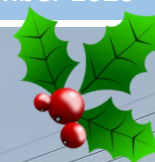




Connect

Carnon Downs, Devoran, Feock
and Point & Penpol



Carnon Downs in the snow 2018



Welcome to the Christmas issue of the Parish Council's Newsletter

Hello and welcome to the latest newsletter. There has been so much going on since our last edition, I hope you have found the newsletter helpful and this has kept you up to date. If you want to know more about any item, just follow the link to our website to read more, or phone the Parish Council Office or follow us on Facebook, Instagram or Twitter.

As we are now into the Winter months the Parish Council is often asked about leaf clearing, fallen trees, road-path gritting etc. please find details on who to contact about addressing these matters further on in this newsletter. Just a reminder the parish council also has several gritting bins around the parish which will have grit for your use in the event you need to grit your entrance pathways please do help yourself. If you see any gritting bins empty please contact the Parish Office.

COVID-19 support continues if you need assistance with shopping, collecting prescriptions, a lift to the Doctors or to receive your COVID vaccines etc. or just someone to talk too please contact the parish offices if you are vulnerable, isolating or know of someone who requires support.

It is great news that a COVID-19 vaccine has finally arrived I would encourage everyone who is offered to take it. As we enter the festive period we must spare a thought for those vulnerable individuals who may be lonely, therefore I would encourage any individual to check on a neighbour if you know they may be alone this festive period, this can be by way of a phone call or other appropriate social distancing method.

Remember children, Father Christmas has a special pass so will still be able to deliver Christmas presents!

Finally I would like to say 2020 has been a very difficult year for everyone, I am sure like me, we all expect 2021 to be a much brighter landscape and with that in mind I wish you all a very Merry Christmas and a happy new year.

Paul Lightfoot, Chairman, Feock Parish Council Email: lightfootuk00@aol.com



Christmas isn't cancelled!

The following Christmas events are still happening this year — please note though that events will only go ahead if the Covid regulations at the time permit and be held in accordance with Covid restrictions in place.

Penpoll Methodist Church

Christmas Eve, 7.00 to 7.45pm Communion Service led by Revd Mark Liddicoat, booking essential via Irene Pooley 865803. *A later time will be added if necessary to ensure we can accommodate everyone who wishes to attend.*

Carnon Downs Methodist Hall

Sunday 20th December, 10.30am—Carol Service

Monday 21st December, 10.30 to 11am — A special live puppet show for younger children — booking essential 07835515283 or 07799577584

Thursday 24th December, 10.30am — Community Coffee time with mince pies

No service Christmas Day but Holy Communion Sunday 27th at 10.30am

Please check their Facebook page for further details www.facebook.com/carnondownsmethodist/

Devoran Methodist Chapel

Sunday 20th December, 10.30am — Christmas Service, Revd Mark Liddicoat, Superintendent Minister for the Truro circuit, will lead the service.

Under present restrictions we can only accommodate 24 people in the chapel but will welcome visitors

St John & St Petroc Church, Devoran

Friday 18th December to Sunday 20th December, 10am until 3pm — Messy Church Christmas Sheep Trail - map and details can be picked up from St John & St Petroc's Church porch

Sunday 20th December, 10am, - Holy Communion - Jonathan Rowe

3.00 — 4.00pm Outside Devoran Village Hall - Messy Church - Special treat for lists of sheep!

Christmas Eve, 3.30pm - Outdoor Crib Service - Anne Ramsden

Christmas Eve, 8pm - Holy Communion - Jonathan Rowe

Please see notices for more information or contact Anne Ramsden on anne@sabre146.co.uk or 01872 864049

St Feock Church

Sunday 20th December, 10am Service of the Word - Jane Darlington

Christmas Day, 10am — Holy Communion - Jonathan Rowe

Carnon Downs Community Association

Friday 18th December—Santa will be visiting Carnon Downs on the evening of Friday 18th December, look out for him from your homes and gardens and give him a wave! the route and approximate times are on the Community Associations Facebook page www.facebook.com/carnondownsvillage/ and later in this newsletter.



