

CARDINHAM & MILLPOOL COMMUNITY MAGAZINE AUGUST/SEPTEMBER 2026



Traffic issues on Treslea (by Fiona Hammond)

ISSUE 122

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- a Microsoft Word file is best.

Photos should be sent in
uncompressed **jpeg** format.

We accept files and advertisements
as high res **PDFs** (preferred).

If typed or handwritten, please send
it to one of the Editors.

We select articles based on local
interest and reserve the right to
edit for clarity and length.

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Advertising is free for all local community and charity events.

All commercial advertising and events will be charged: One page £150, 1/2 page £75,
1/3 page £50, 1/4 £37.50

There is a minimum charge of £20 for advertising. One-off page advertorials - £25

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The opinions expressed in articles in this magazine are those of the authors, and are
not attributable to any member of the magazine production team.

FROM THE EDITOR

Best wishes to you all,

Lizzy, Polly, Simon, Peter and Julia



Luxury, peaceful, lakeside Shepherd Hut accommodation available to book now!

Featuring Smart TV, USB ports & Wi-fi, power shower, copper basin, espresso machine, leather sofa, wood burner, king size bed, barbecue, outdoor furniture, fire-pit, private lake use with boat & complete solitude.

Couples only, pet free

Contact **THE GOOSE NEST**

01208 821788 / 07809 396975

the_goose_nest@outlook.com

ST. MEUBRED'S CHURCH UPDATE

Services for St Meubred's, Cardinham - August & September

August 2nd	9.30 am	Holy Communion
August 9th	11 am	Joint Service with Millpool Methodist in Cardinham Parish Hall
August 16th	9.30 am	Holy Communion
August 23rd	9.30 am	Morning Prayer
August 30th	10 am	Team service at St Petroc's Bodmin
Sept 6th	9.30 am	Holy Communion
Sept 13th	11 am	Joint Service with Millpool Methodist in Millpool Chapel
Sept 20th	9.30 am	Holy Communion
Sept 26th	9.30 am	Morning Prayer
		Wedding of Tamsyn Tucker & Alexander Sillifant

Books for sale or swap in St Meubred's Church: If you have books or jigsaws you are happy to donate to our library for others to read or construct please leave them on the bookshelf as you enter the church. Do help yourselves to either.

Plant Sales

Keep and eye out for plants for sale in the church porch. Use the card reader inside or wall safe for payment.

Thank you to everyone who supported the **Johnny Cowling Show**. It was lovely to see you all, we raised about £160 from the concert, a great boost to the Tower Fund. We were disappointed with the number in the audience but given the heat and the fact he had a show only a few days before in St Neot, not surprising. Those of us who attended had a great evening of fun and music! The prize draw was made and were are very grateful to so many local businesses who contributed prizes: *Cornish Dairy Company, Keypak Meats, Darcroft Garage, Bodmin Flying Club, Corby's Cafe, Woods Cafe, The Halfway House*. Our thanks also those individuals who donated so generously.

Thank you to Louella & Robin Hanbury-Tenison for hosting lunch at Cabilla, on September 13th, tickets £20 each, limited to forty. Merlin is generously offering to guide a temperate forest walk, at £12 a head. All funds from both events to St Meubred's Tower Fund. More details in a separate entry from Louella.

Tea Party & Chat

August 6th and Sept 2nd in Cardinham Parish Hall.

from 2.30 pm, in Cardinham Parish Hall. Join us for a cuppa, cake and chat, a warm welcome guaranteed! Our Parish Nurse will be available for consultation, no appointment necessary, but she will be there in a separate room if you have any health queries or worries. She is able to access your health records and Bosvena Health.



ST MEUBRED'S TOWER FUND UPDATE

2nd July 2026

Dear supporters,

Ann has just heard we have been successful in our grant application to the NHLF and have been awarded £55,830! We are absolutely thrilled and are now in a position to be able to start the project. There are still two grant awarding bodies on whose decisions we are waiting, if they come good that would be marvellous. I have to say Ann worked so hard on that application which is very competitive and certainly not easy, so all credit to her.

Thank you to those who braved the heat last Thursday and came to Johnny Cowling's Show! We were disappointed with the numbers in the audience, largely due to the weather and the fact he was at St Neot only a few days before. We had no control over either event! We made about £160 and the Prize Draw made about £637 over the six months we were selling tickets, so well worth it. Thank you for all your support and encouragement!

Best wishes

Libby

Robin and Louella Hanbury-Tenison would be happy to host a lunch at The Old Deer House (next to Cabilla Manor) on Sunday, 13th September 2026 for up to 40 people at 12.30 pm at a cost of £20 a head. All that money to go to the Church Tower Restoration Fund. Please reply to Louella@cabilla.co.uk by the 6th September or ring 07770 664218. Please pay cash when you come to the lunch. There will be a raffle. Any dietary alerts please let me know.

Merlin would be happy to take anyone interested in a temperate rainforest walk and talk on Friday, 11th September. Of course if anyone outside the village wants to come that would be fine. £12 a head and a 'gathering' coffee or tea before the walk. Again, all money to the church tower restoration fund.

Meet at Cabilla Manor at 10.00 a.m. again, pay cash on arrival.

Please reply by 4th September to: Louella@cabilla.co.uk.

Stout shoes and dress for an hour and a half walk.



