

Grade Ruan Gazette

July 2022
Volume 36 No 5



In this Issue: All our usual features, plus:

Raymond Skewes Obituary
Dog Poo on the Rec posters
Access to Pentreath & Kynance

Citizens Advice Appeal
Jubilee, RMFC, Rugby photos
Revised Surgery Opening Times

90p

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business and holiday let in the Parish**

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DATES FOR THE DIARY

Alternate Wed	Recycling: 13 th and 27 th July
Alternate Mon	Garden Waste Collection 11 th and 25 th July
Every 4 weeks	Mobile Library: Glebe Place 10.35am - 10.50am. 20 th July
Most Mondays	Quiz at the Pavilion from 8pm, Bar opens 7pm
Every Wednesday	Evergreen meeting. Pavilion. 2pm - 4pm
Every Thursday	Village Hall Market. 9.30 - 11.30am
Every Friday	Fish & Chip Van at the Rec 5pm onward
Every Fri& Sat	Pavilion bar open. 5pm onward
1 st Sunday	Kennack Sands Beach Clean 3 rd July
2 nd Tuesday	Book Club at the Rec, 1 - 3pm - 12 th July
2 nd Tuesday	Tea, Cake and Company. Methodist Chapel. 3pm. 12 th July
2 nd Wednesday	Parish Council Meeting, 7pm - 13 th July
4 th Tuesday	Village Hall Quiz 7.30 start - 28 th June

JULY (See “What’s On” Section for further details)

3 July	Craft Market, Ruan Minor Village Hall. 1pm - 4pm
6 July	Recreation Ground AGM 7 pm at the Rec.
12 July	Ruan Minor Book Club at the Rec. 1pm.
12 July	Tea, Cake and Company. Methodist Chapel. 3pm
14 July	Fishing Competition. 6.30pm. Ballan Wrasse
16 July	Jazz in the Garden at Westie Way. From 2pm. For Grade appeal
16 July	Cornwall Rugby Celebration. Rec Pavilion. From 5pm
22 July	Last day of School Summer Term
27 July	Beach BBQ, Cadgwith Cove. 6pm. Organised by the Gig Club
28 July	Fishing Competition. 6.30pm. Lesser Spotted Dogfish

ADVANCE DATES

3 August	Beach BBQ, organised by Christmas Lights Committee
7 August	Ruan Minor Vintage Rally, Treveddon Farm, gates open 11am
7 August	Sharkeys Cup & Heaviest Fish competition
10 August	Beach BBQ, organised by St. Mary's
11 August	Fishing Competition. 6.30pm. Mackerel
17 August	Beach BBQ, organised by the Gig Club
24 August	Beach BBQ, organised by Christmas Lights Committee
25 August	Fishing Competition. 6.30pm. Gurnard
31 August	Beach BBQ, organised by Friends of St. Ruan & St. Grade
1 September	Fishing Competition. 6pm, followed by presentation. Bass
7 September	Start of Autumn Term

Front Cover:

William Trewin and Tommy Phillips who were in the Cornwall team that beat Cheshire to win the Bill Beaumont County Championship Cup

DISTRIBUTORS

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St Ruan	Margaret Coates
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Treleague Cross	The Green family
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Village Centre	Janet Gascoigne

All houses (including holiday lets) and businesses in the parish should receive a free copy of the Gazette. If you are not receiving yours, please either speak to the person who delivers to your area, or contact David Gascoigne on 01326 290536.

CONTRIBUTIONS

Please send contributions to the Editors' email address shown below. Paper contributions can be put in the Gazette Box at Ruan Minor Stores. **The deadline is the 18th of the month prior to publication.**

Articles may need to be split over more than one issue, and might be edited.

Views and opinions expressed in submitted articles and letters are not necessarily those of the Editorial Team and Committee. The Editor reserves the right to alter submissions for length and/ or diplomacy.

See us online at www.cadgwith.com and on Facebook "Grade Ruan Gazette"

ADVERTISING

Advertising in the Gazette is a great way of reaching everyone in the Parish, and further afield. Approx. 590 copies are distributed every month and the rates are reasonable!

A ¼ page is £5 in black&white, a ½ page £8 for b&w, £11 for colour, and a full page is £15 for b&w, £20 for colour, per issue, with 10 issues per year. A 10% discount is available if you pay for 10 issues in advance.

For more information, please contact the Editors

GAZETTE CONTACTS

Co-Editor	Moira Hurst 01326 290257 graderuan.gazette@btinternet.com Linden Lea, Ruan Minor, Helston. TR12 7JL
Co-Editor:	Sally Watts 01326 291395 graderuan.gazette@btinternet.com Bryher House, Ruan Minor, Helston. TR12 7JT
Treasurer:	Peter Martin 01326 290566 pjanddlm@gmail.com 14 Ledra Close, Cadgwith. Helston. TR12 7LD
Printing:	Parish Magazine Printing. 01288 341617
Advertising:	Co Editor or Peter Martin, as above
Distribution:	David Gascoigne 01326 290536 janndave43@hotmail.com
Subscriptions	£17.50 per annum Judith Green 01326 290118 judith@treleague.net

Over the Counter Sales: Peter Martin, as above

The Gazette is a not-for-profit publication and is created and distributed by volunteers.

Noticeboard

June was a busy month with many noteworthy events, including the Ruan Minor Football Club's awards presentation evening, the Queen's Platinum Jubilee tea party and flower trail, Cornwall's win in the Bill Beaumont rugby championship. There are photographs of these events in this issue, along with news of further events to come and reports from various groups in the community.

Let's keep our fingers crossed that the weather will be kind, as so much work goes into putting on events.

Moiria Hurst

Happy Birthday in July to: Charlie Bennett, Herbie Bray, Maillie Rae C, Sarita Foord, Susie Jane Thomson, Mike Hardy, John Fallows, Jutta Watson, Andrea Betty, Nigel Green, Robbie Green, Pip Sealey, Joe T, Nancy Stephens, Mo Jones, Alan Thomas, Michael Halliday, Kevin Cryan, Di Fleetwood, Victoria Pollard, Richard (Skinny) Williams, Chrissie Etchells, Emma Scolding, Sarah Stephens, Amy Jane

SAINT RUAN 200 CLUB

Save your beautiful
11th century Church

Information:

Sheila Stephens
sheilatheelf@gmail.com
Tel: 07878 970269

MAY DRAW WINNER
Kirsten Outten
Ticket No. 78

From Di Fleetwood:

The Queens Platinum Jubilee Cream
Tea Celebration at Ruan Minor
Methodist Chapel.

Well the tables were laid inside and outside, and even in the road for the above. To top it all the sun shone. Wow! What a turnout. Over 50 people of all ages came and went, enjoyed a cuppa and cream tea. Thank you all for coming and supporting the Chapel. Thank you also to all those who helped - set up, made and bought scones, provided the cream and jam, and poured the tea and helped with the washing up! Please keep on supporting the Chapel as we are under threat of closure. Don't forget our Afternoon Teas, 3pm 2nd Tuesday of each month - next one 12th July.



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TRELEAGUE DAIRY ICE CREAM OPEN DAY

FRIDAY 29TH JULY 2022 – 2PM TO 7PM

To celebrate the launch of our new range of ice creams we are having an ice cream tasting day at Treleague Farm, Ruan Minor.

We will be offering FREE tasting of ice cream flavours, will have a barbeque going, and will have hot and cold drinks available.

