BODMIN WAY

NEWSLETTER NOVEMBER 2020



Why not visit us online @ www.bodminway.org



WALKING, RUNNING AND CYCLING

WEAR IT PINK

The Bodmin Way supported the research and care charity 'Breast Cancer Now' in October. Teams of six were invited to run, walk or stroll a route from St Petroc's Church to Bodmin Beacon Local Nature Reserve on the 23rd of October.

With the aim of making the event COVIDsecure, each team was allocated their own departure time, given a copy of the route and an alternative route back!

To join in and show their support, for a cause that is so close to their hearts, Charlotte, Claire, Sara, Emily, Chloe,

FREE GUIDED CYCLE RIDES

SATURDAYS: 7TH AND 21ST NOVEMBER

2PM SCARLETT'S WELL ROAD CAR PARK
(OPPOSITE/DOWN FROM BODMIN JAIL)

GET BACK ON
YOUR BIKE!

4 mile round trip along the Camel Trail
1/5th of The Bodmin Way

Focusing on people who haven't been on their bive
for a white but would like to enjoy its benefits again.

Book your free place at info@bodminway.org
or 07713 288 340.

HIGH TOUR BIKE!

WEED TO HERE ARE COME TO HERE THE CHILDREN MIGHT BE WITH AN ADULT.

WEED TO HIRE ARE COME.

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BUD MIN WAY.ORG / INFO@BODMINWAY.ORG

Sophie and two doggies associated with 'Lanivet and District Under Fives', walked on Thursday 15th October. Dressed in pink they started at Lanivet preschool and ended up at Lanivet Church.

A 'Just Giving' page

www.justgiving.com/fundraising/bodmin-way is available for donations. There's still time for anyone to donate!



Welcome to Your Bodmin Way Newsletter

In November, we remember. On the 1st we recall those who have died in the past year. On the 5th we continue to torment Guy Fawkes for his treachery. On the 8th and 11th we mark the huge loss of life in our past wars and conflicts.

Sadly, there will be no fireworks or public gatherings this year. Nevertheless, we shall not forget. Small-scale ceremonies are planned for Remembrance Sunday. The familiar pattern of wreath-laying will honour those who gave their lives for the sake of our nation.

It is painful to miss such an important occasion. But those who fought and died did so to protect us. And it would in keeping with their sacrifice that we protect each other amidst this crisis. The Royal British Legion has several

suggestions on its website about how to mark this occasion in our homes. (https://www.britishlegion.org.uk/)

We do not yet have the luxury of remembering our present crisis as our history. We are in the thick of it. We no doubt recognise, especially this year, how valuable is our peace and security.

Revd Paul Holley Team Rector, Bodmin Team Ministry



Bodmin Way is the social enterprise created by the Bodmin Team Ministry, including St. Petroc's and the parishes of Lanivet, Cardinham, Nanstallon and Lanhydrock.



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www.Facebook.com/Bodminway





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ALL THE BEAUTIFUL THINGS

Bodmin residents were invited to contribute writings, drawings, and ideas into an interactive story about Bodmin as part of a new art project. The story will be shared as an online 'Twine' game, where what starts out as an ordinary walk from St Petroc's to the Beacon, turns into an obstacle course of extraordinary events.

The project, commissioned by intoBodmin, is being made by artist collective Blind Ditch, who have been producing art and live events with different communities across the South West for nearly twenty years. Back in February the company invited local residents to take them on a tour of the high street, pointing places of personal interest and value to them. 'We were impressed by the amount of extraordinary things that have happened in Bodmin through history that a walk up the high street reveals,' said Blind Ditch artist Paula Crutchlow. 'Our tour guides were also really passionate about the town as a place of community spirit and potential. We decided that the project

theme should be All the Beautiful Things of Bodmin - things that exist already, or that we imagine could happen in Bodmin.