BODMIN TEAM MINISTRY

www.bodminteam.church

Dear Friends,

As I write this we are preparing for our church open day with tower tours, stalls and exhibitions. It seems a bit odd to have an "open day" when the church is open every day but some people need a bit of encouragement to step over the threshold.

Places you have never been in before can be quite intimidating so it is good to give people a sense of purpose for being there. Our younger grandson is about to move up to secondary school and has recently been on a couple of taster days at his new school which have hopefully allayed some of his fears about crossing that particular threshold.

Embarking on a journey of faith can be intimidating – what if people reject me or ridicule me, what can I expect if I entrust my life to Jesus Christ? There is a well-known picture by Holman Hunt depicting Jesus the light of the world outside a closed door. It is illustrating a verse from the Bible where Jesus says "Behold I stand at the door and knock. If anyone opens the door I will come in and dine with them".

In other words it is up to us to open the door. What encouragement might you need to do this? Why not have a word with someone who has already made this step of faith and seek their help.

Every blessing

John Hereward

The Light of the World, Holman Hunt



SUBSCRIPTION PAYMENTS

Subs. to the magazine are **£5pa**, plus any donation you would like to make. **Subs run from January - January.**

Please pay your distributor as usual, or if you prefer, by Bank Transfer.

The magazine bank account details to use are:

Sort Code: 30-97-28 Account No.: 02314833

Account Name: Cardinham and Millpool Community Magazine

Please add your name/address as reference

Don't forget postage, if applicable, £11pa

Thank you for paying promptly

Millpol Choral singing in the Market Arcade on Heritage Day



Dial -a- Ride



- Travelling from Cardinham & Millpool to Bodmin on Mondays & Thursdays.
- £5 return.
- Pick up from 8.15am, return lunchtime.
- Eligibility: mobility difficulties/over 55.
- Wheelchair access.
- To Wadebridge on first Thursday of the month - £6 return.

- Shopping trips.
- Visiting friends.
- GP appointments etc.

For more information
and to book call:

01872 266886



CARDINHAM HELPLINE



First of all thank-you to "**Marathon-The Bodmin Way-Beacon Beast**"
for their generous donation.

Also a big thank-you to our co-ordinator Jenny for her work.
She has arranged many lifts so far this year and to all our volunteers who help
in any way. Details of how to contact the Helpline are in the Newsletter.

The Helpline Lunch Event takes a break in August so the next lunch will be at 12.45
on Thursday September 17th. Please let Julia know if you cannot attend
or contact her if you would like to start coming.

Any profit from our lunches goes towards the running of the Helpline.

Malcolm Maynard Helpline Treasurer

Man Down

Man Down UK is a non-profit Community Interest Company, originating in Cornwall in 2019. Our first group opened in Penryn with 8 men in attendance, and since watching the demand for men's mental health support grow, we have now had over 7500 men walk through our doors in 2025 alone. In 2024, we decided to move beyond our home of Cornwall and stretch further into the UK, and there are now 45+ meeting group locations across the UK, all run by brilliant volunteer facilitators. Man Down offer an informal peer-support, safe and relaxed environment for men of all ages 18+ who are struggling with any kind of mental health issues. The sessions are designed to be as inclusive as possible with no judgement, only support and understanding from people who can be there to listen and support you. The nearest Group meets in Bodmin at St Petroc's Parish Centre fortnightly on a Tuesday evening from 7 to 9 pm. For more details please go to Man Down UK



Cardinham Parish Hall Available for Hire

Cardinham Parish Hall

Church Road
Cardinham
Bodmin
Cornwall
PL30 4BN



Any Enquires Please Contact

Debra Best - 01208 821554/ 07798838443
cardinhamhall@btinternet.com

News from MILLPOOL METHODIST CHURCH

*Some of you will already have met our Parish Nurse Juliet, (who gave us the inspiration for our scarecrow). Juliet will be attending the **Millpool Coffee Morning** on the last Tuesday of the month and will be happy to give any medical advice. We were delighted when Rev Nichola Jones was appointed our minister over six months ago. Here is an item she would like to share with you.*

Dear All,

What kind of neighbours do you have?

Party goers and stay up all nighters or so quiet you hardly know they are there. Howling dogs that make you cringe, barking like the Hound of the Baskervilles? Or little kids bouncing on the trampoline and screaming all sunny Saturday afternoons?

What would you do for them if they needed your help? Say something like 'Sorry mate cannot help you there' or would you say 'I'm frightfully busy just now but none of that matters... of course I can run you to the hospital/train /airport/shops.

On a risky dangerous road through rocky and tricky terrain a gang of yobs lay waiting for the right person to attack and sure enough along came one dopey fella all on his own so they jumped him, beat him badly then scarpered with all his belongings hoping no one saw them and no one would come help their victim who lay bleeding and dying.

Then surprise, surprise along come two very devout priests who hurry away in case the gang is still around because they 'don't want any trouble'.

Hours pass and along comes 'a foreigner' from another country with a different culture... he may even have been a refugee(there's a thought!) He goes over to the beaten and dying man, picks him up and staggers to the nearest hotel who are astonished at the sight of him. This 'foreigner' books a room for the beaten man, binds his wounds as best he can, and gives the hotel owner some cash to keep an eye on him, feed him, help him and when he returns from the capital city and his business is done....he will pay any extra bills. Wow!

