



Connect

Carnon Downs, Devoran, Feock
and Point & Penpol



*National Cream Tea
Day—held the last Fri-
day in June*

Image by Nina Davey

*** Keep healthy ***

*** Keep informed ***

*** Keep interested ***

This weekly news sheet is published by Feock Parish Council in response to the unprecedented situation in which we all find ourselves – welcome to issue number 14

Don't forget the latest up to date information on Coronavirus and changes to lock down can be found online www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response

Easing of Lockdown Restrictions with effect from 4 July 2020

Prime Minister Boris Johnson announced on 23 June further changes to lockdown measures in England to enable people to see more of their friends and family, help businesses get back on their feet and get people back in their jobs. From **Saturday 4th July**, the Prime Minister has announced that pubs, restaurants and hairdressers will be able to reopen, providing they adhere to COVID Secure guidelines.

From the same date, he has set out that two households will be able to meet up in any setting with social distancing measures, and that people can now enjoy staycations in England with the reopening of accommodation sites. In order to begin restoring the arts and cultural sector, some leisure facilities and tourist attractions may also reopen, if they can do so safely – this includes outdoor gyms and playgrounds, cinemas, museums, galleries, theme parks and arcades, as well as libraries, social clubs, places of worship and community centres.

These changes apply in England only.

Cornwall Council update *by Cornwall Councillor Martyn Alvey*

My latest update is being written shortly after the announcement of some fundamental changes to the lockdown rules by Government, which will come into force on Saturday, July 4th. You can find [more information here](#). The reduction of the 2m social distancing rule down to 1m+, where it is safe to do so, will have a significant effect on the hospitality industry, and will allow many businesses to begin trading once more on July 4th for the first time in three months. The ability for people to stay over in hotels, campsites and bed and breakfast also marks a significant easing of the current restrictions. The opening up of tourism will need to be balanced alongside the need to keep our residents safe, and Cornwall Council will be working with local businesses to ensure that is the case.



The Government has said that it will publish specific guidance for each sector on how to open up the economy safely and we all await that further guidance. However, for Cornwall, the Council wants to reiterate how important it is for people to keep on doing those basic things to keep safe, like washing your hands, maintaining your social distance and being especially considerate to those residents who are cautious, when you are out and about.

Latest official Coronavirus figures for Cornwall

The cumulative number of confirmed cases of Covid19 across Cornwall and the Isles of Scilly stands at 591 as at 15 Jun (Source: UK.GOV) that is 3 additional cases since last reported. A rate of 104 per 100,000, this rate still places Cornwall and the Isles of Scilly the 5th lowest of all top tier Councils in England. Six further deaths have been registered in Cornwall and the Isles of Scilly. The number of deaths involving Covid19 is now 66 in care homes and remains at 18 in the community/at home. There have now been 119 deaths involving Covid19 in hospitals (203 in total accounting for 6% of all deaths).

Cash for communities to kickstart low carbon projects

Community groups can apply for up to £100,000 to fund projects to boost greener living as Cornwall Council launches a new scheme to support low carbon investments. Since January 2019 Cornwall Council has been charging developers Community Infrastructure Levy, or CIL, as a way to reduce any potential adverse impacts on an area resulting from a development. CIL payments are set aside by Cornwall Council to be spent on projects to benefit communities and support development such as in new or improved infrastructure. In Feock, 25% of the levy goes to the parish council where the development has taken place within the parish and so far Cornwall Council has paid £203,900 to local councils through the CIL.

Now Cornwall Council is making available a further £500,000 collected to not-for-profit organisations and constituted community groups, including local councils, who can all bid for funds to pay for infrastructure projects which encourage greener and healthier lifestyles. The new CIL Fund which will be launched on July 1 will hand out grants of £20,000 to £100,000 through a competitive application process. Applicants will need to show how there is local need and community support for their project as well as how it will enable lower carbon living as part of the Council's ambitions for Cornwall to become carbon neutral by 2030. This could include projects such as new pedestrian and cycle paths to improve links around and to community centres, improvements or creation of green spaces using infrastructure, or the adaptation of community buildings to enable multi-use functions such as improved access to health facilities and physical activities.

Infrastructure projects that will help communities recover from the impact of COVID-19 will also be welcomed. The application form and guidance will be available at www.cornwall.gov.uk/cil from 1 July. Deadline for applications is 19 October 2020.

Pupils in Cornwall to get electronic library cards

In what is thought to be a first for UK library services, every Primary School child in Cornwall is being issued with an electronic library card.