Our Croust Wagon will be open throughout.

Come and join us and experience the exciting ice cream flavours we have come up with using our own delicious milk and cream.

We look forward to welcoming you !

What's ON

THE INTERNATIONAL CADGWITH COVE GRAND FISHING COMPETITION

Ahoy There Thursday Night Anglers

Enter on the beach - wait for the sound of Steve's horn off the cove.
8:30pm finish, then back to the cove for the weigh-in.

30 th June	Cuckoo Wrasse	14 th July	Ballan Wrasse
28 th July	Lesser Spotted Dogfish	11 th August	Mackerel
25 th August	Gurnard	1 st September	Bass

There is a 6:30pm start except for Bass that will start at 6:00pm followed by presentation (around 8.30pm) and, of course, a few drinks.

Sharkey's competition and Jimmy's Heaviest fish are scheduled together on Sunday 7th August - times to be confirmed.

See you on the beach. Tight Lines. Skinny.



Grade Ruan Recreation Ground AGM

7:00PM on Wednesday 6th July

At The Pavilion Bar

Followed by ordinary meeting of the committee.

All welcome!

We are always looking for new committee members and volunteers. If you're interested in joining the team then please come along. The more the merrier.

THE HANDY CARPENTER

Stuart Bristow

Email: bristowstuart@hotmail.com. Tel: 07909 790178 / 01326 290640

Based in Ruan Minor

My name is Stuart and I am a qualified carpenter 20 years experience of carpentry and the building industry in general. I can help you with all manner of jobs around the home from simply hanging a picture on a wall to installing a fully fitted kitchen. I am fully insured. References available upon request.

I offer competitive hourly, half day and daily plus fixed price quotes for larger projects.

Here are a few examples of what I could help you with:

1st fix and second fix carpentry.

Bespoke handmade kitchens and kitchen fitting

Built in wardrobes and shelving

Door hanging, lock fitting and window and door repairs

Room refurbishment

Stair cases and balustrades

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Craft Market

Ruan Minor Village Hall

Sunday 3rd July

1pm - 4pm

Lots of stalls and lovely items on sale

Tea, coffee & cake

Ruan Minor Afternoon Book Club



Next Meeting will be

**1.00 – 3.00 p.m. 12th July at
The Pavilion**



£1 entrance fee – Tea and Coffee Available

Bring a book to swap

Discussion of June Book Choice.

Contact Mary Keeley by Facebook Messenger or marykeeley@hotmail.co.uk
Tel:01326 290008

Ruan Minor Methodist Chapel

Tea, Cake and Company



Come and Join Us

For a Chat and Afternoon Tea



3pm Tuesday 12th July

(Donations Welcome)



RUAN MINOR VILLAGE HALL

Reg. Charity No. 225626

WHAT'S GOING ON AT THE VILLAGE HALL?

WI-FI

Free Wi-Fi is available to all Hall users.

THE THURSDAY MARKET and MONTHLY QUIZ

The Thursday market is now open without any restrictions. We look forward to seeing you there! Refreshments are being served as usual including the famous Bacon Sarnie!

The Monthly Quiz is held every fourth Tuesday at 7.30 pm, £1 entry. BYO refreshments, we will no longer be serving tea and coffee in the break..

FITNESS AND WELLBEING

Mondays: 18.00 - 19.30 - Yoga with Tanya Strike

Tuesdays: 18.00 - 19.00 - Fitness with Sam Jane

Wednesdays: 17.15 - 18.15 Pilates with Clare Girling

Thursdays: 16.00 - 17.00 and 18.00 - 19.00 - Fitness with Sam Jane

Further details from the class providers

SNOOKER ROOM

The Snooker Room is operating without restrictions on numbers. Please check the Village Hall Facebook Page in case the situation changes. A new key system is to be introduced in the near future for the Snooker Room to ensure security and insurance compliance. A key safe will be installed and all paid up members will be provided with the access code.

Outstanding membership fees are now due.

We encourage the use of sanitisers and following the Council and Public Health guidelines of hands, face, space in order to combat any further spread of Covid 19

To get further information, please telephone Liz Outten on 01326 290910 or visit Ruan Minor Village Hall's Facebook Page



Jazz in the Garden

Saturday 16th July

at Westie Way.....

the home of Gary and Victoria Pollard

From 2pm...

With Jonathon Coudrille and friends
making music in the garden

In aid of the Grade Roof Appeal

ALL WELCOME



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Cornwall Rugby Celebration
Saturday 16th July
The Pavilion Bar from 5:00pm



We will be celebrating the success of our village champions by re-playing the Under 20s county final at Worcester, followed the Seniors final at Twickenham. Come down and have a pint and a pasty and congratulate Freddy, Will and Tommy. All very welcome!

Summer Beach BBQs

On the slip at Cadgwith

Each Wednesday from
27 July to 31 August
From 6pm

Locally sourced fish.
Including mackerel and tuna
Hot dogs. Hamburgers
Cakes and desserts

Bar - raffle - music - singing

A great time to be in Cadgwith



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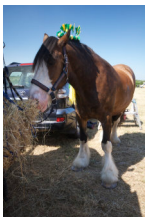
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34TH
**GRADE RUAN
VINTAGE RALLY**
**SUNDAY
7TH AUGUST**

**TREVEDDON FARM
RUAN MINOR. TR12 7JR**

Vintage & Classic Cars
Farm Machinery & Tractors
Heavy Horses
Stationary & Marine Engines
Quad Bikes & Motor Bikes
Dog Show
Craft Stalls & Car Boot
Live Music
All Day Licenced Bar
Burger Bar & Teas

**GATES OPEN AT 11AM
ENTRY FEE £3
FREE PARKING**





Raymond Skewes

25th March 1931 - 11th May 2022

Obituary written and delivered by Keith Johnson

I have been asked by Nicola and John to say a few words about Raymond and his life, being that he was a good friend to me over the years. May I say it is a privilege, because I'm sure there are many more better qualified than myself.

Welcome everybody to the Chapel on behalf of Ray's family to say a final goodbye. Seeing so many people here today shows us all how loved and respected Raymond was in the community.

When we were young, there were always plenty of tears; nobody told us that as we grew older there would be a lot more And today is one of those days. That said, we should also celebrate Ray's life. How fulfilled it was.

Raymond was a man of very many talents. Just walking through the Cove, everywhere you look, Raymond was involved. There wasn't anything he couldn't turn his hand to, boat building being one. He helped to build several boats in the Cove from woodwork to fitting engines, including, to name but a few: *Criggan*, *Emma May*, *Silver Queen* and my own boat *Deep Harmony*.

He was asked if he could take fish to Newlyn Fish Market. The fishermen at that time were landing handline mackerel. Once the fish were brought ashore and boxed, Ray would take them to Newlyn, sometimes doing two journeys a day.

Raymond's first boat was the *Ripper*, which was put together by himself and Tony Jane. Apparently with its marinised car engine, it had a good turn of speed and was powerful enough to tow the children of the Cove on their home made surfboards.

When John was at the age of leaving school, his passion was going to sea. It was decided after attending a boat show in Plymouth, and seeing a boat they particularly liked, that they would purchase a Plymouth Pilot hull and fit it out ready for sea. When finished, she was launched and named *Cornish Lady*. A few years later, a larger boat, the *Shearcarn*, was purchased and was worked until the mackerel fishery dried up. Raymond and John then decided to go full time building.