When this story was first heard it caused ructions because the man telling this asked the audience at the end 'Who was the good neighbour?' So bearing in mind your nice neighbours where you live or indeed down a nearby street or maybe in a nearby county or, hold on, maybe across the world somewhere, who is YOUR neighbour?

In this story the crowd listening all give the answer....'The good neighbour is the one who helped the beaten man.' 'Sure thing' says the story teller....'never mind what their nationality or gender or orientation is: never mind if they are old or young, silly or wise, Christian or Muslim, Jewish or Hindu, Pantheist or atheist, likeable or nasty. They need help and that's that.

There was a splendid documentary on TV about our lifeboats and what happens when they dash out to answer a 'shout'. One of the crew explained the principle that determined all their actions. He said 'It doesn't matter whose fault it is or what sort of person we are going out to help. We just go because they need us'. Quite so.

You can read the original gory account of the story of the man who got beaten up in Luke's gospel chapter 10:25-37 where the best story teller shocks everyone who hears him....then as now.... Because he tells his listeners 'Now go and do the same'.

May you be surprised and shaken by some really good stories that make you think and may even prompt you to act!

Blessings and joys, Nichola Jones

Cardinham Sports Club

www.cardinhamports.org Facebook - @cardinhamports

So much has been happening this sunny summer:

- **More sports** – tennis, pickleball, hockey and netball
- **More local engagement** with stalls and games at fetes as well as the Community Event in the parish hall
- **More hires** of the court under 'Pay-and-Play' – with some from as far afield as Wadebridge and Seaton
- **More pupils** joining through Cardinham School's associate membership (£5 per child)
- **More families** joining as new members, or playing as guests
- **100% renewals** - all our members renewed for 2025-26
- **More hope for the future** - on track, raising funds to upgrade our ageing court

Coming up:

- **Croquet afternoon**, 9th August, open to all, Church Field, Warleggan
- **Walking treasure hunt**, 30th August, around Cardinham

To find out more about the club and what's happening when, check posters and social media posts, or go to www.cardinhamports.org, or call 01208 821409 / 07842 612989



CARDINHAM PARISH HALL

The Hall committee remains busy we are continuing with our monthly **Pop up Pubs**. The next two are on **1st August with BBQ & 3rd September**.

Later in the year we have our annual **Quiz night** in November.

A **music evening** joining together Millpool Church also in November.

We were lucky enough to be successful with our grant application to the Cally Barret Wind Turbine fund. This is enabling us to replace the worn flooring in the main entrance hall, toilets and Kitchen we are looking forward to seeing the results. Hopefully this will be done in August.

The hall is being used for many different types of hire and during this heatwave the aircon has been very welcome, it never been used as much.

Debra Best

It's time for a Macmillan Coffee Morning

and you're invited

Let's do whatever it takes to support
people living with cancer.



**MILLPOOL
COMMUNITY ROOM**

Date: **TUESDAY, 29TH SEPTEMBER 2026**

Time: **10.30AM TO 12 NOON**

Contact: **SHIRLEY DORAN 01208 813685**

**MACMILLAN
CANCER SUPPORT**

Macmillan Cancer Support, registered charity in England and Wales (263037), Scotland (SC039907) and the Isle of Man (804). Also operating in Northern Ireland. MAC19933_invitePoster



Here's a recent picture of my Hypericom growing up in front of a bare Conifer Trunk, I pruned it back earlier as much as I could reach but it is obviously growing within itself & the Conifer, lovely show all the way up and out the top.

*Sincerely
Brenda Smith (Little Downs)*

COMMUNITY DAY AT CARDINHAM SCHOOL

18th July 2026

The pond, gardens, sandpit were tidied, filled with plants and sandpit refilled with sand and the classrooms repainted by teachers, parents, governors, parish councillors and children. Trago Mills kindly donated vouchers to purchase painting materials. It was a fabulous day.

Rachael Farley Claridge



Left: A Pretty Wild Orchid found in
Treslea Downs in June
Below: Young foal telling me to back off!!
Thanks to Lizzy for the photos



Cardinham & District Gardening Club

July 2026

What a heatwave we had during June, fortunately it was not too hot for the Club's visit to the **Secret Garden** near Trispen. It was certainly a pleasant surprise. The garden was thoughtfully and lovingly created by Alan and Caroline during the lockdown. What they have achieved in the last six years is quite remarkable. In the centre of the garden is a very impressive fire pit surrounded by a tropical planting of bananas, cannas and more.



Within the garden are many borders and island beds, edged with granite rocks of various sizes, which are full of a diverse variety of annuals, perennials and shrubs, many of which were propagated by Alan.

Throughout the garden archways made from horseshoes that show off many climbing roses. Alan and Caroline were very enthusiastic hosts and it was a delight to see how they had transformed what used to be a rubbish dump into a very interesting garden.

Our next Club event is our **Social Evening** being held in Warleggan on 24 July 2026.

We hope the extreme hot weather will not have impeded on your garden too much and you will have produce and flowers a plenty to enter into the **Club's Show** on Saturday 5 September 2026 at Cardinham Parish Hall. Please see attached schedule for all details of classes.

Enjoy the rest of the summer and happy gardening.