Lockdown delayed the project and put a stop to plans for face to face workshops, but the company have adapted and taken the creativity online. Using their research, they made a guiz about 'Beautiful Bodmin' which was a bit of fun. and also to find out what people feel about their town to add into the story plot. Blind Ditch artist Volkhardt Mueller has been running free drawing workshops via video link, and Bodmin residents can also view 12 different creative writing activities on video on their web page www.intobodmin.co.uk/beautifulthings. To take part in any of the creative activities, Blind Ditch encourage people to send all their contributions by 30th October to make it into the final work. The final online story will be revealed on the intoBodmin website before Christmas



CELEBRATING SUCCESS

CALLYWITH STUDENTS CELEBRATE EXCELLENT RESULTS

At the end of the most unusual academic year that saw Callywith College being designated Ofsted Outstanding, ranked best performing college in England, move the entire college community online and end with no exams or assessments due to the Covid-19 pandemic, the College's A Level and Extended Diploma students have achieved some excellent results. Callywith College Principal Jon Grey said: "We are so proud of the achievements of all of our students with exam grades being just one part of their development. The way staff and students have responded to the additional challenges presented by Covid-19 has been truly remarkable. Our students have shown real resilience, determination and strength to pursue their ambitions and should be proud of their achievements. Despite the unusual feel to results day, the vast majority of our UCAS applicants have



successfully gained entry to their firstchoice institutions and it is a privilege to share their pride for these achievements and the excitement they have for their futures."

Callywith student Abi Kaye achieved straight A*s in Maths, Further Maths, Chemistry and Physics A Levels and is going on to study Physics at Durham University.

Abi, who is considering a doctorate and going into scientific research after her degree, spoke of how she is feeling about her results and her time at Callywith: "I'm really happy and mostly relieved. I'm just glad I've been accepted by my first-choice university, and it's nice to see that my hard work whilst studying at Callywith has paid off! All of my lecturers at Callywith have been unbelievably supportive from day one, including with my UCAS application, exam/revision advice and they remained in contact throughout lockdown."

For prospective students wanting to discover more about Callywith College from the comfort of their own home, the College will be holding a Virtual Open Day on Saturday 14th November, 10am-3pm providing the opportunity to take a 3D virtual tour and talk to teaching and support staff online during the day.

Applications for September 2021 are now open. Visit www.callywith.ac.uk to find out more and apply.

GOLDEN OLDIES

The 'Bodmin Golden Oldies' FaceBook group had grown to over 3000 members by the middle of September and continues to be a source of history and amusement. Here is one story...

For those who like movies the left-hand picture shows the Palace Cinema in Fore Street first opened in 1911 as the Picture Cinema. The front was demolished in

1988 and it is now the Cornwall Hospice Care charity shop. Anne Hampton commented 'We used to play Bingo in there as well as see films, that was back 50 odd years ago'. A brief history is provided at

http://cinematreasures.org/theaters/41060 The right-hand picture shows the entrance to the fantastic new cinema.









BODMIN OLD CORNWALL SOCIETY

CASTLE CANYKE HILL FORT

The picture of Castle Canyke hill fort shown was taken in 1949. Just look at all the green fields!

Today it is next to the roundabout for the A30 & A38 at Bodmin. This massive Iron Age defensive settlement is approximately 400m in diameter, with a bank & ditch (most visible on the SW side) around it.

It is Cornwall's largest Iron Age hill fort and there is a small modern farm building at the centre. Walls and hedges that run from this building split the fort into four roughly equal fields.



There is a possible Arthurian connection, and a later historical connection which make this site important for the Cornish nation.

- The site is a possible candidate for Kelliwic (Celliwig), Arthur's court in "Culhwch and Olwen" and the Welsh Triads. Callywith Wood is located about a mile to the Northeast.
- The fort is also the site where Cornish forces mustered for the Anglo-Cornish
 War of 1549. Nine hundred Cornishmen were subsequently executed in what
 has been described as "a bloodbath and the most heinous crime ever
 committed on British soil"
- In 1956 the Old Cornwall Societies held their Annual Gorsedd at Castle Canyke.

BODMIN WAY FUNDS DAY CENTRE

Caring for others is at the heart of Christianity which teaches love for God and our neighbour. St Petroc's Church can now focus its efforts on supporting people, especially those in their later years, with a day centre/café, due to the funding it has strived for and received. It is a café with a difference! Besides serving hot drinks and freshly made soup, there is an area for the 'Crochet & Knitting Friendship Group', a place for 'private prayer', a 'shop' selling gifts and beautiful handcrafted cards and an 'exercise zone'!