Raymond was a true Cover, always finding something to do, either working on the main winch, helping with BBQs, and helping to run the regattas, in which he enjoyed racing his own boat. Ray helped to rebuild the Todden when it was in danger of falling into the sea and he was always busy with endless roofing jobs. Ray, along with others, was instrumental in starting the Christmas lights. Every year, along with most Cornish villages, Cadgwith has a fine spectacle of lights. He was also involved in the carnivals and was a keen vegetable gardener.

Nicola has fond memories of the various regattas in her early days. She was a keen rower, with Raymond pulling out the tricks of the trade, to give her an advantage, such as waxing the varnished hull of the boat *Sowenna* to gain more speed. Then there was the Go Bang Race. The throttle was set, not to be moved. You then motored to sea when the first shoot was fired, only to return on the second shoot. First one back won the trophy.

Cont...

Raymond won the cup at Coverack Regatta, which Nicola remembers was like a bucket (no cheating involved!).

Nicola also loved cooking and still does today. She would proudly create a work of art, and Raymond would have to sample her wares and give comment. He was at times rather uneasy about this, but never complained.

I first met Raymond in the late 60s or early 70s. I at that time lived at the Lizard and played football for them. Ruan Minor and Lizard were in the same League, along with Helston and Falmouth in Division 2. Of course there was great rivalry between the two villages. My first encounter with Mavis was on the football field. I say on the football field because she spent more time chasing the opposing team than she did watching from the sidelines. Mavis and her sister Eileen were ardent supporters of Ruan Minor, and playing against Ruan Minor in a local derby when they were in attendance was, shall we say, heated - but good fun. After getting married and moving to Ruan Minor some years later, I was approached by Raymond and asked to play football for Ruan, Raymond then being the manager.

On one occasion, Ruan Minor were to play away against Mawnan Smith. Everybody met up outside the Post Office and off we went. The standard of football wasn't great, more a mixture of football and rugby, but we were enthusiastic. In fact, one referee once told me that I was the only player he had seen that didn't actually kick the ball but did kick everything else. Raymond came to me just before kick off and announced with great shock that we had a woman ref. We were both concerned to say the least, because this game wasn't going to be friendly, and so it proved! Near the game's end Raymond, who was acting linesman, got into an altercation with the opposing players, possibly because they objected to his flag being raised every time they neared our goal. Next moment, there was a heap of players on the ground with Raymond on the bottom of the pile. At that point, the ref lost all control and the game was abandoned. Some weeks later we were called to a disciplinary hearing in front of the League to explain our actions. The opponents produced photographs of the "fracas". One such photo showed Raymond on top of the pile with his flag proudly sticking out from one of the players' ears. I was asked to explain the reason for this, which I couldn't. The thing I have often thought about is: how did Ray get from the bottom of the pile to the top?

On a personal note from me: Ray helped build a home for my family, doing some fine stone work while drinking many cups of tea. Ray repaired my car for me when it needed a new engine. He was always there to help and give advice in any way he could, accompanied by endless jokes and yarns. He never liked a fuss and shied away from fame. How do you sum up somebody's life in a few minutes? In all honesty that's not possible.

Raymond had a good active life, a life to celebrate for so many reasons: Husband to Mavis, father to Nicola and John, Grandfather to Ross, Liane, Brett, Zoe and Great grandfather to Maillie Rae and Tamblyn.

He was always in the forefront for helping out and always at the back for getting just credit.
God bless, sleep well.





Grade Ruan School News



Jubilee Mugs

All the children have received a beautiful mug to celebrate the Queen's Platinum Jubilee donated by the Parish Council. The mug features a lovely illustration of the street party by local artist Andre Ellis, a truly wonderful gift to treasure forever. Thank you!



Church Flowers

The children enjoyed helping the community to celebrate the Jubilee by decorating the Church with red white and blue paper flowers and pictures of the Queen. This was part of the village flower festival.



Royal Jubilee Garden Party

Thank you to everyone who came to our Jubilee celebration. We were overwhelmed by the fantastic community feeling and it was lovely to see all the children so happy. The treasure hunt and raffle were very popular and we raised an amazing £110!

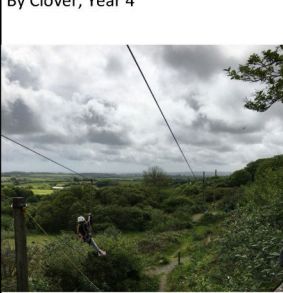


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Yr 3/4 BF Camp Adventures

When we set off for camp last Thursday we were all very excited because we knew that we would have lots of fun. After we had dumped our stuff in our cabins, we raced to the grass ready to sit down and gobble up our lunch. When we were all well fed and ready to get started on our activities for the afternoon, we met our instructors who were going to help us with the many fun things we did. As we set off to our first fun thing (for my group it was low ropes) none of us could contain our excitement, we were trying to raise our voices but it was impossible to do so. Low ropes was one of those things where certain people were better than others and I found it tricky to keep my balance! The next things we did were Adventure Quarry and archery. I found archery harder than I thought it would be. By the time it was dinner everyone was hungry but dinner was delicious because it was a BBQ and pudding was chocolate brownies. After dinner we ate midnight snacks and told stories but we fell asleep eventually. The next day breakfast was cereal, toast, sausage and croissant. We did zip-wire and slingshot after breakfast before having lunch and going home.

By Clover, Year 4



Yr 5/6 BF Camp Adventure

On Monday, Tuesday and Wednesday this week, the year 5's and 6's went on school camp to BF Adventure. We went with three other schools, Coverack, Manaccan and St Keverne and we slept in tents. We were split into groups and did 5 different activities.: Low ropes/ Zipwire, Archery, Adventure Quarry, Raft Building and Climbing. We had an amazing time there, even though everybody came home absolutely shattered.

By Toby Yr 6



DOG POO ON THE REC

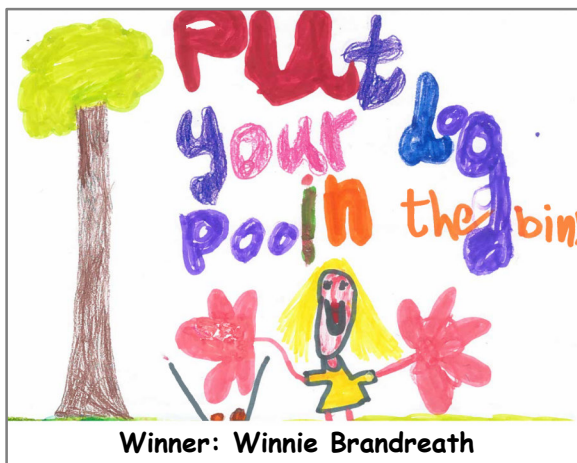
Pictures that Tell Us What Local Children Want

The Rec Committee sent a request to Grade Ruan School Council asking them for help with the recurring problem of people not picking up their dog's poo in the Rec. The School Council got together and decided a poster competition was the best way forward, as they hoped people might think twice if the request to pick up dog poo came from children of the village. The winners (1 from each class) would have their posters made into signs installed around the Recreation Ground.

Every child in the school drew a poster and the School Council shortlisted 3 from each class. These were then given to the Rec Committee who chose their 3 winners. Look out for the signs when they're installed over the coming months.

The Rec Committee wants to thank everyone in the school for helping with their talent and creativity. They were really impressed with idea and the fantastic effort put into every poster and wish they could use them all!