Come and join our Sheep Trail

The sheep will be around the village of Devoran from Friday 18th Dec at 10.00 to Sunday 20th Dec at 15.00.



Over the weekend follow the map to see where the sheep are and write their names down on the form.

Come to Devoran Village Hall between 15.00 and 16.00 on Sunday 20th to get a bag of Messy Church crafts.

Bring your completed list of sheep names or however many you have found to get a little extra treat.

Colour in the picture and read the story

This is a family activity,

Please take your parents with you because there are roads to cross and we want to keep you safe.

Maps can be found in the church porch and in the Parish office.

Carnon Downs Santa Doorstep Wave!

Friday 18th December



As sadly the Christmas Village Lights Switch on evening with Santa's Grotto were not able to be held this year due to Covid, Carnon Downs Community Association have arranged with Green's Driving School Cornwall - Mr G's to bring Santa to Carnon Downs on Friday 18th December.

Please listen out for the bells and look out for him from your homes! The route and approximate times are below:

5.30pm - 5.45pm

Upper Forth Coth
The Forge Estate
Gig Lane
Point Rd (New build development)
Tregye Rd (Point Rd crossroads towards village)
Park View Close

5.45pm - 6pm

Village Hall bus stop
Forth Coth lower
Carnon Crescent Estate
Old Carnon Hill

6pm - 6.15pm

Mount Agar Road
Trelawne Road
Trelawne Close
Smithy Lane
Parkencreeg
Knights Meadows

6.15pm - 6.30pm

Pengelly Meadows/Trevince Road
Parc-An-Gwarry
Manse Road
Forth Noweth
Cowling Road
Valley Lane
Woon Lane, Stretyn

6.30pm - 6.45pm

Quenchwell Road (From Forth Noweth up to Forth Coth)
Bisroe Road
Knights Meadow
Smithy Lane
Forth Coth upwards



On Christmas Eve at 6pm it's been suggested that we all go outside to our doorsteps & ring a bell for 2 minutes to spread Christmas spirit and to help Santa fly his sleigh.

After a tough year it would be an amazing memory for the kids & communities. Ending 2020 with a sparkle of magic, hope & togetherness.

Planning & Parish Council meetings

Planning Applications

Due to the current restrictions, we are currently unable to hold planning meetings as the office is not large enough to socially distance Councillors and members of the public. Consultee comments are being agreed by a process that we hope still gives residents the opportunity to inform Parish Councillors of their views on applications.



Planning applications received from Cornwall Council for the Parish Council to comment on are shown on the 'Current Planning Applications' page of the Parish Council's website - www.feockpc.com/current-planning-applications. They are also published on our Facebook page.

If you have views on any of these applications that you would like Parish Councillors to be aware of before they agree and submit their consultee comment to Cornwall Council please make them in writing in an email to the Assistant Clerk, debbie@feockparishcouncil.co.uk.

In order for Councillors to be in receipt of these comments prior to the Committee's discussion of the application these comments need to be received as soon as possible and **preferably by the date stated for each application on the website.**

FREQUENTLY

ASKED

QUESTIONS

Any comments made to the Parish Council should also be submitted to Cornwall Council who will make the final decision on the application. Information on how to do this can be found by following this link - www.cornwall.gov.uk/environment-and-planning/planning/planning-advice-and-guidance/how-to-respond-to-planning-applications/

We have a **Planning FAQs** page on our website www.feockpc.com/planning-faqs which has lots of information about the planning process.

Something that we are often asked about are the yellow lamp post notices that are no longer displayed by Cornwall Council (except for applications in a Conservation area (Devoran), for listed buildings or where the application affects a public right of way) and that people are often not aware of applications in their area as the notices are no longer displayed.

The FAQs page explains how you can set up alerts to be sent an email when a planning application has been submitted in your area (you select which postcodes you are interested in when setting up the alert) so you know what is going on in your local area.