The card will give access to a junior version of 'Borrowbox' - Cornwall Libraries' e-book and e-audiobook platform. It will also allow access to the annual Summer Reading Challenge, presented by The Reading Agency. The challenge is delivered in partnership with public libraries and funded by Arts Council England. It encourages children aged 4 to 11 to enjoy the benefits of reading for pleasure over the summer holidays, providing lots of fun, as well as curing what can be a summer reading 'dip'. Cornwall Library and Information Service, although all their libraries are currently closed due to the health pandemic, is giving free access to Junior Borrowbox and its thousands of children's books. Children can read or listen to famous titles from *The Gruffalo* and *Elmer*, to *Harry Potter* and books by *David Walliams*. *The Summer Reading Challenge runs from now until mid-September. The card can be used both in school, and at home (on a digital device). Children not in school will be sent instructions by their teachers.*

Lifeguard cover

In addition to the 24 Cornish beaches already with lifeguard cover, the RNLI has announced the following beaches to come on stream over the coming weeks:

From 27 June

- Kennack
- Gyllyngvase
- Godrevy
- Gwithian South
- Upton Towans
- Beach View
- Porthminster
- Gwenver
- Porthcurno
- Porthcothan
- Booby's
- Trevone

From 4 July

- Seaton
- Tregantle
- Crantock
- Crantock River
- Towan
- Tolcarne
- Porth
- St Agnes
- Perran Sands
- Sandymouth

From 9 July

- Crackington Haven

This means Lifeguard posts on over 70% of the beaches the RNLI would usually cover.

Face masks on public transport

It became compulsory to wear face coverings on public transport this week, as, with more people beginning to use buses and trains once more, social distancing becomes harder to maintain. It is important that people realise this does not mean wearing a clinical mask, and that any covering, including a scarf, would be suitable. People are reminded to follow the hygiene rules when removing their masks and are advised to wash their mask after each use. A video demonstrating how to make your own mask can be found here.



Important Links

All coronavirus related enquiries or issues to our dedicated email address covid19@cornwall.gov.uk. This email address is monitored seven days-a-week.

Anyone who needs help can request a volunteer by ringing 01872 266988 or email-
requestforhelp@volunteercornwall.org.uk.

Find out more about the support available for businesses here: [Business Rate Support](#) [Council Tax Support](#) and [Growth Hub](#).

I can be contacted on 01872 263958/07581 736347, martyn.alvey@cornwallcouncillors.org.uk.

It's also worth following me on Facebook @CounsellorforFeockandPlayingPlace which I am updating all the time with relevant information and news.

Stay safe and thanks for your support!



Reopening our high streets

We are sure you will all welcome the opportunity to visit our town centres for the first time since lockdown began. It is a sign of just how much life has changed since then, that many of us have almost forgotten what it feels like to pop out to the shops.

But we should not take the relaxation of some lockdown measures as proof that life has returned to normal – it hasn't, and a trip to your nearest town centre will be a markedly different experience from that of 12 weeks ago.

The risks posed by the virus remain all too real, and this is no time for complacency. As our high streets reopen, each of us will need to play our part in ensuring that we continue to limit the spread of coronavirus and keep the most vulnerable among us safe from infection.

That means observing the rules around social distancing at all times and maintaining good personal hygiene in the form of regular hand-washing.

Your local towns have been working with businesses and other stakeholders to ensure your safety.

Latest Government advice on shielding

People with underlying health issues who are most at risk from Covid-19 will no longer have to shut themselves away in their home and can mix with other people from 6 July in England, the health secretary has said.

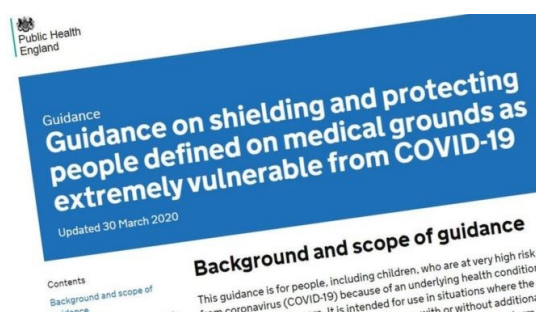
Support for people who are undergoing chemotherapy for cancer, have a damaged immune system or have had an organ transplant will continue to the end of July, said Matt Hancock.

But from 1 August, the 2.2 million "clinically extremely vulnerable" who have been shielding from the virus in England will receive only local authority and voluntary help and can return to their jobs if their workplace is "[Covid-secure](#)".

The government says it is safe for the most at-risk to leave their homes, but the new guidance will cause anxiety. Macmillan [Cancer](#) Support said its data showed that 45% of people with cancer in England who have been shielding are worried they will be forgotten about as the lockdown continues to ease, while 67% are worried they will not get the help they need.

