteddeg@gmail.com

Want to know more details? Go to...

October - date tbc Carharrack Social Club - similar event to last

Everyone welcome to all meetings and Events.

For more details look at facebook, email or have a chat with us

Want to help, or have any ideas how to make these events better please do contact us.

PEAT FREE Compost Refill station: Mills Hall car park, Carharrack.

2024 1-3pm

Note new times and dates in Feb, March, April, May, June.

Active Community Groups in St Day

St Day Parish Council - meets 2nd Monday of every month (except August)

Contact: Sarah Moore - Clerk (07826 856262)

Holy Trinity Parish Church - Service 9.30am Sundays

Contact: Canon Jem Thorold (01209 821645) / Sandra Bennett (Church Warden: 01209 218309)

St Day Methodist Church - Service 10.30am Sundays

Contact: Rev Elizabeth Harris (01209 820077) / Susan Pearce (Secretary: 01209 860146)

Bingo - Community Centre, Fore St, St Day. Saturday evenings 7pm

Contact: Carol Jones (01209 821403)/Run by Brian Chapman

Carharrack & St Day Pensioners' Club - 1st Monday of each month, Mills Hall, Carharrack. 2 - 4pm

Contact: Paul Bailey (01209 820582)

Briony's Coffee Morning - Tuesdays 11am - 12pm in the Community Centre

Contact: Carol Jones (01209 821403)/Run by Briony Togneri

St Pirans Amateur Boxing Club - behind Busveal Farmhouse. Monday and Wednesday evenings

Juniors (Aged 10-17) from 6pm to 7.15pm and Seniors (Over 18) from 7.30pm to 9pm

Contact: Tony on 07851790361 or email Paul on stpiransabcfunds@gmail.com

St Day Football Club - Football Field, Vogue, St Day

Contact: Mark Leah (07875 596798)

St Day Cricket Club - Cricket Field, Vogue, St Day

Contact: Tony Mitchell (01209 820157)

St Day Snooker Club - Public Institute, Church St, St Day.

Contact: Keith Manley (Secretary: 01209 820187)

Carharrack & St Day Silver Band - Mills Hall, Carharrack - Practice Wednesday and Friday evenings

Contact: Suzanne Thomson (07714 381373)

St Day Carpet Bowls - Church Hall, Church Street Wednesday afternoons 2pm - 4pm

Contact: Robert Tully (Secretary: 07894 315129)

WJ Mills Cottages Trust (Registered Charity) - The office hours are 10am to 12pm Monday to Friday

Contact: Amber Bazzoni (Assistant Clerk to the Trustees 01209 822589)

Line Dancing - Enterprise Centre, Vogue, St Day Group 1 (Mavericks) - Wednesday evening 7.30pm onwards - Contact: Barrie Penrose (07835 253248) Group 2 (St Day Line Dancers) - Tuesday afternoons 2 - 4pm - Contact: Terry Prisk (01209 717327) Welcome Club - Community Centre, Fore St, St Day. 2nd and 4th Thursday in each month. 2 - 4pm Contact: Marilyn Richards (01209 820651) or Graham Homer (01209 820881) St Day Horticultural Society Contact: Mandy Mitchell (Secretary: 01209 820157) St Day Christmas Lights Contact: Mike Homer on mhomer55@hotmail.com St Day Feast Committee Contact: Pam Hardman (Secretary: 07854 559117) Or email on pamhardman13@gmail.com **Tregullow Masonic Lodge Contact**: Roger Blacklock (Secretary: Email on 1006@pglcornwall.org.uk) Circuits R Us - The Star Inn (marquee), Vogue, St Day - Thursdays 9am and 10am **Contact:** Claire Boyd by email on circuitsrus@outlook.com Footpath and Walking Group - Meet at Town Clock, Market Square, St Day - 1st and 3rd Tuesday of each month, 9.30am (finish at coffee morning!) Contact: Sarah Moore (07826 856262 or email on stdaypc@gmail.com) **Vogue Carpet Bowls** Tuesday and Friday afternoons from 2-4pm in the Enterprise Centre at Vogue **Contact**: Rose Kinnear (07732 300884) Daylight in Stiches for knitters, crocheters or sewers. Currently meets 1st and 3rd Tuesday of each month, 2pm-4pm at The Star Inn, Vogue **Contact:** Viv Moerel (01209 820142) **United Downs Environmental Group** (formerly Carharrack and St Day Climate Action Group) - Meet 1st Monday of the month 7pm, Mills Hall St Day or Carharrack - Open to All. **Contact**: Rebecca Ryder by email on UnitedDEG@gmail.com St Day Brownies - Meet Tuesdays 5.30-7pm at St Day Methodist Church **Contact:** Jess Adams (stdaybrownies@gmail.com) to register an interest Social: Craft: Outdoor: Sport/fitness: Committees: Religion: Music/dance:



We had a very successful autumn show in October and look forward to seeing all you growers and showers at the spring show

Look out for posters and schedules in local shops and the Post Office

Or contact Mandy Mitchell on 01209 820156 also on

facebook