To search for planning applications on Cornwall Council's website you can use this link and type in the postcode, part of the address or village.

https://planning.cornwall.gov.uk/online-applications/?utm_source=website&utm_medium=planningregisterlink&utm_campaign=planning

Full Parish Council and Access & Amenities Meeting are continuing to be held via Zoom. Members of the public are welcome to attend and can do so by contacting the Parish Clerk to obtain the link to log in. The agendas and minutes are published on the Parish Council website so residents can keep up to date with the work of the Council.

Follow us on Social Media



Feock Parish Council



Wellbeing Feock



feock_parish_council



@feockpc

Carnon Downs Spar

New shopping delivery service

Carnon Downs Spar are offering a new home shopping delivery service which launches on Thursday 17th December. Download the **Snappy Shopper** App on your mobile phone and type in 'Carnon Downs' to order shopping to your front door from the comfort of your own home. From shop floor to front door in as little as 30 minutes! Use the free delivery barcode of CARNONFREE for free delivery on your 1st order over £15!

If you're not online or don't have a smart phone the Parish Council can still help with taking orders by phone via 07379 241780 and then placing these with the Spar for delivery by one of our volunteers.

To give our wonderful volunteers who have been delivering shopping since March, a rest, there will only be two shopping deliveries from the Parish Council service over the Christmas period, these will be on **Wednesday 23rd and Wednesday 30th December**. Orders placed on Monday 21st, Tuesday 22nd, Wednesday 23rd or Tuesday 28th or Wednesday 30th will be delivered on the Wednesday.

Please note: Spar deliveries via their new app service will continue daily.

GROCERIES DELIVERED in 30-60 Minutes

Get your Groceries, Snacks, alcohol and MORE delivered to your door, from your local store.



Download the SnappyShopper app now & get shopping!



Alcohol, Soft Drinks, Snacks, Groceries, Baby Care, Household, Cigarettes & Tobacco, Magazines & Newspapers & Petfood

Help?



If you are self isolating or housebound, the Parish Council has a team of local volunteers who can help with

- ✓ Ordering and delivering shopping to you from Carnon Downs Spar - 07379 241780
- ✓ Delivering prescriptions from local surgeries - **07904 547822**
- ✓ A chat on the phone to make sure you are ok and have what you need
- ✓ Transport to appointments at local Doctors Surgeries, Hairdressers or the Dentist - **07904 547822**

Phone lines are manned weekday mornings between 9am & 12 noon.

If you know someone else who may need help please share this information with them so they can get in touch or if you are not self isolating and would like to volunteer to help others please email debra@feockparishcouncil.co.uk