Rose Class



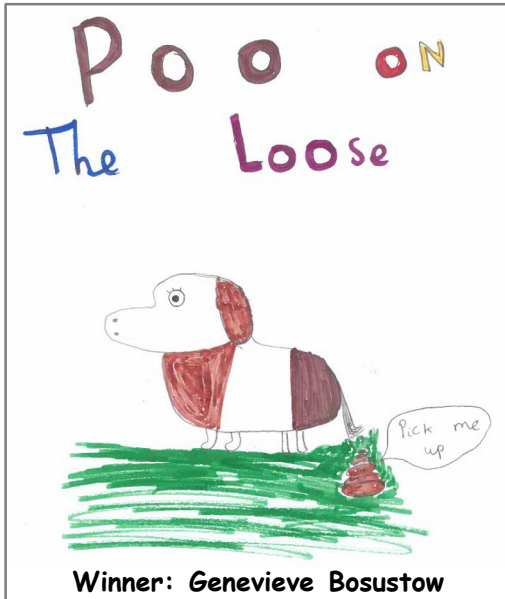
Runner Up: Billy Oates



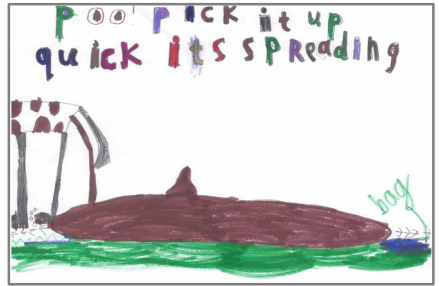
Runner Up: Theo Hobbs



Tamarisk Class



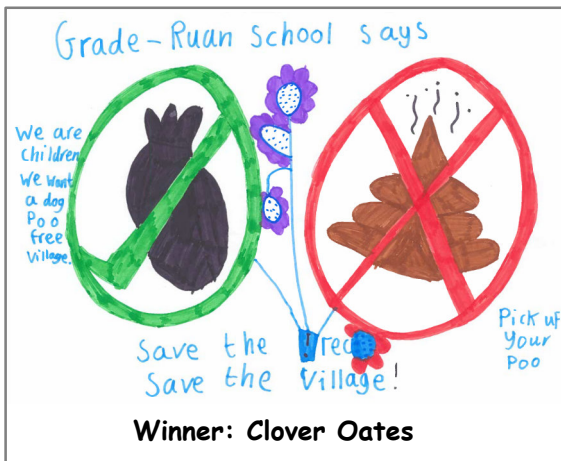
Runner Up: Summer Pollard



Runner Up: Henry Legge



Socoa Class



Runner Up: Isla Bosustow



Runner Up: Toby Bristow



The Watch House

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Motor Vessel 'CARPO'**AND GEORGE**

The winter of 1954/55 was a very difficult one for shipping around the UK coastline with a significant amount of bad weather. Sailing conditions at the end of November 1954 were particularly bad with the southern coastlines experiencing strong winds and very heavy seas for long periods.

Over the period 26th/27th November, the Lizard coast was battered by hurricane force winds and fierce seas and such were the conditions that most of the local telephones were out of order making communication very difficult. In passage, at that time, with a cargo of nitrates, the Norwegian motor tanker 'Casino' was some 17 miles south west of Lizard Point battling hard against 'mountainous' seas driven up by winds which were, at times, in excess of 70 mph. The crew of the Casino sighted a small unidentified vessel which was clearly sinking and its crew abandoning ship. The vessel was subsequently identified as the Dutch motor vessel 'Carpo'.

Although most of the Lizard telephones were out of order a few, fortunately, remained operational and it was possible to pass on the Casino's sighting to the Lizard Lifeboat officials. In the darkest of nights, they made their way to the Polpeor Station as quickly as possible only to find a south westerly, hurricane force wind blowing and a very heavy and dangerous sea breaking over the slipway and nearby rocks. It was reluctantly decided that it was far too dangerous to attempt a launch until daybreak.

At 0825 the following morning, the Lizard Lifeboat, RNLB DUKE OF YORK, launched into appalling weather conditions and a 'heavy and confused' sea. The lifeboat battled its way for two hours to the position reported as that being where the unidentified motor vessel was seen sinking and carried out a

Cont....

difficult and extensive search supported by aircraft. Visibility was extremely poor and, despite the valiant efforts of the coxswain and crew, no evidence of the stricken vessel could be found. The DUKE OF YORK made its way back but, with conditions so bad, it was not possible to re-house at Polpeor and the lifeboat was forced to carry on to Falmouth where a safe berth was made at 16.50. The following afternoon the Coverack lifeboat RNLB WILLIAM TAYLOR OF OLDHAM was launched to investigate the sighting of two bodies in the sea 9 miles east of the Lizard. The bodies were brought ashore and from these it was confirmed that it was, indeed, the mv Carpo which had been lost with all 12 of her crew.

The District Inspector who later investigated the incident fully endorsed all of the action which had been taken in such dreadful conditions, stating that any attempt to launch the lifeboat before daylight would, almost certainly, have ended in disaster.

For his courage and seamanship shown not only in launching the lifeboat at all but then successfully taking her out to sea, the Coxswain was awarded the thanks of the Institution 'recorded on vellum'.

That Coxswain was GEORGE MITCHELL who sadly passed away recently. George was a true gentleman and an extremely brave man. He will be greatly missed by all who knew him.

*"Rest in peace George –
We wish you fair winds and following seas."*



DUKE OF YORK LAUNCHING AT POLPEOR



DUKE OF YORK IN ACTION

Cont....



DIFFICULT CONDITIONS AT POLPEOR



THE MOTOR TANKER 'CASINO'



THE CREW OF RNLB DUKE OF YORK

Smugglers Fish & Chips

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1 Kynance Terrace, The Lizard TR12 7NH



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**National
Trust**

Access to Pentreath and Kynance during Kynance road closures

We (the National Trust team locally) would like to explain the situation regarding access to Kynance and Pentreath during the times that the Kynance road is temporarily closed to help manage visitor flow when the car parks are at capacity.

The road out to Kynance is in the care of the National Trust. From the main A Road to the cattle grid, is a public footpath; from the cattle grid to the carpark, there is no legal right of way. Pedestrians are always welcome along the whole tarmac route; additionally, we are happy for there to be 24/7 permissive access for walkers, bicycles, horses, and mobility scooters, enabling free access to this special place. We do our very best to maintain access for the general public's vehicles, and in certain circumstances we do reserve the right to restrict traffic flow.

Due to Kynance's popularity, we've put procedures in place (which includes occasionally closing the road) to prevent gridlock and maintain access for emergency vehicles to both Kynance and the Lizard village. We also work with operators of any private overflow parking (that may be in use at the time) to maintain as smooth a flow of traffic as possible.

Although we do charge for parking in the main car park, we provide free parking at Holestrow car park (also known as Pentreath car park); if either this or the main car park becomes full and access is left unmanaged, vehicles often spill out onto the Kynance road which in the past has restricted access for our neighbours and for the emergency services. During the period the road is closed our Visitor Welcome Team are under significant pressure to maintain good traffic flow for everyone's safety; as a result we are unable to have a member of staff at Pentreath during these busy times.

We appreciate that having to restrict traffic flow can be frustrating: We hope you can understand that these measures do need to be taken for public safety, and for the greater good of preventing gridlock. The number of days that impact the road can vary from 20-30 from 11am-3pm across the year.

We'd like to ask for your patience and understanding as we work through these challenges.