After lunch 'seated exercise' starts. Adie Dove, Founder/Director KBSK Performing Arts CIC (a dance community service in Bodmin currently reaching out to 90 young people) gets us moving with her dance routines to an Elvis Presley number! Everyone gets stuck in, with arms high and feet tapping. It's something new to us and is part of Adie's 'Kickback Intergeneration Project'. This project's funding enables Adie to lead the dance at

the day centre. One 'dancer' exclaimed, "That got us going!" A stroll around Priory Park or a final cuppa at the café finishes the day.

The cafe is flexible, welcoming some to stay all day with others popping in for a drink, a chat and off. It is great to sit in a little bubble, feel safe and enjoy a good chat in a spacious and special venue.

One lady shared, "I haven't been out since March. I was apprehensive about coming out today, but I feel safe here. I would love to come every week. I like being able to talk to people."

This would not be viable without the funding Bodmin Way has secured. The day centre is set to run every Wednesday 10.30am to 2.30pm until the end of November, when it stops for the Christmas Tree Festival. There are plans for the day centre to continue in the new year.





Opening Times: Thursday, Friday & Saturday 10am to 4pm

We thank NHS and all key workers Bodmin please Stay Alert & Safe

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matt@kernow-accounting.co.uk

or call 07715289428

CHURCH NEWS

TWO BISHOPS IN BODMIN AND PLENTY OF PRIESTS

If you went past St Petroc's Church on Friday 25th September, you might have seen many priests, socially distanced, having their photos taken outside the west door! Over three days, nineteen people of all ages and backgrounds, were ordained – eleven as priests and eight as deacons – at special services shared between St Petroc's Church and Truro Cathedral.

Ordination is a significant moment for these ministers, as they dedicate their lives to serving God by loving their communities and sharing the message of hope and love to be found in Jesus. It is also an important time for the churches where they serve, as the congregation promises to pray for and support their new priest in their ministry. Claire, who is curate in the Bodmin Team churches, will stay in the team for several years more and can now be more fully involved in all aspects of worship, such as leading Communion services and taking weddings and baptisms.

Since arriving in summer 2019, Claire says she is loving life and ministry in this part of north Cornwall:

"Bodmin and the area around it is such an exciting place to be – full of talented, creative people loving their neighbours and going the extra mile. As churches, we really want to bless our town and villages in Jesus' name, and even in these tough times, I'm excited about the many ways we can do that."

You can find out more about the different kinds of ministries in the Church of England on the Diocese of Truro's website: trurodiocese.org.uk



Picture at the Ordination of Priests at St Petroc's Church Bodmin on Friday 25th September 2020

Front row, left to right: the Reverend Lee Chantler, the Reverend Claire Jones. the Reverend Rose Jones.

Back row, left to right: the Right Reverend Hugh Nelson (Bishop of St Germans), the Right Reverend Philip Mounstephen (Bishop of Truro).

CHRISTMAS TREE FESTIVAL

St. Petroc's is determined to lay on its annual Christmas Tree Festival. The trees will be fewer and more distanced so that we can have a Covid-secure tour of them. The festival will open on the 2nd December and run through until the 27th.

In the first 10 days we shall have some food and Christmas goods for sale. After that, the church will provide a creative alternative to the run of Christmas carol services. Look out for details in the December edition of this newsletter



STARTING OUT WITH START

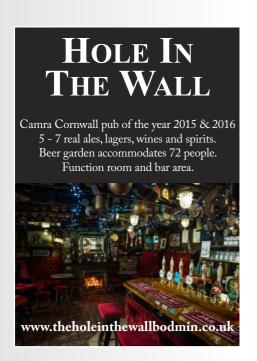
Lots of people have found themselves considering faith for the first time, or perhaps in a new way, over this unsettled year. Whatever you believe, life's big questions can be tricky to think about alone. That is why a mixed group of people, from youngsters with their parents, to those with a little more life experience, have been meeting regularly online this autumn.

Following the nationally acclaimed Start course, we've enjoyed an hour a week together with light hearted video clips to get us chatting, and simple activities to help us reflect on questions like, "Why is the world such a mess?", "Why did Jesus come?" and "What do I want most from my life?" Friendships have been formed

and much laughter shared, as we have made better sense of life, God and the journey we're all on.

If you'd like to join the next Start course, which could be online or in person, get in touch with Barbara Brittain (barbarabrittain212@gmail.com) or Claire Jones (revclairejones@gmail.com)







Self Catering Cottages Castle Canyke Road, Bodmin

Six self catering cottages accommodating between 2 and 7 persons (28 in total).