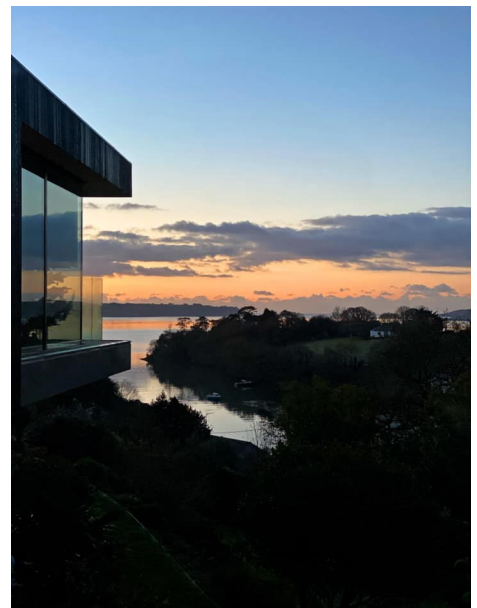
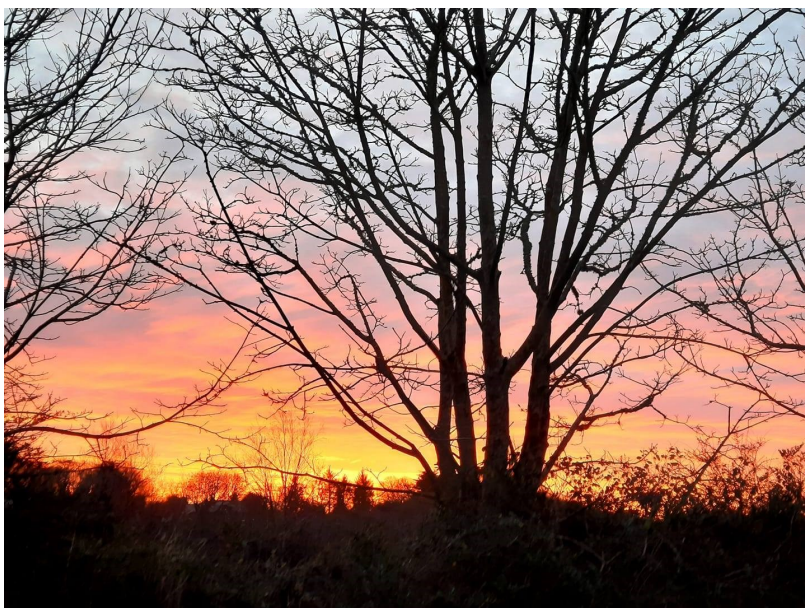
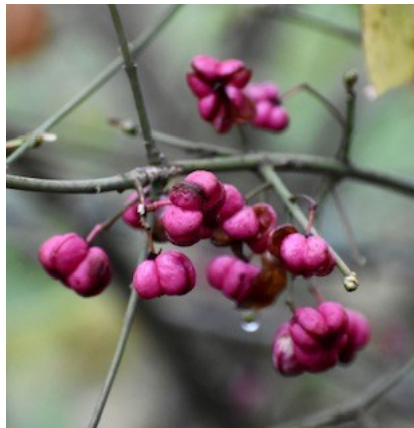
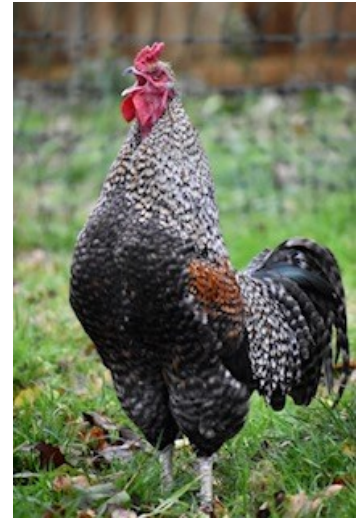
The latest up to date information on Coronavirus can be found online

www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response

Please note: the transport scheme will only be running over the Christmas period for medical appointments or collection of prescriptions.

Parish Photo Gallery

Many thanks to Debbie E and Rhiannon O for these beautiful photos, please send in to us via debra@feockparishcouncil.co.uk any photos you have taken of the Parish over the winter if you are happy for us to publish them in future newsletters.



Winter is here



Hedges

It's the time of year when the Parish Council receives lots of complaints from residents about overgrown hedges. This box is an extract from a leaflet available from Cornwall Council which explains who is responsible for cutting hedges. This applies to hedges beside roads and also pavements. The full leaflet and more information can be downloaded from www.cornwall.gov.uk/environment-and-planning/trees-hedges-and-woodland/hedges/hedges-the-law/

If you have a hedge which borders a road or pavement please think about all users and not just vehicles or pedestrians, does your hedge overhang the pavement so much that it would stop a person in a mobility scooter or a parent with a child in a buggy getting past without having to go out into the road?



If fallen leaves are causing a road to be slippery please get in touch with Debra, the Parish Clerk who can request that a road sweeper visits.