We are happy to answer any queries via
lizardandpenrose@nationaltrust.org.uk or 01326 222170

Rector's Ramblings

I can just about see the sea from my study window, although it's slightly more concealed now that the trees are in full leaf. At the moment the sea – both this side and beyond The Manacles – is an inviting azure blue and is as 'calm as a mill pond'. It's not always like this, of course! Storms around the Lizard Peninsular are well known for their ferocity and danger.

I'm not sure when it became part of the Church's calendar, but for many years the second Sunday in July has become known as 'Sea Sunday', when we give thanks and pray for those who work on ships, ferries and boats – and, especially down here, for our local fishermen and for the crews of The Lizard Lifeboat, past and present - who regularly face those ferocious storms at sea.

Life on land can often be stormy too. Maybe you are down here on holiday looking for some calm, safe haven in which to rest from *your* 'life storms'? Maybe you're a local resident who, despite all the beauty and blessings of this part of Cornwall, is nevertheless facing huge and ferocious storms of life?

Ships and boats are equipped with an anchor which, once let down onto the sea bed, will hold them steady and firm in a storm (although skippers of smaller vessels will perhaps do the sensible thing and go 'full steam ahead' back to the safety of the harbour?!).

How, though, do we cope with the 'storms' in our lives? We all long for an 'anchor' to keep us safe through the various storms that life seems to fling at us; but where is that anchor? He is there, right beside you – in the person of Jesus Christ. In the words of that much-loved hymn:

*We have an anchor that keeps the soul
steadfast and sure while the billows roll;
fastened to the rock which cannot move,
grounded firm and deep in the Saviour's love!*

Hold fast to *that* Anchor and you'll be OK.

Blessings

Revd Deirdre

deirdre.mackrill@btinternet.com

☎ 01326 281178

Contact details for St Ruan Church, St Grade Church and St Mary's Church:

Churchwardens:

Sheila Stephens 01326 290583; Mark Outten 01326 290910

For weddings, baptisms, funerals: Revd John Ough

01326 281079

For pastoral concerns: Revd Deirdre Mackrill

01326 281178



Church Services



JULY

Methodist Services

Rev'd Diane Grice 01326 240200

diane-grice@btinternet.com

Sunday July 3 rd	11am - Rev. Danny Reed
Sunday July 10 th	11am - Mr Mike Trounson
Sunday July 17 th	11am - Rev. Diane Grice (Communion)
Sunday July 24 th	11am - Mr Adrian Hendy
Sunday July 31 st	11am - Rev. Beverly Turner

Church of England Services

Sun 3 rd	Morning Prayer, St Ruan Church	11.15am
Sun 10 th	Holy Communion, St Ruan Church	9.30am
	Evensong (<i>BCP</i>), St Grade Church	6pm
Sun 17 th	Family Service, St Ruan Church	11.15am
Sun 24 th	Holy Communion, St Ruan Church	9.30am
Sun 31st	United Benefice Service, St Keverne Church	11am

Roman Catholic Mass Times

St Mary's, Helston Sunday 9.30 a.m.

St Michael's, Mullion Sunday 11.30 a.m.

Weekday Mass at Mullion every Friday 10 a.m..

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May Village Hall Quiz

The May quiz was a keenly fought contest with six teams taking part. The atmosphere in the Village Hall was as warm as the weather outside.

Some challenging questions were read out by the quizmaster over the evening. Rounds such as the First Word War, Colourful Bands (musical), and Recent News events, not forgetting the ever popular 'ding bats' round. There was some scratching of heads and looking up to the roof in the hope of heavenly intervention.

The eventual winners, after a stewards enquiry, were *Just the Five of Us* pushing *Fox and Hounds* into second; joint third were *Universally Challenged* and *Scilly Old Fools*; fourth were *The Famous Five*, and in wooden spoon position, *Jumblies* AND Moira forgot to bring the spoon back from last time, just as well - they saved the problem of passing it on!

Good Quizzing
Skinny.

4th Tuesday of the Month, 7:30pm start.

Entry only £1, and you can bring your own drinks and snacks

GRAND CADGWITH INTERNATIONAL FISHING COMPETITION

Blue skies and warm sunshine met the hardy anglers of Cadgwith who assembled on the beach in readiness for the first competition of the year - flat fish. But to make things tricky, there was an east wind, not the best conditions to launch boats; however eighteen anglers set off in anticipation of catching some fish.

After 2 hours of bobbing on the ocean the boats returned, and after lots of mumbling on the beach, I'm sorry to say that no fish were caught. The only exception, thanks to Tony Portas, was an octopus to everyone's amusement (happily returned to the briny).

Tight lines
Skinny

Recreation Ground News



See us on Facebook:
"Grade Ruan Recreation Ground"

I'm feeling quite smug as I write this - for the first time in many

years (ever?) I've managed to get the Rec's accounts for the year to 31st March completed, externally examined and reports written ready for submission to the Charities Commission in time for our AGM! We are very grateful to Simply Accounts for their work examining the accounts in fine detail and giving us a "clean" report - would thoroughly recommend them!

Our overall income for the year was just over £71000 - which is remarkable and reflects the hard work of our volunteer staff over the busy Summer, Firework Display and, of course, throughout the rest of the year! However, our expenditure for the year was just over £58000, leaving a surplus of just under £13000. The income figure also includes the last of the Government COVID grants - the surplus would have only been about £2500 without. Having said that, we are not a business who's object is to make a profit for its owners, so the expenditure figure includes £1000 given to the Churches Roof Appeal, around £2500 on upgrading our electricity supply from the current "temporary" installation (we paid ages ago, but still waiting for the electricity companies to sort themselves out!), around £4000 for a cellar cooling system, as well as buying 4 additional tables, 40 new chairs and quite a lot of decorating, minor repairs and other works around the Pavilion. In addition we pay for a grass-cutting contractor, re-

cycling and waste collection (and cess pit emptying!), cleaning and a part-time bar manager.

We are planning ahead, and saving, for a couple of new projects - we want to finish surfacing the patio area (this is why there's a slight step down from the door and at least one raised drain cover!), and also for some kind of cover/roof over the patio, possibly with removable side walls, to expand the usable "indoor" area for parties and bands. We expect the cost for this to end up over £20000, so we are looking for grants to fund part of this cost. We are also looking at what we can do to improve the tennis court - it really needs to be re-surfaced, and extended - but we are aware that this will be expensive (we have been quoted £40000!) and there are some difficulties with the site that prevent much increase in area! As expected, the skate-park suggestion received a lot of adverse comment - the suggested location is too close to housing for such a noisy activity. We are still looking for ideas to use the patch of land between the tennis court and the houses.

The Summer is always a busy time for us - May Festival got lost amongst all the Jubilee celebrations and fell victim to poor weather, I think it was mostly screening the Rugby Final that enabled us to cover costs! In compensation, we hosted Jake and Emma's wedding celebrations the day before and that was really busy! Overall, a very successful weekend. Throughout July and August

Cont....

there's something happening almost every Saturday - and where there isn't, it's to avoid clashing with other events such as the Rally! Please look out for our posters at the Pavilion and watch our facebook page for details of our Summer events.