Excellent for holidays, short breaks, family celebrations or somewhere special for your extra guests.

Children's play area and games room.

More details on our website at www.coldharbourfarmcottages.co.uk or call Michael or Eileen on 01208 74201



CONSERVATION

HELP OUR BUTTERFLIES

This summer organisations like EDEN, The NATIONAL TRUST, and HELIGAN planted wildflowers that all contributed to enabling butterflies and moths to thrive. BUT.....

Nature is in crisis. Play your part to protect our planet.

Butterflies and moths are sensitive indicators of the health of our environment. We are calling on you to #BeYourOwnButterflyEffect and make changes in your life. From how you eat, shop, garden and even enjoy nature itself, discover how you can make a difference

https://butterfly-conservation.org/be-the-butterfly-effect

iRecord Butterflies is a free app that will guide you through the identification of any butterfly that you see in the UK and allow you to add your sighting to millions of other valuable records that inform the work of Butterfly Conservation



HEDGEHOGS ARE DISAPPEARING

You can probably remember when they were a familiar sight at night in gardens and hedgerows but that is a fast-fading memory, as hedgehog numbers have halved in the countryside in the last 20 years alone. To reverse this rapid decline Cornwall Wildlife Trust have launched an appeal to raise £25,000 to fund vital research, education, and lobbying work

and coordinate hedgehog-saving, countywide conservation action. https://www.cornwallwildlifetrust.org.uk/

PRICKLES AND PAWS

Learn how to attract, rescue or get involved on the Prickles and Paws Hedgehog Rescue website – your local Hogspital.

https://www.pricklesandpaws.org Call: 01637 831299

Donations and the purchase of gifts, crafts, sponsorship packs and clothing help our hogs!

SOCIAL MEDIA ENABLING LOCAL BUSINESS

Social media has become a major resource to businesses, especially in the retail sector, it is a cost-effective way to advertise and get your business name out there. Here is a great example:

Martin & Budge Menswear has been trading in Bodmin for 53 years, but the business has had to evolve over this time to keep current. Around 2 ½ years ago we started our social media presence on Facebook and Instagram. Our followers have steadily increased over this time and we have attracted new customers from far and wide.

We have used the platforms to introduce people to what we do, from the clothes we sell, to the day to day goings on in the shop, including all the services we provide. This has grown our customer base noticeably and also allowed us to introduce the world to Denzel, the Cornish Turnip. Denzel's tales allow us to add some fun (and hopefully) some laughter to our page.



We also share a lot of posts on Bodmin's community events and

other businesses posts. By liking and sharing a business' post, you are reaching a wider community and allowing customers to see what they have to offer.

The businesses of Bodmin, are working together to help each other during these difficult times, the town has some amazing owners and staff, who are all working hard in the shops, they offer some of the best products and services, that you can find on any high street.

You can help support the town's businesses by finding them on social media, like them, follow them, and every now and then give one of their posts a share. Thank you from all the towns businesses and we hope you keep supporting local in any way you can.

Shop local, eat local, support local, enjoy local #lovebodmin

AN ALTERNATIVE HARVEST

In the strange times we live in how can we celebrate the harvest? Revd Elaine's cracking idea was to encourage children to understand where food comes from, summer or winter, and to comprehend food poverty and the foodbank. She found schools in Nanstallon, Lanivet, St Petroc's and Bodmin



College had growing space as well as the community garden on the Kinsman estate. Funding from the National Lottery and invaluable support, advice and gifts from Mark at Bodmin Nursery enabled seeds, plants, compost and pots to be delivered in mid-October. Children have started planting to show that you can grow things in the winter. They will tend to them and watch for the broad beans, cabbages, peas, rhubarb, and others to grow.

benefited from the donations which filled their van to capacity. The church was decorated with flowers and plants which were taken and very much appreciated by our friends who are housebound. Cash donations were given to either buy more consumables or to help the Foodbank in their move to larger premises which will allow them to also store furniture until it is supplied to those in need.

Thank you also to everyone who supplies used postage stamps for the Leprosy Mission. Stamps of all descriptions UK and Overseas, postcards, coins and banknotes from any country are also very welcome. It takes seconds to rescue a used stamp from an envelope destined for the recycling bin but, by doing so, healthcare and opportunities can be given to those who need them the very most.