Fallen trees

If you come across a fallen tree on a footpath or road you can report this to Cornwall Council, either online www.cornwall.gov.uk/transport-and-streets/roads-highways-and-pavements/report-a-problem-with-a-road-highway-or-footway

If you need to report something that is an immediate danger or an emergency you should phone Cormac on **0300 1234 222**

Grit bins

Cornwall Council grit all A and B roads (in our Parish this is the A39 Carnon Downs bypass, the road to Bissoe and the B3289 to Feock). They also grit access to sites of strategic importance, including but not limited to hospital minor injury units, health centres, major transport interchanges and most fire stations as well as accesses to secondary schools.

There are grit bins across the parish which can be used in cases of inclement weather on pavements, these will shortly be topped up and have shovels added to them to make it easier to spread the salt grit when needed.

Reporting issues over the Christmas period

The Parish Council office is closed over the Christmas period, if you come across any issue such as flooding, fallen trees, problems with public rights of way you can report these directly to Cornwall Council online via www.cornwall.gov.uk/report-it/

For out of hours emergencies such as flooding or pollution incidents you should phone **0300 1234 100** or to report blocked roads call Cormac on **0300 1234 222**

If you have a hedge on your property which is adjacent to a public road or right of way (a highway) this leaflet tells you how best to look after it and fulfil your legal obligations

Owners and occupiers of land with highway hedges...

... are responsible for maintaining these hedges so that growth does not impair the safety of highway users nor impede their access. This covers any hedge that directly abuts a public highway and includes:

- trimming roadside hedges to maintain visibility, particularly at junctions, on the inside of bends and at passing places.
- removing dead or decaying trees and other growth likely to fall across or on to the highway.
- removing branches and other growth that may prevent the passage of highway users including, where appropriate, high-sided vehicles.
- removing branches and other growth that may obstruct light from a public street light or visibility of a traffic sign.

Contractors working for Cornwall Council or the local council are required to clear the surface growth. Side growth remains the responsibility of the land owner.

2





We are progressing well with the activity of having conversations with our Parish Residents and date we have 72 people who have signed up to take part with 31 of those completed and 13 currently in progress.

This shows that despite the challenges COVID-19 have brought upon us, people have come together and have given their time to support such a valuable community project. I would like to say a big 'THANK YOU' to all of those people that have got involved, supporting HAIRE.

Through our lovely HAIRE Volunteers, the completed surveys (based around health, wellbeing topics and the place in which we live) have started to return through our office door and we are looking forward, over the next few months into Spring 2021, to reading the information and data presented.

From these conversations it will give us a chance, to learn for the first time, about the everyday concerns of Parish residents and to build on existing services and facilities for everyone, but particularly the older and more vulnerable members of our community.

The conversations are taking place in accordance with government guidelines and can be held over the phone, via video call (if technology available) or face to face (socially distanced) outside in a garden perhaps, wherever both the HAIRE volunteer and person taking part feel comfortable. The HAIRE volunteers are a friendly bunch of local people and really care about the Parish and their community.

We really want to make the most of what our beautiful parish has to offer. Create new activities and services to improve quality of life here. Build on connections within local communities to help support one another.

With your input we can help to make a difference!

If you are or know anyone, aged 60+, not working and feel more could be done to support you and/or your local community please get in touch with the team. We look forward to listening to your views about living here.

If you'd like to get involved or have any questions please contact Bex or Cathy, details below.

Contact details:

Bex Rawbone, HAIRE Project Co-ordinator
Tel: 07988 106432 / 01872 863333
Email bex@feockparishcouncil.co.uk

Cathy Whitmore, HAIRE Administration Assistant
Tel: 07904 547822 / 01872 863333
Email cathy@feockparishcouncil.co.uk

SEARCH "MENTAL HEALTH CORNWALL" FOR ADVICE AND SUPPORT



Your mental health is like your physical health and we need to do things to keep it in good shape.

Everyone is getting used to living a bit differently during Coronavirus (COVID-19) and things changing often. We know you might have some worries about the virus, school, friends, home life, jobs or money.

You might feel frightened, irritable, or just unsettled. You may also feel like you have a lack of control, trouble sleeping or eating, or spend time checking symptoms or reading about coronavirus on the internet.