It is our AGM on Wednesday 6th July at 7pm. All are welcome to attend, so please come along. We will be appointing committee members (3 from the Parish Council, 1 from the Football Club, one from the School and 3 from the public) in addition we want to recruit more volunteers. Although our Charity Deed only makes provision for the members listed above, we want to include more volunteers in our meetings, to participate in discussions - but without the legal responsibilities of being a Trustee Member. So, if you want to have more say in what we do and how we operate, or would like

to help out in any way, or just want to see who we are - please come along on Wednesday 6th and we will be pleased to see you!

You should soon be seeing the School's posters for our "dog poo" campaign - each class was asked to design a poster, and we will be getting 3 of them printed up as permanent signs to be erected around the Rec (I think there are copies of the winning posters elsewhere in this magazine). I doubt if the foxes will read them, but hopefully they will grab the attention of the selfish minority of dog-owners who allow their animals to foul our field!

I think that's about enough for one magazine - many thanks for your continuing support,

Mike Fleetwood, Secretary/Treasurer.

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Gardening in July

by David Endean

Well summer has been going really well and to a normal plan so far. It's amazing how memory can play tricks on you, several people in recent days have said how cold and wet the winter was and how late the spring has been. It truly hasn't and wasn't. It is very much like the people who say that a summer has been bad because by sheer bad luck the week they had off for the summer holiday was not baking hot wall to wall sunshine or that weekend they planned a family barbeque we had a thunderstorm. So far it seems that this year has been distinctly average if not on the drier side of the line.

July is busy with lots of things coming to fruition, prized flowers beginning to bloom and crops coming in from the veg patch. Still, plenty of weeding to do but much of the growth has slowed. Now is the time to look at pruning your stone fruit if needed. Stone fruit are things like plums, damsons, cherries and peaches. There is an adage that these trees should only be pruned when there isn't a R in the month i.e. May, June, July and August. This is because they are growing strongly then and able to fight off any diseases that may enter through those pruning wounds, the biggest bane being Silver Leaf which is a fungal disease and will soon see off a tree in a few years. Ideally you will be on top of the pruning and will not have any large branches to be rid of. But remove any damaged and diseased branches then shorten all that soft whippy growth from this year back to three or four buds. This will help to form fruiting spurs here. Also pick a dry sunny day as there is less fungal activity then and the wounds on the tree callous over quicker.

I always like to get a sowing of runner beans in early in July. This is normally the last one, but the way things are going this year it will be my first. Time has just melted away with other projects. Normal rules apply: plenty of organic matter into the soil and some very stout poles to make a strong framework for the beans to climb over. Climbing French and dwarf French can also be sown.

This is the month of soft fruit, and it is essential for you to net off your bushes from the birds, that is if you want any to eat yourself because they are happy to eat them when they are slightly less ripe and they do not mind getting up at 5am as the new day is dawning to start picking fruit. July is always Wimbledon combined with strawberries and cream but in truth all the currants, gooseberries and raspberries and the various hybrid berries peak now. Luckily nearly all freeze well except strawberries. So, if you have too much or have run out of cream, which I gather Rhoddas were close to over the jubilee weekend, you know what to do. To keep the fruit juicy, especially strawberries and raspberries, keep the crop well-watered as the

Cont....

fruit is forming and ripening.

As June has progressed, I have noticed that the lawns are drying out, not unusual. I recommend not cutting the grass too short. Still mow the lawns as this removes the daisies and plantain flowers among others and evens up the lawn, but it helps to keep it greener. I do not recommend watering it, save this for your tubs and pots as they will need plenty.

Lots of your herbaceous plants and annuals will be beginning to flower now and in most cases the quick removal of the spent flowers will prolong the flowering season or encourage another flush later in the year. Different plants react differently, e.g. when hardy geraniums and cranesbills finish, your best option is to cut the whole plant back foliage and all so that it looks like a spikey hedgehog, this will then have a flush of new fresh growth and quite possibly another flowering in the early autumn. With bush roses I practise something called long stem pruning, where a lengthy piece of stem is pruned back. The best way I can describe it is the stem length is similar to that of a cut flower rose that you may buy. This way the plants remain compact and manageable and you do not have so much bare stem when they defoliate throughout the summer. Keep cutting Sweet peas and deadhead Dahlias regularly.

All in all, there is plenty to do but don't forget to just sit and enjoy your garden.

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CITIZENS ADVICE CORNWALL LAUNCHES APPEAL TO HELP MORE PEOPLE IN CORNWALL AND IoS AS ECONOMIC CRISIS WORSENS

Citizens Advice Cornwall provides free, independent and confidential advice on a wide range of subjects for everyone in the community, including benefits, debt, housing, relationship issues, employment and redundancy, consumer, legal issues and more.

The charity has launched a Regular Giving Campaign where potential donors can sign up for as little as £1 a month to help expand its work.

Chief Executive, Gill Pipkin, said:

“As a charity facing huge demand on our services at present, our resources are extremely stretched. We want to help more people and can only do this with more funds. We are asking our community to support us with whatever can be spared so that those most in need can get help. Every pound donated allows us to train and support advisers to be there and by giving to us regularly, we can plan and maintain our services more effectively.”

It costs Citizens Advice Cornwall around £1.5m to run the service each year, a figure that is set to rise as the need for help increases.

Members of the public can help support the charity by making a financial donation - no matter how big or small, or helping with fundraising.

£10 could buy a headset for an advisor

£25 could pay for an hour's advice appointment

£50 could help fund a one-to-one training session on managing bills

£150 could pay for our phone system for a month

£600 could pay for a laptop for one of our team

£1,000 could pay for our text service for a year

£3,000 could pay for full training for a specialist advisor.

Anyone wishing to support the charity with a regular donation can visit the website at <https://citizensadvicecornwall.org.uk/support-us/> and download a sign-up form or via Just Giving at <https://justgiving.com/campaign/regulargiving>.

To find out more about fundraising please email tamsin@citizensadvicecornwall.org.uk

You can also sign-up by text. Just text GIVER followed by your donation amount to 70580 to give that amount, for example GIVER5 to donate £5 - Texts will cost the donation amount plus one standard network rate message, and you'll be opting in to hearing more from us. If you would like to donate but don't wish to hear more from us, please text GIVERNOW instead.

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- Sun. **10am - 2pm**

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We now have our own range of exciting ice cream in our farm shop made from our own milk which are going down very well. Please ask for a free taste when you visit our farm shop. It is now also available at Kennack Sands and The Lizard.

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Friends of Kennack Sands

The Kennack Sands beach clean was held on Sunday 5th June on a sunny and warm Jubilee weekend. We had 6 volunteers who worked hard to clean the beaches and surrounding areas. The big find on Eastern beach was a huge, heavy rope that needed dragging around on another day at low tide by our volunteer Steve.



Sadly, there was waste left from our beach visitors such as ice cream wrappers, picnic remains, cans and the usual dog mess plus broken glass both on the beach and in the firepit dell. The dog bin and the area around it contained the debris from a beach party. Just a reminder there is no refuse collection at Kennack Sands only collection of dog waste. This means our beach cleaners have to sort through the bin and remove the rubbish.

Be respectful of all beach uses and PLEASE take your rubbish home with you.

The next beach clean will be on Sunday 3rd July 2022 at 10am.

All Welcome!