A GREAT BIG THANK YOU

To the staff, parents and pupils of St. Petroc's Church of England Primary School and the church congregation for a huge amount of food and toiletries donated for our uplifting harvest service on 4th October. The Foodbank

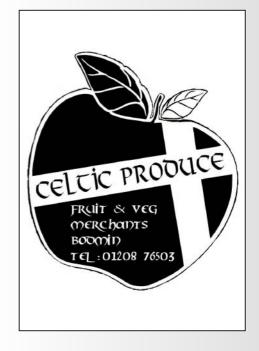


As the second-hand book sales in St. Petroc's Church, which support the Anglican Church in Peru, have not been available since lock down in March,

contributions have come only from generous people who have saved small coins. The fund is within a few pence of £100 and will be put to very good use by the church in Peru.







SUPPORTING SMALL BUSINESSES

Mollie's Designs is an independent local business selling an array of children's accessories. They also pride themselves on supporting their local



community and charities big and small. This Christmas they are once again donating their lovely handmade bows and donations to nominated families, children's services for disadvantaged children, KSBK and the local foodbank. If anyone would like to nominate a group, family or local charity for a surprise Christmas gift, or to donate gifts for the Christmas bags please contact Mollie's Designs on Facebook or via Instagram.





On Mary's website

https://www.patchworkdreamer.co.uk or by following her on FaceBook, Instagram, Twitter or Pinterest you will find a wealth of goodies that you can buy by visiting or online.

This is what Mary had to say "Here at Patchwork Dreamer you will find fabrics that are a little bit different. We have lots of lovely 100% cotton fabrics, Kona solids in the full spectrum of colours. I cherry pick lines from Timeless Treasures, Benartex, RJR Fabrics and many more. Classes and workshops with just one or two students take place most days. Take a look on the website or call in for more information."



FUNDING FOR LOCAL ATTRACTIONS

Three of Bodmin's main attractions are the successful recipients of funding in the Department for Digital, Culture, Media and Sport's first wave of Culture Recovery Fund for Heritage grants.

An award of £260,000 has secured the future of the **Bodmin and Wenford Railway**, one of Cornwall's most popular heritage attractions, which had up to now been hanging in the balance.

The **Bodmin Jail Museum** has been awarded £202,000 and they are equally delighted.

Our church at **St Petroc's** has been given £25,000 so that they can continue to be here for you and #HereForCulture. Businesses have been hit hard by the effects of Covid-19. These grants range from giving skilled craft workers the chance to keep their trades alive to helping heritage organisations pay the bills, and to kick-starting repair works at our best-loved historic sites.

Bodmin Keep has also been awarded money from the Government through a different fund.

Mary Godwin, Director of Bodmin Keep said "The funding will make a huge difference to our sustainability in these unprecedented times, helping us to improve digital access and build our profile with the community, as well as supporting vital core costs".



BODMIN FUNERAL SERVICES

'Pricing Transparency and Independent Regulation of the Funeral Industry'

Earlier this year an investigation into the funeral market by the CMA (Competitions and Market Authority) focused on how the public purchase a funeral following the death of a loved one. At a time when they are at their most vulnerable it is important they feel confident that the service is appropriate and pricing reasonable.

The study identified several issues, one being price transparency which is not provided consistently across the sector and in a way which would allow people to compare costs involved. The investigation revealed less than half of funeral directors included cost information on their websites.

"The CMA has provisionally decided that, in the short term, it will require all funeral directors and crematoria to provide customers with information on, and the prices of, the various services and packages they offer. This will go a long way to ensuring people have easily accessible information on services and costs to help them decide which type of funeral arrangement they require."

On our Bodmin Funeral Services website we provide information on our services and a breakdown of prices very clearly.

Angus feels **all** funeral directors have a responsibility to align prices with what is fair and reasonable and to make transparency within pricing and product information readily available in easy-to-read formats. The last thing a bereaved family need is the added despair caused by a fear of funeral costs and unnecessary confusion. He would welcome an independent regulator to inspect and monitor the quality of funeral director services as well as a registration regime, similar to that piloted in his homeland, Scotland.

"It is with great disappointment that due to the Covid-19 crisis the CMA are not going ahead with their recommendations, however I am hopeful that the reforms required will be addressed once the pandemic allows." Angus Mackinnon



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