It's OK to **not be OK**, but make sure you get some help:

Five ways to wellbeing

- **Connect** with others
- **Be active** – even if it's just a 10 minute walk, we promise you'll feel better
- **Learn** something new, or learn to take a break for yourself
- **Giving** your time to help others is a great mood booster
- **Take notice** of your environment – list 5 things you can see/hear/smell/touch

Find out more www.cornwall.gov.uk/fiveways

For support for young people visit
www.startnowcornwall.org.uk/fiveways
or you can make your own wellbeing action plan
and find ways to help you feel good
www.startnowcornwall.org.uk/actionplan

Doing these
daily or weekly
will help you
feel good



Cornwall and the Isles of Scilly
Health and Care Partnership

If you want to talk or need help with your mental wellbeing, you can call or text

- The Cornwall and Isles of Scilly 24/7 NHS Mental Health response line **(0800 038 5300)**
- Call **116 123** for free to talk to Samaritans, or email: **jo@samaritans.org** for a reply within 24 hours
- Citizens Advice Cornwall **(03444 111 444)** for financial advice or simply text "ADVICE" for general queries or DEBT to **78866**

Children and young people can get additional support

- Text "YM" to **85258** to contact the Shout Crisis Text Line
- Your way live chat **www.your-way.org.uk/coronavirus**
- Kooth the online wellbeing community for young people **www.kooth.com**

Mental health support

- For guidance visit **www.cornwall.gov.uk/wellbeingguides** or email **phdesk@cornwall.gov.uk** for a hard copy (note the guide and your address)
- Or use our downloadable or interactive Safety Plans by visiting **www.cornwall.gov.uk/mentalhealth**; designed to help you with your mental health

Sleep

We all have evenings when we find it hard to fall asleep or we wake up in the night. You may also find this is happening more often during the coronavirus (COVID-19) outbreak.

Good-quality sleep makes a big difference to how we feel, mentally and physically. As we start to move back towards our routines, we'll need to start shifting our sleep patterns. For advice and support search "**every mind matters sleep**". For young people find more: **www.kernowccg.nhs.uk/sleeplessness**

Emotional Resilience for Parents and Carers

You're not alone, we're all under pressure and in this together. Together for Families has support, advice and ideas to help you help children and young people's mental health. **www.cornwall.gov.uk/covidresilience**



50083
07/2020

News from the Surgeries & Community Connect

by Sharon Nettleton, Community Navigator

For anyone who received a letter from the NHS recommending the person takes Vitamin D and struggling to complete the online application form can request support through their surgery. Online applications to the scheme need to be submitted before 4th Jan 2021.



HOPE Tea Parties

People struggling with a long term health condition are invited to join the HOPE tea party sessions. Small, informal social groups being held online. If they would like to find out more with no commitment please ask them to get in touch with me directly or through the surgery for a referral to the scheme. Support to access zoom can be provided.

Thank you's!

A big thank you to everyone in the Carnon Downs Facebook page for all the gifts and toys they donated recently to support a family in need this Christmas.

Thank you to residents of Chyliden for all the beautiful Christmas cards they have made for some of the people who will be feeling alone this Christmas. We love them!

Sharon can be contacted on sharon.nettleton@imagineif.net or 07947328213

Chacewater & Devoran Surgeries Opening Hours

Friday 25th December - **CLOSED**
 Saturday 26th December - **CLOSED**
 Sunday 27th December - **CLOSED**
 Monday 28th December - **CLOSED**
 Friday 1st January - **CLOSED**
 Saturday 2nd January - **Chacewater Surgery OPEN 8.30 – 11.30**
 Sunday 3rd January - **CLOSED**

CARNON DOWNS SURGERY CHRISTMAS AND NEW YEAR OPENING TIMES

FRI 18 DEC

8.30AM - 1.00PM

Surgery Dispensary closed during the afternoon so please collect medication in the morning - we will still be able to deal with medical emergencies during this time so call the team on 01872 863221 if you need assistance.