Best wishes, Lorna Stidston

TEMPERATE RAINFOREST RESEARCH STATION AT CARDINHAM

I was delighted as Chair of the Camel Valley and Bodmin Moor Protection Society to present a cheque for £1000 to Robin and Merlin Hanbury-Tenison to contribute to the building of Europe's first dedicated temperate rain forest research station. At the advanced age of 90 Robin decided to paddle bike down the river Thames along with Merlin to raise funds for this venture. Despite finding a new relationship with Velcro and something called 'bum butter' Robin seems none the worse for wear. Louella accompanied in an electric boat to circumnavigate the locks (one of which was inconveniently closed and created a huge detour). But determination won and over 100 miles of the Thames was navigated and appreciated. What an amazing triumph for Robin who as we all know has had more than his fair share of health issues, but keeps his true spirit of adventure and amazing determination.

The Research Station will be close to Cabilla and will enable at least four Universities to study in the area along with Plant Life and other registered research bodies. We are so lucky to be close to a very important eco system and one that we hope very much will flourish and survive for everyone to enjoy in the future.



COMMUNITY EVENT JUNE 2026

The community event was very well supported thank you to everyone who contributed to the success of the day.

7 local groups joined together showing what is available in the village.

The money raised is evenly divided between the participants each receiving £78.30.

The competitions, stalls and the cream teas did a brisk trade.

The teddy zip wire again proved extremely popular it was great to see children and adults entering their treasured teddies.



Thank you for all the entries for the scarecrow competition, we appreciate the time taken to create your masterpieces.

The under 14 years group winners were.

Beth 1st

Jessica 2nd

Cardinham School 3rd



The over 14's group winners were.

Mark & Alex 1st

Nigel & Loraine 2nd

Deb, Steve & Nie 3rd



USEFUL PHONE NUMBERS

(preceded by 01208 unless otherwise stated)

Police NON emergency		National 101
Blisland Inn, Blisland		850739
Cardinham Bellringers (Captain)	Nic Best	07747 724678
Cardinham Hall Bookings	Debra Best	821554
Cardinham School (Head)	Mr Larcombe head@cardinham.tpacademytrust.org	821326
Cornwall Councillor	Chris Batters cllr.chris.batters@cornwall.gov.uk	07503121958
Film Club	Debra Best 821554 Sonia Tucker 821382	Nic Best 821459
Flowers for St. Meubred's	Libby Pidcock	821303
Friends of St. Meubred's	Loveday Sutton	821350
Gardening Club	Loveday Sutton	821350
Helpline	Jenny Saunter	07854 545467
London Inn, St Neot		01579 326728
Methodist Circuit Office	office@bpwcircuit.org.uk	895157
Millpool Chapel	Shirley Doran	813685
Millpool Coffee Morning	Julia Maynard	821216
Millpool Institute/Snooker Club	John McDonald	821448
Mother & Toddler Group	Crissie Butler	07540 181416
Parish Council Chair	Peter Claridge cllr.p.claridge@cardinhamparishcouncil.gov.uk	821328
Parish Council Clerk	Sue Warburton cardinhamclerk@cardinhamparishcouncil.gov.uk	07860 789593
Bodmin Team Ministry, Team Rector	Paul Holley	07470 192378
Sports Club	Les Spong	821591
St. Meubred's Focal Minister	Revd John Hereward	79078
St. Meubred's PCC Secretary	Rosemary Rowe	821225
St. Meubred's Reader	Ann Kerridge	76714
St Neot Brownies	Karen Cunningham	01579 321581
St Neot Scout Group	John Body	01579 320334
Warleggan Young Farmers	Olly Jay	07455 077498

Please send corrections or additional numbers you would like to see to lizzysmart@gmail.com Tel 821101

Parish Council News

For those who weren't able to come to the Annual Parish Meeting in May I thought you might like a brief update on what your Parish Council has been doing over the past year or so.

Since being elected Chair in May 2025, and taking over from Greg Tucker who'd held the fort successfully since the sad passing of Julie Best earlier in the year, a lot has happened. The Council co-opted Robert Tyers to fill the vacancy left after the Election, and has recently recruited a new Parish Clerk, Sue Warburton, to replace Jo Wilson who left in March. At our monthly meetings – don't forget everyone is welcome to attend – we've carried out our normal activities including commenting on planning applications and public consultations, making financial payments, maintaining footpaths and bridleways, reporting highways issues and considering other important issues raised by parishioners.

The Council has sent comments to Cornwall Council on over 20 Planning Applications, Appeals and Enforcements, and made numerous reports and requests to Highways and CORMAC on potholes and road conditions, most of which have been addressed eventually, although the long delays for a proper repair to Peachys Road and the cattle grid at Mount have been very disruptive.

As well as maintaining our extensive network of footpaths and being successful in getting additional support to make further improvements, we've funded regular grass cutting around the Parish particularly in the Churchyard and Cemetery, as well as tried to make sure that roadside hedges and trees have been cut back when needed. Storms over the winter and more recently have unfortunately brought down trees which have been swiftly cleared, but we all need to keep an eye out for issues with our ageing hedgerows. Although we've requested animal warning signs for roads crossing Common Land in the Parish to try and slow down traffic and protect livestock, we are still waiting for a decision from CORMAC. The recent spate of fly tipping is a major cause for concern so please keep your eyes peeled and report anything suspicious to the authorities.

Council policies and procedures have been reviewed and new ones introduced to cover Safeguarding, IT, Email Protocol, Emergency Plan and Flood Risk, with more to follow. Most importantly we've launched a new Parish Council website **www.cardinhamparishcouncil.gov.uk**, replacing the previous ageing Community site, to comply with the latest Government recommendations on good practice and accessibility, and an associated email system that allows Councillors to use dedicated .gov.uk email addresses rather than their own personal ones. Please take a look for all our latest news.

