

Lewannick, Polyphant & Trevadlock Newsletter

Where can we go?

It's that time of the year when you may be racking your brains to think of an ideal day or afternoon out for friends or relatives who have come to stay. The following are a few favourites. Some of the bigger attractions can be pricey for families, but many places listed are free. Travelling times from Lewannick are approximate.



Beaches

A small selection of the nearer ones out of the many fantastic Cornish beaches. Parking charges are reasonable and most beaches are safe, but observe warning flags and instructions about safe bathing areas. Dogs usually banned in summer.

Polzeath - The family beach that everyone knows and loves, where childhood memories are made. Huge, safe, gently sloping sandy beach ideal for bathing, body boarding, beach games, sand castles, picnics, sunbathing. Parking on the beach if you are early, huge car park on the cliffs. Owned by NT, completely unspoilt, unobtrusive small shops and cafes. N. coast 60 mins

Crackington Haven - Closest beach. Picturesque beach of lovely white quartz-veined pebbles (which you are not supposed to remove!) nestling between rugged cliffs - some sand. Bathing possible. Pub, cafe and shop. A good place to go for an evening drink to watch the sun go down. N. coast 25 mins

Widmouth - Two miles of unspoilt, mainly sandy, good all-round beaches for bathing, bodyboarding, surfing etc. Beach shop/cafe, large car parks. N. Coast 30mins

Looe - Picturesque seaside town with interesting shops and sandy beaches. Parking in summer is difficult so go early or late. There is a steam train service from Liskeard, where it is easy to park. S. Coast 45 mins or Liskeard 30 mins

Tintagel - see under towns

Seaside and Inland towns

Boscastle - Small picturesque harbour town with selection of shops, pubs, Witches Museum. Fantastic views and cliff-top walks. 30mins

Fowey - Probably Cornwall's most attractive and unspoilt seaside town beside beautiful tree-lined estuary, busy harbour, quaint houses and narrow streets with numerous pubs and eating places, a good selection of shops and galleries, aquarium and museum. Sight seeing and fishing boat trips, boat hire, chain ferry to Bodinnick, pedestrian ferry to Polruan. Good car parks. 45mins

Looe - see under beaches

Launceston - The Castle is well worth a visit. Possibly 9th C built on an impressive man-made mound. Wonderful views of the N. Cornwall countryside. Also Lawrence House Museum. 10mins

Padstow - Bustling fishing (and tourist) port made famous by Rick Stein's fish restaurant. Quaint

houses and streets, interesting shops. Busy harbour and boat yard. National Lobster Hatchery. Home of the May Day Obby Oss - one of the UKs most ancient remaining pagan customs. Rugged coastal walks with superb views, nearby sandy beaches and the outstanding Camel Estuary. Padstow is best visited by cycling from Wadebridge - see Activities - Camel Trail. N. Coast 40mins

Polperro - Classic picturesque and unspoilt Cornish fishing port. A maze of lanes, alley ways and slate hung white-washed cottages. Formerly pilchard town and still a working port, where at high tide you can see the boats unload their catch onto the quays. S. Coast 35mins

Tintagel - 12th century Castle ruins are the centre of many Legends of King Arthur and the Knights of the Round Table. Town very commercialised but quaint Old Post Office (NT), worth a visit. Spectacular views from the cliffs and cliff-top walks. Wooden bridge leads to Tintagel Island and the monastery ruins (not always open). Twenty minute steep walk (5 minutes by Land Rover taxi) down to Bossiney beach - secluded sandy beach with caves. N. Coast 30 mins

Beautyspots

Minions, The Hurlers and Cheesewring.