MON 21 DEC

8.30AM - 6.15PM

TUE 22 DEC

8.30AM - 6.15PM

WED 23 DEC

8.30AM - 6.15PM

CHRISTMAS EVE

8.30AM - 1.00PM & 2.00PM - 6.15PM

CHRISTMAS HOLIDAYS

CLOSED UNTIL TUE 29 DEC

TUES 29 DEC

8.30AM - 6.15PM

WED 30 DEC

8.30AM - 6.15PM

THU 31 DEC

8.30AM - 6.15PM

NEW YEARS DAY

CLOSED UNTIL MON 4 JAN

MON 4 JAN

REOPEN 8.30AM - 6.15PM

In a medical emergency, please dial 999. If you require any medical advice please telephone 111 (NHS 111) and you will speak to the Out of Hours service.

Merry Christmas



*With best wishes for a Peaceful Christmas
and a happy and healthy New Year from
everyone at Feock Parish Council*

**The office will close at 3pm on Friday 18th December and re-open on
Monday 4th January 2021**



What's On & Mobile food van visits

Visit the Parish Council website for details of local groups and events www.feockpc.com/activities

If you're a local group and would like to be added to our website and directory of local groups please email details to debra@feockparishcouncil.co.uk

Check individual group websites or the hall websites for updates and information on group meetings.

www.carnondownsvillagehall.org www.devoranvillagehall.org.uk www.stfeockchurch.org.uk

Devoran Village Hall Car Park

Wednesdays - Village Market Fish Man—9.30am to 12.30pm with Fish, Vegetables, Preserves & Flowers.

Saturdays—Baker Tom Bread Van—11.45am to 12.30pm

Village Market Fish Man—1pm with Fish, Vegetables, Preserves & Flowers. 1.00pm

Please double check Baker Tom's website and the Devoran Village Market Facebook page as times may be subject to change.

Incredible Bulk mobile zero waste shop will be visiting Devoran Village Hall car park fortnightly on Wednesdays

Check their Facebook page for dates www.facebook.com/mobilezerowasteshop

Second Saturday of the month—Mini outdoor market (weather permitting) from 9.30am to 12 noon with The Cheeseman, Penny's Pies, Mrs Dawkins Preserves, Paul and Debbie Fresh Vegetables, Cornish Sea Salt, Sally's Cornish Kitchen Cakes plus Zoltan the Knife Sharpener from 11am to 2pm.

A plea from Devoran Village Hall—Skateboarding is not permitted on Devoran Village Hall property including the car park for Health and Safety reasons. A skateboard park is available at Playing Place park.



St Feock Church Community Hall car park

Saturdays — Baker Tom's Mobile Bread Van 11am & the Fishman at 1pm

Carnon Downs Village Hall

Carnon Downs Village Hall are holding a public meeting via Zoom this Friday so that public and residents can ask any questions about the changing of the status of the hall to a Charitable Incorporated Organisation.

The details if you are interested in logging in are:

Friday 18th December, 5pm

<https://us04web.zoom.us/j/76038916147?pwd=WG52ZUFqNWtUZ3ZraU15eGhPNVhYQT09>

Meeting ID: 760 3891 6147

Passcode: K6G3K1

Get in touch

- Debra Roberts, Parish Clerk — email debra@feockparishcouncil.co.uk / 01872 863333
- Debbie Searle, Assistant Parish Clerk — email debbie@feockparishcouncil.co.uk / 01872 863333
- Bex Rawbone, HAIRE Project Co-ordinator—email bex@feockparishcouncil.co.uk / 07988 106432
- Your Councillors—contact details are listed on the website and on the noticeboards
- The Parish office and Community library will be closed for Christmas from Monday 21st December and will reopen on Monday 4th January 2021
- **The shopping line and prescription line will be manned on working days over the Christmas period from 9am to 12 noon (not bank holidays and weekends)**

