

Please email submissions by **15th** of month
Newsletter: ourparishnews@gmail.com or give to Alan Cox at the Post Office
Diary: brian.pendean@gmail.com or give to Brian Jones Tel: 350319

We thank the Friends of
St. Dominic Parish Church
for delivering Parish News

Clerk to the Parish Council Linda Coles Email: stdompc@yahoo.co.uk
Tel: 350962 The Firs, Lower Metherell, Callington, PL17 8BJ

Parish Council website:
www.stdominicpc.org.uk

Neighbourhood Watch

It could be said that 'Neighbourhood Watch' is another way of describing what human beings living in community do naturally – 'watch out for one another'. People have always needed places to meet for various reasons and it might be helpful to remind ourselves of the facilities that provide a community's day to day needs – activities that provide and further a sense of wellbeing and cater for our domestic, social, recreational and sporting interests and church activities. Our village centre is stretched out and might be defined as the area between the 'Who'd Have Thought It' at one end and the Parish Church at the other. In a straight line from the pub we have the Victory Hall, the Church of England Primary School, the Recreational Ground, Parish Hall, Methodist Chapel, Post Office Shop and Parish Church. The Parish Hall is the main centre of activity and used for a wide variety of purposes and groups. We also have groups and clubs that meet elsewhere for specific reasons. All these support and contribute to the viability and vitality of village life. I recently read in an article that we all have a measure of the hormone 'oxytocin', sometimes known as the 'cuddle hormone', which is active in human bonding situations and makes us feel safe and connected with others. Perhaps we could call it the 'Neighbourhood Watch Hormone' and organise a communal 'cuddle' every now and again!

Mental Health Matters

Mental health matters as much as physical health. Cornwall, compared to other counties in the UK and Ireland, has probably the highest suicide rate, young people and middle-aged men proving to be the most vulnerable. Why? Do the attitudes of others prevent them from seeking help? Outlook South West Primary Care quoted that, in 2008, there were 6,000 referrals for those suffering from this illness, today there are more than 17,000 each year, 80% of these referrals are done online, not through a GP. Young people needing residential care in our county were having to travel as far as Glasgow for treatment, hopefully, a new 12 bed unit now being built in Bodmin will help alleviate this problem. A lot of work is going on in Cornwall to reach out and provide help and guidance so the future is looking brighter. A weighty subject but this formed the basis of a discussion/debate held at St. Dominick WI's May meeting, Mental Health Matters is the National Federation's proposed Resolution for 2018, needless to say, we all voted in favour of supporting this proposal. Voting over, we then all dug into a selection of yummy, homemade, puddings.

St Dominic Church

Summer Fete

Saturday 23rd June, 2.30
in the Parish Hall.

Do come and have a cup of tea and piece of cake and enjoy fun and games, and bring your friends

Thank you

A cheque for £136 was sent to Winston's Wish on behalf of Wendy Hickinbottom and her Line Dancers. A big thank you to all who donated.

St Dominic Autumn Show

This year the Annual Autumn show will take place on Saturday 8th September. As usual the committee will be asking you all to enter and/or attend this event. There are classes in flowers, vegetables, pot plants, cooking, craft, art, photography- senior and junior, so there's no excuse for not entering something. Please get planting now, the weather's a bit warmer and everything will be growing unbelievably well.

Remember last year Pauline Stone was the show overall winner from Tim Bennet by just one point which was very exciting, but don't be deterred. Not everyone is an expert, it's the taking part that counts, so now is the time to start thinking about things (particularly if it's knitting)!

Sustainable Development Fund open for Tamar Valley projects

Back by popular demand, the Tamar Valley Area of Outstanding Natural Beauty (AONB) team is pleased to announce that the Sustainable Development Fund is open once again for **small grants to support projects that help to conserve and enhance the AONB**. This year there is £5,000 in total available for grant requests of between £500-£1,000 for projects that will benefit the area. The Fund was first created for Areas of Outstanding Natural Beauty in 2005 to encourage individuals, community groups and businesses to work together to develop practical and sustainable solutions to the management of their activities.

The range of projects previously supported in the Tamar Valley include the enhancement of village halls, wildlife conservation projects, small scale renewable energy schemes, water-based recreation, advice for rural businesses and a number of exciting education-based projects.

Corinna Woodall, Tamar Valley AONB Manager, says; "We are delighted that we can continue to support our valued Valley communities and heritage, by offering the grant again this year."

If you have an idea for a project, where £500-£1,000 would help to conserve enhance or engage people with the Tamar Valley AONB please get in touch.

Closing date for applications: 29 June 2018
Applicants to be notified: end of July 2018
Projects to be completed: by 31 Dec 2018.
Please visit www.tamarvalley.org.uk for guidance notes/application forms (available from 3rd April 2018). Applicants are strongly advised to discuss project ideas with AONB staff before submitting a completed application to ensure eligibility. Please call 01822 835030 or email enquiries@tamarvalley.org.uk

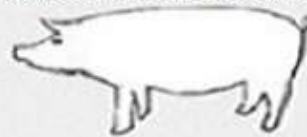
Callington & Gunnislake Surgery

Last month 224 missed appointments were reported resulting in 40 wasted clinician hours

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Observations from a Parish council meeting in May 2018....