The Parish Council continues to pay for the maintenance of our three Defibrillators and major Bleed Kits and has installed a replacement battery in the Littledowns unit. We've purchased four new Community Noticeboards to replace our old ones outside the Parish Hall and the School in Cardinham, in Millpool and Littledowns, using funds from our Community Infrastructure Levy, together with donations from Chris Batters, Bruce Robertson and Trago Mills. We've also made donations to the School and the Sports Club to help them with their activities.

Most recently we've received the Annual Audit Report which states that *"the authority continues to operate with integrity, transparency and a clear commitment to proper practice. The appointment of a new Clerk and the development of a new website represent significant positive steps forward, and it is evident that the Council is working hard to modernise its systems and strengthen its governance arrangements. Across all areas reviewed, the Council has maintained accurate accounting records, ensured payments are properly authorised and acted within its lawful powers. The Clerk has established sound administrative and financial processes, and Members have shown a constructive and supportive approach to governance. The publication of key documents, including audit reports and financial information, reflects a genuine commitment to openness and accountability."* Praise indeed, although we still have work to do on producing some key policies.

So your Council has been pretty busy but there's always room to do more. I'll try to keep you up to date with our activities in future Magazines but if you have any questions or ideas please let us know..

Peter Claridge

From bottle-fed foal to 120km winner



When Indus Bin Ali was born in 2014, his future was far from certain.

Bred by Rachael Claridge's parents, Jo and Peter, Indie had a difficult start in life and was rejected by his dam as a newborn foal. With no foster mare available, the Claridge family threw themselves into rearing him by hand, feeding him around the clock and giving him every chance to thrive.

Twelve years later, that same foal has just won the 120km two-day GER at Boconnoc with Rachael in the saddle. For Rachael, this result was about far more than a placing. It was a proud family moment, a milestone for a much-loved homebred horse, and a reminder of what endurance riding is all about: patience, partnership, horsemanship and knowing your horse inside out.

"Our family's bottle-fed foal and I won the 120km Boconnoc two-day this weekend," said Rachael. "I'm over the moon to get back to having an over-80km horse again, and one capable of two days too."

Across two days of beautiful but testing Cornish countryside, Rachael and Indie completed 120km at a steady 10.6kph, supported by family, crew and lifelong endurance friends. Indie also reached his 1,600km Endurance GB mileage milestone at Boconnoc, making the weekend even more special. Rachael says the reward of endurance lies in *"the bond between horse and rider"* and has a simple message for anyone wondering whether their own horse might enjoy the sport:

"Be brave and give it a go, you won't regret it."

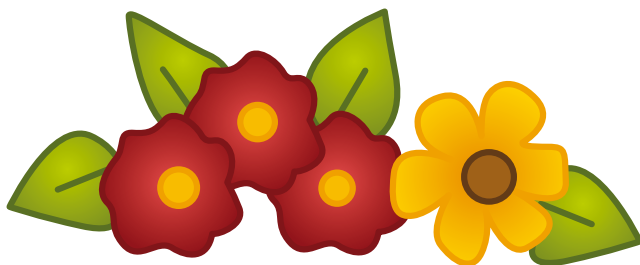
From friendly pleasure rides to multi-day challenges, endurance really is a sport where partnerships grow one mile at a time.

Read Rachael and Indie's full story here:

<https://www.endurancegb.co.uk/Cms/Spaces/NEWS/News/BottleFed+Foal+Becomes+120km+Winner+at+Boconnoc+for+Rachael+Claridge>



CARDINHAM **48th ANNUAL** **FLOWER & VEGETABLE SHOW**



Organised by
The Cardinham & District Gardening Club

2pm – 3.30pm
Saturday 5th September 2026

**Homemade Cakes, Teas,
Raffle & Plant Stall**



Adults £2
Children Free



VEGETABLES & FRUIT

CLASS (note: one entry per competitor per class)

- 1 **4 Potatoes, single variety**
- 2 **Longest Runner Bean**
- 3 **1 Squash, any variety**
- 4 **6 Shallots, white**
- 5 **3 Onions, white**
- 6 **1 Garlic, bulb**
- 7 **4 Carrots**
- 8 **6 French Beans**
- 9 **3 Beetroots**
- 10 **6 Runner Beans**
- 11 **6 Tomatoes, salad**
- 12 **4 Stems of Mixed Herbs**
- 13 **6 Cherry or Plum Tomatoes**
- 14 **1 Cucumber**
- 15 **4 Courgettes**
- 16 **4 Vegetables, assorted**
- 17 **4 Sticks of Rhubarb**
- 18 **4 Cooking Apples**
- 19 **4 Dessert Apples**
- 20 **12 Soft Fruit / Berries**



FLOWERS & PLANTS

CLASS (note: one entry per competitor per class)

- 21 **5 assorted Seed Heads (can include grasses) in a vase**
- 22 **3 Dahlias, own choice**
- 23 **Single Rose**
- 24 **1 Hydrangea Head**
- 25 **5 Stems of Annuals**
- 26 **5 Stems of assorted Herbaceous Perennials**
- 27 **5 Stems of assorted Foliage**
- 28 **Stem of Fuchsia**
- 29 **A specimen Bloom on a Single Stem**
- 30 **Container of Mixed Cacti and/or Succulents**



FLORAL ART OPEN

CLASS 31

Arrangement in Recycled Container

Overall width not exceeding 30cm/12" wide
NB Competitors must bring exhibits to the Hall complete. Lack of space makes it impossible to allow entries to be constructed in the Hall.