Fascinating area on Bodmin Moor with remnants of mining and quarrying, evidence of human habitation for thousands of years. Invigorating walks across the Moor. Spectacular natural outcrops of massive boulders comprise the Cheesewring. Abandoned mine workings, granite quarries and railway. The Hurlers are intriguing Pre-historic circles of stones. Restored engine building houses an information centre. 20mins

Goltha Falls - Spectacular cascades through wooded valley strewn with granite boulders. One mile walk from car park to the best parts. The path becomes increasingly steep and difficult. 30mins

Lydford Gorge - NT Even more spectacular water falls. Involves 2m walk through beautiful wooded valley. Admission charge. Nr Okehampton. 25mins

Family Attractions

The Eden Project. Cornwall's spectacular main attraction. Expensive but fascinating, educational, breathtaking. Go there! However, plan ahead as huge queues develop at times over the summer. Tel: 01726 811911 Late opening some evenings til 8, last entry 6.30pm. Excellent website www.edenproject.com. Near St Austell. 45mins

Dobwalls Adventure Park Expensive but worthwhile and thoroughly enjoyable family day out. Unlimited rides on 2 miles of miniature steam train railway through a landscape of rivers, lakes, canyons and tunnels. Other attractions include Adventure Playground, undercover Play Centre, Painting Exhibition, Loco Sheds and Woodland Walk. 7 day free return. (£30 family of 4) Near Liskeard 30mins.

Houses and gardens

The Cornish National Trust (NT) properties are fantastic and suitable for all the family but if you intend to visit more than a couple it's well worth joining at only £62.50 for full family membership.

Cothele (NT) - History frozen in time. Delightful 13th-15th century fortified manor house. Medieval banqueting hall with suits of armour, weapons and trophies. Richly furnished bedrooms with tapestries and four poster beds. Extensive gardens with pools and streams, dovecote, tree ferns and giant rhubarb! Walk (or drive) to picturesque Tamar quayside with picnic area, restored sailing barge and maritime exhibition. Also working water mill, smithy and estate workshops. A whole way of life encapsulated. Excellent restaurant, cream teas, plant sales, shop. Adm. Chge. Beyond Callington. 35mins.

Lanhydrock (NT) - Magnificent Victorian mansion and estate. Children and adults alike will be fascinated by the Victorian bathrooms, bedrooms, dressing rooms, servants quarters, kitchens, larders, stores and cupboards. 50 rooms to see! Gardens and extensive walks to river Fowey. Shop, plant sales, tearoom, restaurant. Adm. Chge. Near Bodmin 25mins

Activities

The Camel Trail - Park in Wadebridge and hire (or take) bikes. Cycle along the breathtakingly beautiful Camel Estuary to Padstow. An easy 6m 30-40 min. ride, even for the moderately un-fit. Take some refreshment in Padstow then cycle back. A brilliant day out for all the family. The more hardy cyclist can start from Bodmin! Bikes readily available for hire in Bodmin, Padstow and Wadebridge. N. Coast 40 mins.

Cornish Coastal Path - There are various stretches of stunning coastal walks all around Cornwall which you can dip into. The Bude, Boscate, Tintagel, Padstow coast is nearest and particularly beautiful. Take waterproof/windproof clothes, walking boots and binoculars/camera. N. Coast 25-45 mins

A more complete list, with photos and more information will be added to the web site at www.lewannick.info/wheretogo. If your favourite place isn't on the list, please tell me about it.

Important Changes at Lewannick Post Office

Have you got a current account with Alliance & Leicester, Barclays or Lloyds TSB? If so, you can now access cash free of charge with your card and PIN.

This service is in addition to the existing cheque withdrawals. Deposits can also be made with any of the above accounts.

ALSO, many transactions can now be made by Debit Card. ASK INSIDE FOR DETAILS!

Coffee Morning

The next coffee morning at Bovetown, Lewannick, will be on 2nd August at 10.30. Money raised for "Save Lewannick Church Fund". All welcome.

LEWANNICK VILLAGE HALL NEWS

Flower Show 16th August

Please support Lewannick's Annual Flower Show. Schedules available from the Post Office.

Whist Drives

Saturday 2nd August & Saturday 16th August 7.30pm in Lewannick Village Hall.

Another season of Whist Drives will be commencing. All are welcome, and any donations of prizes very gratefully received. More info from Kevin on 782393.

Wine & Wisdom

Saturday 30th August

8.00pm in Lewannick Village Hall

In support of the "Save Lewannick Church Fund" Teams of 4 - £10. Entries to Dorothy 782317.