Well, this is the month when a new Chairman etc is elected. We all went in and the councillors sat around the table as usual, the chairman and clerk at one end (the top) and others draped down the sides. It didn't start too well because the clerk had to ask Graham Wilkins to get out of the top chair and sit along the edge because he had not at that point been re-elected. Graham was proposed as Chairman for the third year. Someone told him it took a year to get broken in, a year to soldier on and then the third year should be a doddle. He excitedly accepted, on condition that no one else wanted to do it. He asked Dave Fry, who was all aglow with his Aussie tan, but Dave replied he had only been to three meetings which he didn't think was really enough! He was still a learner, to which the proposed chairman said there were ways of learning quicker. Anyway he accepted, and moved chairs, back to the short end again. Then Sharon Brady was proposed by Councillor Potter to be vice chairman because she's been to several meetings now, and that was that. Hopefully that will set the pattern for a few years now, unless a new councillor is elected, full of enthusiasm and vigour, which might rock the boat a bit. Councillor Fry looked livelier after his wife turned up with his glasses, but was still fairly quiet.

Apologies were sent from councillors Davis and Greene.

There was some very complicated planning discussed. The Chairman had read reams of paperwork, no doubt aware of what had happened to Amber Rudd, and he endeavoured to explain to his helpers what it was about. Everyone tried but I'm not sure they took it in and no vote was needed anyway. Graham started his new saying- One at a Time please! It might be on the Cornwall website but I'm not sure. Very difficult to understand, no chance for me!

The clerk reported that someone has shot the notice board (the glass is crazed) and the phone box with an airgun! AND a car had parked across the board so no one could read the council notices, nor see the damage. Perhaps a vigilante tried to shoot the motorist, who knows? Repairs needed.

The Neighbourhood Watch might be disbanded because most crime now is cybercrime, not much felony nor vandalism is reported.

A councillor reported they had had a complaint about the stones put around the base of the "St Dominick" stone. It's too blue. They asked who put it there and the newly re-appointed Chairman had to admit it was him. General opinion was that he should not remove it as it would soon get dusty and blend in. He had been busy, he brought two lumps of rusty iron to show what he had replaced at the field but has now gone on strike. I think a five-minute job turned into a bigger one! Councillors Walker and Fry offered to take over. Also, there is to be a working party to remove some shrubs, clean and paint the bus shelter when the birds have finished nesting. It would be nice to have some volunteers from the community to help. Same old story.

With regard to the new data protection act-the clerk reported she had been on a course for parish council clerks. In future if, as a member of the public, you have a matter you wish to report to the council, or a complaint, or anything really, you are not to tell a councillor. You have to tell the clerk. She will report it to the council anonymously. When the matter has been resolved she will destroy all the communication that has taken place. Does this mean you can complain about the same thing every month? No one will know it's you again.

Councillor Fry observed that if the public ever speak to him it's always a complaint, so he won't be having much conversation, will he?

Next meeting 6th June 7.30 Parish Hall.

Directory of Local Traders

Name	Trade	Contact No
Amy Searle	Beauty Therapy Service in your own home	351052
Kate Bottrell	Seamstress	07796 238945
Rebecca Coombes	Jewellery Restrunging Service	350055
Shane Curnow	Simpsons Premium Dog Food & Small Animal Hydrotherapy Centre	07921 818678
Dave Apps	Chimney Sweep	07596 707617
D.Wilkinson Antiques	Antiques & House Clearance	07974 812876
Paul Doney	Building Contractor	228698
Davies Electrical Services	Professionally Qualified Electrician	07770 855582
Debbie's Care Services	Personal Care	07779 483230
Eastcott Studio	Full architectural services	350258
Elliot's	House & Garden Clearance	350345
Fiona Wiltshire	Mobile Hairdresser	07990 587098
HairXtreme by Paula	Hairdresser & Handmade Jewellery	389258
Rachel Hobbs	Book-Keeping Services	351182
Jane Matthews	Gardening Services	07986 306112
Marie	Household cleaning and ironing	350298
Michael Grundy Retired Solicitor	Willwriter	351467
Pest Doctor	Pest Control Services	350345
Green Bank Apples	Tamar Valley Apple Juice Producer	350594
Graham Wilkins	Chartered Accountant & Tax Adviser	351353
Keltic Coaching	Personal Coaching, Counselling & Hypnotherapy	07766 800575
Kasia Martin	Neals Yard Remedies Organic Health and Beauty	208843
Wendy Redwood	HCPC Registered Chiropract/Podiatrist	07591616262
Carine Shapland	Shiatsu Treatment	07519 629996
Trehill Farm Produce	Producers of Traditional Meat	350410
Rob Williams	Window Cleaner	384435

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- | Individual Box ads: £5 per edition
- | Any other advertisements: by negotiation.
- | All advertisements to be paid for in advance
- | If payment is not made within 30 days the advert will be withdrawn

May 50/50

- £85 Kingsley Mortimore.
- £15 Liam Hunn,