YOUNG PEOPLE'S COMPETITIONS

CLASS 32

A decorated jam jar

For competitors Nursery – KS1 (Reception, Years 1 & 2)

CLASS 33

as above

For competitors KS2 (Yrs 3, 4, 5 and 6)

OPEN FUN CLASS

CLASS 34

Garden in a 6 Egg Box

For competitors of all ages!



THE SARAH HOLMES CUP

CLASS 35

A Celebration of Cosmos

5 Stems of Cosmos displayed in a vase

COOKERY COMPETITION

CLASS 36

Men Baking Only – Lemon Drizzle Loaf Cake

CLASS 36A

Ladies Baking Only – Victoria Sandwich

CLASS 37

Jar of Homemade Jam

CLASS 38

Jar of Homemade Chutney

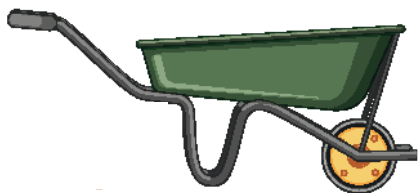
CLASS 39

Jar of Homemade Marmalade

CLASS 40

Flapjacks

For competitors aged 15 and under, who have not yet reached their 16th birthday by the day of the Show. Minimal parental help please!
To follow recipes for classes 36, 36A and 40 – please see website
<https://www.cardinhamgardenclub.wordpress.com/flower-show>



SHOW RULES



1. No Entry Fees
2. Entries must be brought to the Hall between 9.30am – 11.30am on the morning of the Show.
3. No competitor may make more than one entry per class.
4. Cardboard plates will be provided for the vegetable classes
5. Vases and containers must be provided by competitors in the flower classes.
6. Entries will be on show from 2pm – 3.30pm. Please remove all entries by 4pm. Prize giving is at 3.15pm.

7. The Gardening Club will not be responsible for any loss or damage.
8. The judges' decision are final.
9. Entries in classes 1 – 30 & 35 must have been grown by the exhibitor.
10. Entries in class 30 must have been owned by the exhibitor for at least 9 months.
11. The Hall will be closed between 11.30am – 2pm whilst judging is in progress.

PRIZE CARDS, POINTS & CUPS

Points will be awarded as follows: 5 for 1st, 3 for 2nd and 1 for 3rd.

Cups will be awarded to be held for 1 year, as follows:

PEARN Cup
BRADLEY SNOW Cup
SNOW Cup
KESTELL Cup
HUTCHISON Cup
SHEILA WORDEN Cup
SLEEP Cup
WALTER BROWN Cup
MARGARET BATE Cup
WI Cup
SARAH HOLMES Cup

Most points in Vegetable Classes 1 – 20
Best Vegetable & Fruit Exhibit in Classes 1 – 20
Best entry 4 Assorted Vegetables Class 16
Most points Flowers & Plants Classes 21 – 30
Best Floral Art Exhibit Class 31
Best Men Only Baking Class 36
Most points won by a Gardening Club member
Best entry in Aged 9 and Under Class 32
Best entry in 15 & Under Young People Class 33
Best entry in Fun Class 34
Best entry in Class 35



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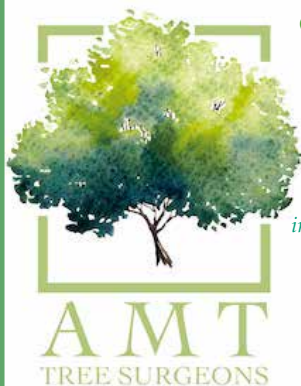
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The Kerdroya Story... (continued)

What's the story so far?

Throughout the summer of 2019, local master hedgers worked with community groups and schools to pass on knowledge and skills to create a diverse team of 'Hedge Stewards'. We repaired 12 sections of Cornish Hedge in 12 areas of Cornwall, ran 12 Hedging Taster Days, delivered 12 Community Lectures and nurtured 360 primary school Hedge Stewards.

In Spring 2020, under the radar, we completed the groundwork and set the grounders so that the footprint of Cornwall is visible from above. We rallied 35 volunteers, 2 horses and 1 sledge to salvage 20 tons of previously drowned granite from the shoreline of the reservoir, as captured by Channel 4's 'Devon & Cornwall'.

In 2021 we made a start on the challenging, tightly-curved section at the Labyrinth's entrance. We've trained 4 young Kickstart Apprentices and we ran the first season of the 'Outdoor University of Cornish Hedging', delivering 167 days of training for 54 participants.

We delivered 3 more Community Lectures, provided free transport to take 26 families on free story telling walks and hosted 10 primary school visits to the site, where 433 primary school children created and buried 10 Cultural Treasure time capsules. We even found time to talk to The Guardian about the project.



Over the summer of 2022 we hosted training days for almost 40 young construction students, provided training for 16 passionate volunteers from Cornish organisations who'll be taking their new-found knowledge back to their own sites and hosted preview events for some of our Hedge Pledge supporters. We secured additional funding from the National Lottery Heritage Fund and appointed a contractor to begin work on the main construction phase in Spring 2023.