Anne Tryhorn

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The Queen's Platinum Jubilee



Photos by Chris Hunt

RMFC Awards Presentation Evening





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County Championship: Bill Beaumont Cup final
Saturday 4th June 2022
Cornwall 37-24 Cheshire



Friday 3rd June 2022 - The Lizard Lifeboat launched on service at 11.10am to assist a small vessel five miles east of The Lizard. With reports of an engine fire and smoke issuing from the 7 metre vessel our crew arrived on scene at 11.25am following a prompt launch. The single occupant had already safely evacuated the vessel and was aboard another vessel who along with others had responded to a Mayday relay call. Thankfully the casualty was not in need of any medical attention. Under the command of Coxswain Dan Atkinson, two lifeboat crew members went aboard the vessel and confirmed that a fire had occurred in the engine area and the hull of the vessel was hot. At this stage they disembarked and got back on RNLB Rose to await further instructions. Falmouth Coastguard requested the assistance of the Fire and Rescue service who upon arrival, inspected the vessel and deemed it fit to be recovered. The Coxswain assessed the situation prior to towing the vessel back to the nearest and safest port, arriving in Falmouth shortly before 3.30pm. RNLB Rose arrived back at her station at Kilcobben Cove for recovery and refuelling and was back on service by 5pm.

In honour of both being awarded with the prestigious BEM (British Empire Medal) for their services to the RNLI and The Lizard Lifeboat Station, Lifeboat Operations Manager Ned Nuzum and Fundraiser Rachel Tonkin were invited to afternoon tea at Buckingham Palace recently. Colonel Edward Bolitho OBE, Lord Lieutenant of Cornwall was also in attendance along with 8000 other guests.

Ned commented ***“To have had the freedom to wander all over the grounds, through acres of the lush gardens, magnificent trees, seeing the ‘royal’ ducks and swans wandering freely about the place and meeting all manner of folk, in glorious sunshine was a real special treat.”*** A wonderful afternoon was certainly enjoyed by all – especially when the Duchess of Cambridge, the Earl and Countess of Wessex and Princess Alexandra also joined the festivities. Rachel was accompanied by her son Michael and Ned by his daughter Tara.

With the ongoing maintenance work continuing at the station sadly we remain closed to visitors at this time. Reopening dates and times will be posted on our social media sites as soon as we are able to welcome visitors again. With this in mind, the regrettable decision has been made to cancel this year's Lifeboat Day which was due to take place, at the station on Sunday 24th July. The annual Big Breakfast event will also now not take place as advertised on Saturday 13th August. It is hoped that events scheduled for after these dates will go ahead as planned. Sincere apologies for any upset or inconvenience this may cause.

Up to date news, information and photographs can be found on the station's Facebook, Twitter and Instagram pages. On behalf at all at The Lizard Lifeboat Station we thank you for your continued and invaluable support.

Lyndsay Bray
Lizard Lifeboat Press Officer
The Lizard Lifeboat Station – 01326 290451

Cont....



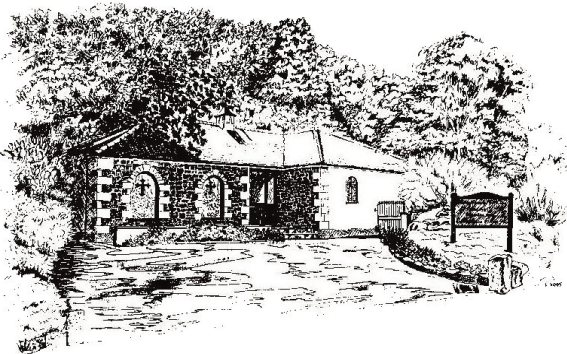
Above: Rachel Tonkin BEM and son Michael

Left: Ned Nuzum BEM and daughter Tara

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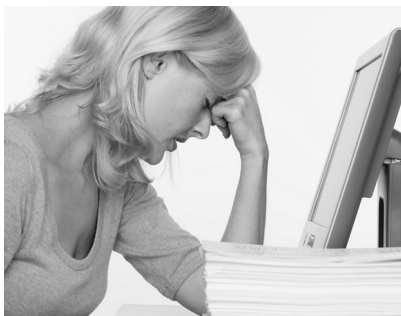
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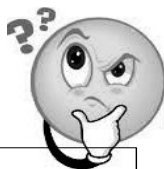
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JULY QUIZ

General Knowledge



1.	What was Iran previously called ?	
2.	Write the Roman Numerals for the year 1926	
3.	What is a piece of wood, a smile and a shaft of light ?	
4.	When was the last leap year ?	
5.	Island with close connection with Queen Victoria	
6.	What is the term for a male Swan ?	
7.	How many chess pieces at the start of a match ?	
8.	Country in mainland Europe in same time zone as UK.	
9.	Bill Clinton plays which instrument to a high standard ?	
10.	A type of glass and a musical instrument.	

ANSWERS TO JUNE QUIZ

With a Royal theme

1.	What date did Elizabeth become Queen ?	6 February 1952
2.	Where was she born ?	Mayfair, London
3.	At what age did she make her first BBC broadcast ?	14
4.	What was the date of her Coronation ?	2 June 1953
5.	What was her sister's name ?	Margare
6.	Name of her favourite horse for Trooping the Colour	Burmese
7.	How many British Prime Ministers during her reign ?	14
8.	What is her home in Scotland called ?	Balmoral
9.	Where was she on her 21 st birthday ?	Cape Town, S.A
10.	The Queen is fluent in which foreign language ?	French

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From the Gazette Archives

30 Years Ago - July 1992

French harassment of Danny Phillips, Andrew Stephens and other fishermen off The Scillies in June 1992 had been quite widely reported in the media. This report from the Gazette explains how the story was broken to the media.

On the evening of the Gig Club Barbeque, while French trawlers were still destroying the nets of Danny Phillips, Andrew Stephens and Mervyn Smitheram off The Scillies, Danny called his father, Arnold, in Cadgwith on his Vodaphone. He told him what was happening. Iron chains and shackles were being thrown by the Frenchmen and ramming seemed a possibility. The situation was dangerous. Mervyn called up for the Navy's help.

This was about 9.30pm and Arnold immediately went to Veronica Cottage in the Cove to tell Jean Bourne about it. She had been following the story for some time. Five minutes later Jean had phoned the night news desk on her old paper and, with the night reporter set about getting the story in time for that night's edition. They talked to the the Navy in Plymouth, to Danny and Andrew on their radio phones, the Fish Producers organisation in Newlyn. Before 10.30pm the story was ready to go and the Guardian night editor decided to carry it in the middle of the front page. The story was also phoned to the Western Morning News by John Bourne and they carried it on the front page.

By next morning the story was the first item on the Radio 4 programme "Today", on Radio Cornwall, leading the news with pictures and interviews with Andrew and Danny on BBC1, ITV and Channel 4. Sky news had been carrying it through the night. The next day saw the Cadgwith men (though not Mervyn, who had gone back to the Scillies), besieged by TV cameras on the Newlyn dockside and giving interviews all day long. Luke Stephens and Michael Halliday also figured. Suddenly, they were world heroes, much to their surprise, after a long time when everyone had seemed indifferent to their plight and the French were destroying nets at will, their boats being three times bigger.

Even when they got back to Cadgwith, the siege of the press went on and the phone didn't stop. Reporters were queuing up to go back to sea the next day with the three skippers.

How did all this happen so quickly? It was an object lesson in how fast the media can work when it wants to. The key was Radio 4 which keeps an office at BBC HQ in London manned 24 hours a day. Andrew Hawken, producer of the programme told the Gazette "We get copies of every edition of all the national papers delivered at Broadcasting House throughout the night and that night Jean's story on the front page was spotted. David Smeaton, the BBC's West of England correspondent was immediately telephoned and he had the story with recorded interviews in time for the 6.30am news. By 7.30am we had more, plus the positive reaction of the Minister of Agriculture, Selwyn Gummer, who was on the line for an interview on an entirely different subject." Radio Cornwall and BBC TV would automatically have picked it up from the 6.30 broadcast if they had not been already informed by Radio 4. ITV always monitors radio news.