Barn Dance

This year's Barn Dance was bigger and better in every way and enjoyed by a record number of people. The bar and burger van were flat out most of the evening, as were a few of their customers by the end! £273 was raised for Lewannick Pantomime funds.

Save Lewannick Church

At a recent meeting of the Save Lewannick Church Fundraising Committee the Chairman Mr Ian Jolly outlined how well fundraising was progressing so far with especial thanks to Ken and Betty White who raised over £700 through donations to their Golden Wedding Anniversary. Details of future fundraising events were also given :- next coffee morning Saturday August 2nd at Abovetown - Whist Drives to recommence also August 2nd at the Village Hall then first and last Saturday of each month till December - Cream Tea on August 23rd - Wine and Wisdom 30th August in Village Hall and Weakest Link back by popular demand on 18th October in the Archer Arms. There will be a St Martins Festival planned for November - details to follow. Lottery tickets will soon be on sale - first prize will be two tickets for a Balloon Ride, with many other excellent prizes also to be won. (The fund currently stands at £2,689.14 - Ed.)

Monthly Coach Trip

No trip in August. We hope to be running an outing to Truro on 25th September. Enquiries and bookings, telephone June Smith on 782901.

Recycling collections

AUGUST: Lewannick & Polyphant Tuesday 12th & 26th. **Trevadlock** - Tuesday 5th & 19th.

Whitmans Weather

In July there were 14 dry days and 148mm (1³/₄) of rain. This year, to date, there have been 105 dry days, and 632mm (2³/₄) of rain, 40% less rain than last year at this time, and 25% more dry days. *Steve Whitman*

Inny Vale Embroiderers Guild

Next meeting 21st July. Polyphant Community Centre 2.00-4.00 pm. Further information tel. Bettie on 86381.

Clifftop Art Group

Glastonbury Trip, September. To be sure of a seat please book early with Mary Holmes 01566 782981.

RNLI collection

The recent House-to-House Collection for the RNLI in Polyphant raised a total of £44.14. With grateful thanks to those who gave to help the Lifeboats continue to save lives at sea.

LEWANNICK CHURCH NEWS AND DIARY DATES FOR AUGUST

St. Martin's Church

Sun 3 Short Eucharist 9.15am
Sun 10 Family Service 10.30am
Sun 17 Morning Prayer 9.15am
Sun 24 Holy Communion 10.30am
Sun 31 United Benefice 10.30am
Sun 3 Bowden Derra 8.00pm

Diary Dates

Sat 2 Coffee Morning in aid of the Church Restoration Fund at Maureen Lindsay's, Bovetown Cottage, 10.30am - 12 noon.

General News

Thanks to Ken and Betty for their very generous Golden Wedding Anniversary gift to the building fund.

Many thanks to the Rev Alan Brownridge for standing in for Brian during his absence.

A very happy and successful day for our Church Fete at Pen-Inney House. Thank you so much to everyone.

Thought for the month

2 for attaining wisdom and discipline; for understanding words of insight;
3 for acquiring a disciplined and prudent life, doing what is right and just and fair;
4 for giving prudence to the simple, knowledge and discretion to the young-
5 let the wise listen and add to their learning, and let the discerning get guidance-
6 for understanding proverbs and parables, the sayings and riddles of the wise.
7 The fear of the Lord is the beginning of knowledge, but fools despise wisdom and discipline. *Proverbs 1 v2-6*

LETTERS

We are very lucky to have recently moved to Lewannick and both Karen and I feel very at home already. It is a fantastic working village with good facilities and very good access to all of the natural amenities which make Cornwall such a special place to live.

Most residents will have noticed that the village is used as a short cut by heavy lorries which is unnecessary as the B 3257 bypasses the village and does not have any restrictions similar to the narrows by the church, does not have a school or a busy village with no footpath and a genteel population who may be less agile than they were.

I propose that a weight restriction be imposed on the road between the A30 and Example cross forcing the heavy vehicles with no business in the village to use the B3257. So long as there is an exception for necessary vehicles i.e. Milk lorries, cattle transporters and the others which have genuine calls, collection and deliveries within the village it would improve the safety and quality of life for us all.