Work began on site in May 2023 and slowly but surely Kerdroya came into existence; there are now 445m of full-height Cornish Hedges across the 'land' area of the map of Cornwall and around the perimeter of the labyrinth. However, there are 355m of earth-bund (across the 'sea' area of the map of Cornwall) that remain, as yet, unhedged. For the next phase we now need to raise more money to stone hedge these earth bunds and to safeguard the integrity of the pathway. We also wish to build a 'viewing mound' directly to the South of the labyrinth.

Testimonials

"The Kerdroya project is an inspired piece of conservation that combines art, craft and the natural world – as the Cornish hedges themselves do. They are one of Cornwall's great unsung wonders, and they are in need of attention. After a day jigsawing stones out on the cliff with a master hedger, I'm going home to try and repair my own."

-Philip Marsden, Author

"Just to say how much our pupils have enjoyed working on this amazing Cornish hedge project. Thank you very much – events like this add real diversity and value to our curriculum!"

-Ms Talbot, Grade-Ruan School



What is it?



Have you ever noticed the peculiar structure at the end of the platform at Bodmin Parkway station?

As you walk along the platform, heading for the car park, there it stands...but?

Back 26 years ago, this 'thing' was installed along with over another thousand throughout the country in recognition of the 'millenium'.... do you remember that's when we were told all our computers were going to go bang!

Made of cast-iron these way-point sculptures not only celebrated the year 2,000 but marked the creation of the National Cycle network. The Royal Bank of Scotland funded the initiative and the 1.5m high structures were designed as navigation aid and celebrated pieces of public art. There are four different designs and this one was created by a Scottish artist, Iain McColl.

This particular milepost heralds the route, from the station along the coach road, where it joins the National Cycle Network 3 near Lanhydrock. This post is shown as being 3 miles from Lanhydrock and 83 from Lands End. There are several dotted around in Cornwall, originally 12 but some were re-positioned in 2004... there was one on the Camel Trail near Wadebridge but it appears to have disappeared! Apparently it became unsafe and was 'taken away'...I know no more !

Interestingly, most mileposts feature an embedded coded puzzle. There are 60 unique disk designs scattered nationwide forming the Millenium Time Trail. For further details on this, or to discover more about these Millenium Mileposts go to to: www.walkwheelcycletrust.co.uk oh, yes, don't forget when you're next at the station ...have a look!



Richard Sutton



WARLEGGAN YFC

As I write this month's update, club members are putting the finishing touches to preparations for the annual **County YFC Rally**, taking place at Trezare Farm, Fowey, on Saturday 25th July. This fantastic event gives members the chance to compete in a range of activities, including handicrafts, cookery, photography and team challenges. I hope they all enjoyed a wonderful day, learned new skills and strengthened friendships.

Recent Monday evening club nights have included another multi-club evening with Liskeard and Lostwithiel on the greasy pole, as well as a visit to **BrewBox** at Respryn, where members learned about the business, tried their hand at being baristas and created coffee art.

Thanks to the hard work and dedication of last year's president and advisory team, club members enjoyed an away day at **Woodlands**. They had a superb time on the rides and even in the soft play area, giving the older members a chance to feel young again.

The programme for the next few months is action-packed, with a farm walk at the county chairman's **dairy farm and a boat trip from Looe** on 10th August. They hope to fill the boat, so if you would like to join them, please speak to club chairman Harry.

September will include business meetings and surprise evenings arranged by the boys for the girls, ahead of the **Annual General Meeting** on 5th October at Mount Jubilee Hall.

After getting to know many of these young adults during my past 12 months as club president, and previously as an advisory member, I am very proud to see the club continue to welcome new faces. The older members do their best to encourage others and share the true YFC experience. Taking on roles such as chairman, secretary, treasurer and committee member at just 19 or 20 is not easy, but this year's team has worked hard to guide, support and listen to everyone's views. Learning to consider different opinions when you feel strongly about your own is an important skill, and the team has done its best throughout the year.

For more information, find us on Facebook: **Warleggan Young Farmers Club**.

Email: warlegganyfc@gmail.com

Phone: Harry, club chairman on **07596 575241**

CARDYNHAM CHURCH

It is lovely at St Meubred's church when it is full of pupils from Cardinham School at Harvest, at Christmas and most recently, learning about Easter. They heard the Easter story from Rev John Hereward. They made Easter gardens, a simple version of Da Vinci's Last Supper and Easter cards. It made me think about all the children over so many centuries who have come to this church. When most people travelled to church on foot, it must have been easier to leave smaller children behind, maybe with older siblings or grandparents. But small children did go to church. Parishioners at Wymondham and Kerby Bellars in Leicestershire complained in 1519 that *"children there make a noise indecently so that it is hard to hear divine service."*



Young boys helped with the ceremonies carrying candles, holy water and incense. On 6th December, St Nicholas day, or 28th Holy Innocents Day, a boy bishop was chosen from these boys. He and the other boys took over services, then toured the parish collecting food and money.

The Reformation in the 16th century changed all that. There were no candles, holy water or incense. Boy bishops were forbidden in 1541. One custom remained, at weddings brides were escorted into church by two young boys dressed like angels. Maybe that's a custom ripe for revival.

Not all congregations find children disruptive. When I brought my baby and toddler to Cardinham many years ago, an older congregation member took me aside. *"Don't you worry about what your children do,"* she said, *"they're much more entertaining than the vicar!"* Now an older congregation member myself, I've made a point of giving the same advice to any mothers of small children in church!