Andrew, by the way, comes from Redruth and was in Cadgwith the week before. It's a small world!



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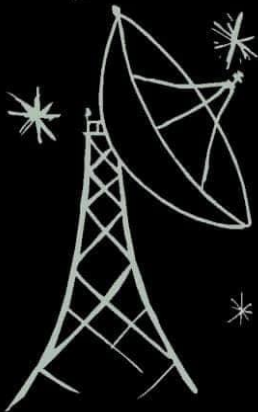
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GRADE RUAN PARISH COUNCIL
Minutes of the meeting held on 11 May 2022

The June Parish Council meeting was held later than usual, so the approved minutes of the May meeting were not released in time for this issue of the Gazette. They will be included in the August/September issue.

The draft minutes from the May meeting can be found online at:
<https://www.grpc.org.uk/your-council/minutes/>



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Mullion & Constantine Group Practice

Branch Surgery Open Dates July / August

Due to increased practice demands and GP shortages, unfortunately during the summer months there will be times when there will be no Doctor present at Ruan Minor and Lizard surgeries. On dates we have a GP on site we will endeavour to protect those times for patients living in those areas. We apologise for any inconvenience caused

On a positive note, we have two new GP's starting in practice in August, so our branches will resume normal service very soon. We wish to maintain and offer a high standard of service to all our patients and hope that you will understand this is not a decision we would want to take unless it was unavoidable

Notices will be put up with these dates on in each of the branches.

Please be reassured that the dispensary will be open as usual for all your prescription requests, collections and queries.

If you need to speak to or see a Doctor please contact Mullion Health Centre on 01326 240212, where a member of the reception team will be happy to help you

There will be a GP on site on the following days:

Ruan Minor

Monday 4th July

Thursday 7th July

Thursday 14th July

Monday 18th July

Thursday 21st July

Monday 1st August

Thursday 4th August

Lizard

Monday 4th July

Monday 18th July

Monday 1st August

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SURGERY HOURS - see page 52

Ruan Minor Surgery - 290852

Monday	9am - 12 noon
Tuesday	2pm - 5.30pm
Wednesday	CLOSED ALL DAY
Thursday	2pm - 5.30pm
Friday	9am - 12 noon

Lizard Surgery - 290415

Monday	2pm - 5.30pm
Tuesday	9am - 12 noon
Wednesday	CLOSED ALL DAY
Thursday	9am - 12 noon
Friday	2pm - 5.30pm

Mullion Health Centre - 240212

Mon	8.30am - 6pm
Tue	8.30am - 6pm
Wed	8.30am - 6pm, 6.30pm - 8pm
Thu	8.30am - 6pm, Closed 1pm - 2pm
Fri	8.30am - 6pm, Closed 1pm - 2pm

All Surgeries will be closed on the following Bank Holidays:

New Year's Day	Good Friday
Easter Monday	Early May
Spring/Whitsun	Summer/August
Christmas Day	Boxing Day

NUMBERS YOU MIGHT NEED

ST RUAN WITH GRADE 290583
Sheila Stephens 078780 70269.

ST MICHAEL'S, MULLION &
ST MARY'S, HELSTON.
Fr. Andrew 312763

METHODIST MINISTER
Rev Diane Grice 240200

NHS DIRECT 111

POLICE
Helston Police Station 08452 777444

Emergency calls 999
Non urgent calls 101

PCSO Julie Berry 07595 008199
Crimestoppers 0800 555111

MOBILE LIBRARY 0300 1234111

GRADE-RUAN UNDER FIVES
Clare Tipper 07929 902938

GRADE-RUAN C OF E SCHOOL
Secretary 290613

MULLION SCHOOL 240098

GRADE RUAN PARISH COUNCIL
Chairman: Jeb Preston 07964215277

CORNWALL COUNCILLOR
Anthony Soady 07546 218200

VILLAGE HALL BOOKINGS
Liz Outten 290910

RUAN MINOR STORES & POST OFFICE
Claire Bollard 290138

PAVILION
567140

RECREATION GROUND COMMITTEE
Secretary: Mike Fleetwood 290365

RUAN MINOR FOOTBALL CLUB tba

CADGWITH GIG CLUB
Secretary: Mike Hardy 290282

NATIONAL TRUST
Lizard Office 222170

RNAS CULDROSE 01326 552415

DEFIBRILLATORS

LOCATIONS

Cadgwith:

Near Ladies Toilets

Ruan Minor:

In Porch of Doctors Surgery.

If used

Please return to the cabinet and contact

Jeff Lee Tel. 01326 290143

Email: jeff.lee@grpc.org.uk or

Mike Fleetwood, Tel: 07831 401464

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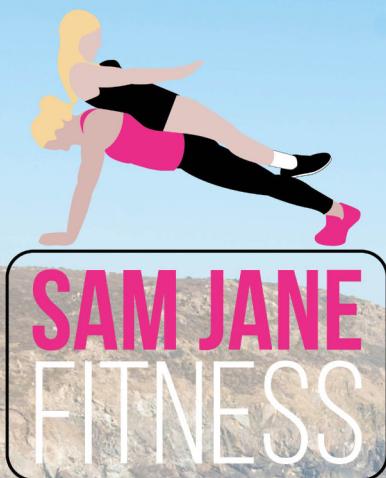
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Monday	9.15-10.15am	Ruan Minor
Tuesday	6.00-7.00pm	Ruan Minor
Wednesday	6.00-7.00pm	The Lizard
Thursday	6.00-7.00pm	Ruan Minor

CHILDREN'S NETFIT CLASSES

A combination of fitness and netball activities

Monday	3.30-4.30pm	Year 7 to Year 11	Mullion School
Monday	4.45-5.45pm	Year 3 to Year 6	Mullion School

CHILDREN'S ABC OF PE

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Thursday	3.45-4.30pm	Reception to Year 3	Ruan Minor
Thursday	4.30-5.15pm	Year 4 to Year 6	Ruan Minor

Contact sam@samjanefitness.co.uk

or contact via Facebook or Instagram if you would like to book into a class
or need any more information about any of my classes.



*Booking is essential as health forms need to be
filled in prior to starting a class.*





Wimbledon will have started by the time you start reading this, so let's hope the weather holds. As always, we will have plenty of beer and wine for you to celebrate and commiserate with, as well as sharing bags of crisps and sweets.

Now we're into the barbeque season, we have lovely sausages and burgers from Retallack butchers. If meat isn't your thing, we have veggie burgers and sausages as well as fresh vegetables and halloumi for making your own kebabs.

The more observant amongst you will have noticed the new coffee tables outside the front of the shop. Join us for tea, coffee and cake or one of Penny's lovely pork pies or quiches. They're proper 'ansum! We can also do breakfast to eat in or take-away. Why not pre-order to avoid the wait?

As always, Euro currency is available on demand and other currencies, if ordered before 2pm, can be collected the following day. Please remember your passport or driving licence if you wish to pay for your currency with a card. You will also need to retain the receipt if you wish to return any currency other than Euros.

Monday to Friday 8am to 7pm

Saturday 8:30am to 7pm

Sunday 9am to 1pm

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