Having approached the Parish Council I understand that this is not a new issue and it was suggested that support for this or a similar scheme would be appreciated and best shown by individual letters from parishioners to the Clerk, Mrs E. Cook. Ailsa, Medrow, Polyphant, Launceston. *Dave Edwards*

Polyphant WI

The next meeting of Polyphant WI will take place on Wednesday 27 August at 7.15 pm in Polyphant Methodist Church Hall. The subject will be a talk entitled "What's New in Cornwall's Libraries" by Mrs Sue Parker. Visitors always welcome. Any further information contact Ann on 880019.

METHODIST CHURCH PREACHERS AND EVENTS FOR AUGUST

Superintendent Minister

Rev. Roger Green - Tel: 01566 782240

Polyphant Morning Service 10.30 am

Sun 3 Own Arrangement
Sun 10 Brian Lake
Sun 17 Rev. Roger Greene
Sun 24 David Roberts
Sun 31 James Spragg

Lewannick* Morning Service 11.00 am

Sun 3 At Polyphant
Sun 10 Rev. Roger Greene
Sun 17 David Roberts
Sun 24 Sue Griffin
Sun 31 David Pett

*NB Lewannick services in the Village Hall

August Events:

Wed 12 At Polyphant Coffee Morning and Bring and Buy stall. 10.30 - 11.30am .

PARISH COUNCIL

Lewannick Parish Council met at Lewannick Village Hall on Thursday 17 July at 20.00hrs. The Chairman was pleased to welcome our new County Councillor Graham Facks-Martin to the meeting.

The location for a bus shelter at Polyphant was discussed with CC Ken Scoble and it was agreed that he would carry out further investigations with the County Engineer and will report back to us in September. There was one planning application for discussion being for Mr and Mrs D Cash, North Lodge, Polyphant: alterations and extensions thereto. The application was supported. For information Mr & Mrs I C Davies, Kents Cottage, the erection of wooden shed for storage of vintage agricultural machinery and animal food and bedding has been approved by NCDC together with Mrs D Weaver, 9 Medrow, Polyphant, proposed addition to bedroom and covered way and erection of conservatory.

The playing field at Lewannick requires a new fence and general repairs to playing apparatus. It is of great concern to a number of residents that the area is being misused and remains a constant source for litter. It would be appreciated if everyone within the parish makes an attempt to encourage users of the play area to pick up litter and place it in the bin provided. We are also concerned about the constant lack of care by some dog owners within the parish and have reported the problem to the Dog Warden who will be making irregular calls throughout the parish during the coming weeks.

Financial matters included £70.00 to Brian Stringer for the maintenance of our footpaths and £30.00 Copytech.

Seat for Polyphant - tenders are invited for the installation of a seat to be sited on Polyphant Green. The seat will require a concrete base and sides. Anyone wishing to tender please contact the Clerk on 86673 or any Councillor.

NCDC have confirmed that all the Declaration of Interest forms have now been returned by the Lewannick Parish Councillors. Leaflets regarding the declaration of interests and registering of gifts and hospitality were distributed to all Councillors. There were a number of documents for general circulation and comment including: The Countryside Agency - Common Land, NCDC - Local Performance Plan 2003, NCDC - Census 2001 Information, North Cornwall Community Strategy and New Ethical Framework Regulations.

There are a number of matters that will be reported by us to Highways including rotten posts to signs at Trelaske, missing signs at Example Cross, overgrown hedgerows on highways, speed limits and the condition of the road into Polyphant from Two Bridges.

There will be no meeting in August. Our next meeting will be held at Lewannick on Thursday 18 September. **(Full Parish Council minutes on website - www.lewannick.info)**

CLOSING DATE FOR SEPTEMBER NEWSLETTER: SUNDAY 24 AUGUST

Please send your contributions to David Eno, Pen-Inney Cottage, Lewannick, Launceston, PL15 7QD. • E-mail: david@lewannick.info • Phone: 01566 782 352

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Views expressed in this newsletter are not necessarily those of the Editor, or of the Parish Council.