We are delighted that, with National Lottery Heritage Fund help, we can start on repairing our tower. We hope you enjoyed our Tower open day on Sunday 19th July and look forward to welcoming all ages to enjoy our church.

Ann Kerridge

100 Years of the Campaign to Protect Rural England Open Garden Event

As part of our Cornwall Centenary events I am hosting an **Open Garden and Cream Tea** afternoon Sunday September 13th from 2 -5pm at Millpool Grange, Millpool PL30 4HZ. We have been protecting the Countryside and Coast for 100 years. We are a small independent charity campaigning on planning, conservation and environmental issues in Cornwall. We rely almost solely on volunteers and membership and it would be wonderful if you could find the time to come along and learn more about what we do. Entrance is £5 to include a cream tea. Well behaved dogs are welcome (on a lead) as there a wildfowl. **Jenny Cruse**

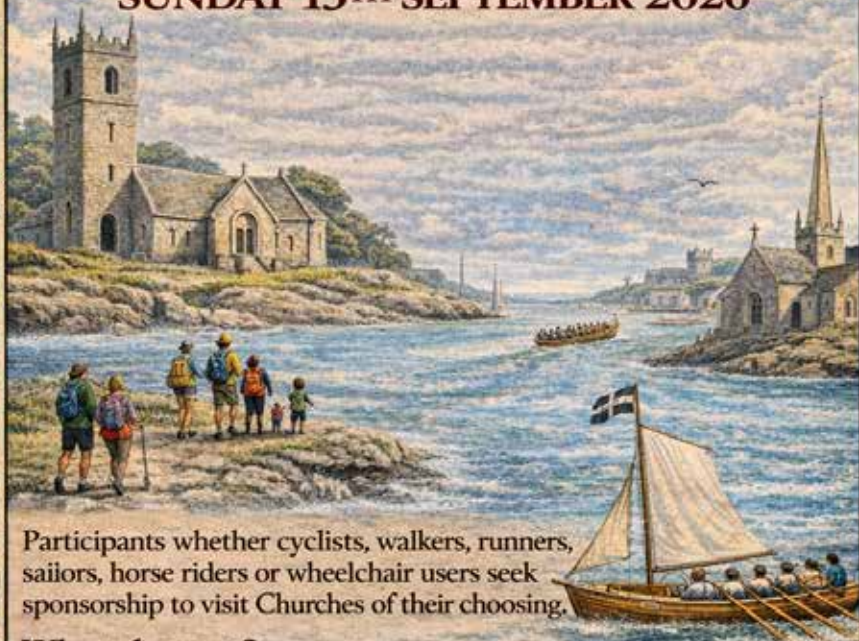
Ride, Stride & Sail

Cornwall Historic Churches Trust

Registered Charity Number 218340

◆ A County-Wide Fundraising Event ◆

**SATURDAY 12TH &
SUNDAY 13TH SEPTEMBER 2026**



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The remainder supports grants for the repair and preservation of historic churches across Cornwall



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REGULAR EVENTS

DATE	WHEN	EVENT	WHERE
Monday	7.30pm	Warleggan Young Farmers' Club	JHM
Monday	7.15pm	Millpool Chorale Practice	CRM
Tuesday	11.45-12.45pm	Pilates Mixed Ability Class	JHM
Tue (1st in month)	2.30pm	Book Club (821208)	CRM
Tue (3rd in month)	7.30pm	Parish Council Meeting	CPH
Tue (last in month)	10.30am	Millpool Coffee Morning & Book Swap	CRM
Wed (2nd in month)	2.30-4.30pm	Crafternoon	CRM
Wed (4th in month)	7.30pm	Warleggan History Group	JHM
Thur	7.00pm	Bell Ringing	St. Meubred's
Thur	10-11 am	Pilates	CPH
Thur (1st in month)	2.30-4pm	Tea Party & Chat	CPH
Thur (3rd in month)	12.45pm	Helpline Lunch	CPH
Thur (last in month)	All day	Pensioners 10% Discount	Trago
Fri (term time only)	9.15-11.15am	Little Fawns Toddler Group	CPH
Sat (1st in month)	7.30-10.30pm	Pop Up Pub Night	CPH
Sat (last every month)	9am-3pm	Farmers Market , Mount Folly	Bodmin
Sun (1st in month)	10.45am-12	KIDZ CLUB	CRM
Sun	10.30am	Table Tennis (821409)	JHM

CRM = THE COMMUNITY ROOM, MILLPOOL METHODIST CHURCH

CPH = CARDINHAM PARISH HALL, JHM = JUBILEE HALL MOUNT

We're introducing an online calendar which contains the main events that are happening in the Parish and surrounding area. It can be accessed by scanning the QR code or by following the web link. Hopefully you'll find it useful and can download those events you're interested in to your own calendar. If you have any comments or any dates you'd like to add please let Peter Claridge know by emailing cardinhameditor@gmail.com

<https://calendar.google.com/calendar/embed?src=a3b9771185adf781028de1b59127fa4b2ede66b4fa2a5e45b3d6497f809868ca%40group.calendar.google.com&ctz=Europe%2FLondon>



Please check village notice boards, emails and organisers for details.

If you have an event you would like us to publicise send details to cmcmag@outlook.com