The government has said the levels of infection in the community have dropped far enough to make it safe for the most vulnerable to go out and meet up to six people who are not part of their household outdoors, while keeping their distance. Any who live alone or with a single child will be able to [form a "support bubble"](#) with one other household.

Ministers say they are committed to maintaining "the unprecedented package of support" until the end of July, to give those shielding time to adjust to the changes. From 1 August, "support will remain available from NHS volunteers and local councils. People will retain their priority for supermarket delivery slots, and still be able to access help with shopping, medication, phone calls and transport to medical appointments," said a statement from the Department of [Health](#) and Social Care.



Message from Carnon Downs Surgery

Please read our message from the partners about our new clinical I.T. system and the changes due in the next four weeks.

Dear Patients

In order to improve patient care the surgery is installing a new computer system called "SystemOne - TPP".

Our advised date is the early part of July and we have a dedicated team of personnel working tirelessly to ensure the process runs as smoothly as possible, the new system will bring lots of benefits for both patients and our staff.

Urgent Appointments - *Please be reassured that access to advice and appointments for urgent medical need will continue to be available on a daily basis throughout the changeover period.*

Routine Appointments – *These appointments have been reduced at the moment due to the Covid pandemic. During this changeover period of approximately ten days - two weeks (July 6th - 17th) we would appreciate your patience and delay ALL non-urgent medical queries until after the new system has been installed.*

Online Services - *Access to online services via The Waiting Rm will cease from June 30th 2020 and we will be using a new system called Patient Access.*

*If you order medication via **The Waiting Rm platform** please use either:*

**** 24hr telephone answering service on 01872 864424 leaving your name, date of birth and list each individual item that you require*

**** post your repeat prescription card request in the box found next to our front door.*

**** If your medication regime is stable, speak to our staff about joining the Advance Pre-order scheme. When you collect your prescriptions, you can select the medicines that you will need next month and agree a date when they will be ready for you. We then process this order without the need for you to order over the phone or via the prescription box as the order is taken at the time of collection.*

This is an easy process to get set up but we ask that you attend your reviews when asked otherwise we cannot authorise the medication.

*Please allow **two/three full working days** for your order and note that orders requested after 2.00pm will not be processed until the next working day. We will contact patients in August with details how to sign up for the new system when we have more details.*

This will be an extremely challenging time for all our staff and we ask that you bear with us while we learn how to operate the new system and allow us to make sure all of your records have transferred over fully. We will be happy to answer any questions you may have and we ask that you bear with all of our teams at this very critical and important time as some of our services will be reduced.

Thank you for your on-going patience during these few weeks and for all the support the surgery has received during the Covid pandemic.

Yours sincerely

Dr Simpson, Dr Cook, Dr Embling and Dr Teff

Parish Council Business

Planning

As the Parish Council are currently unable to hold public meetings, Council business will be conducted as shown on our website. For the planning meetings, we have put in place processes that we hope will still give residents the opportunity to participate and have input on the items being discussed.

Details of planning applications that have been received this week for consultee comment by the Parish Council will be included in this newsletter and are also shown on the Current Planning Applications page of the Parish Council's website and Facebook page.

If you have any views on these applications that you would like Parish Councillors to be aware of before agreeing their consultee comment to Cornwall Council please make them in writing in an email to debbie@feockparishcouncil.co.uk as soon as possible. Details of the deadline for 'neighbour consultation/public' comments are available via the link for each application.

You can also comment online on Cornwall Council's planning page and guidance on how to do that is available here <https://www.cornwall.gov.uk/environment-and-planning/planning/planning-advice-and-guidance/how-to-respond-to-planning-applications/>

Planning applications received this week

PA20/04620 (35)

West Haven 13 La Vague **Feock** TR3 6RQ

Residential extension and internal alterations

<http://planning.cornwall.gov.uk/online-applications/applicationDetails.do?activeTab=summary&keyVal=QBLXIBFGMS800>

PA20/04292 (36)

Quiet Quay Quay Road **Devoran** TR3 6PW

Non material amendment (NMA1) for change of external door to utility room of the dwelling to decision PA19/07727 dated 15.01.2020

<http://planning.cornwall.gov.uk/online-applications/applicationDetails.do?activeTab=summary&keyVal=QAZEB3FGKDN00>

Volunteer services for prescription and shopping deliveries

Feock Parish Council is tremendously grateful to all the volunteers from the wider community who have tirelessly supported those in the community who have had to shield during this difficult period. The Parish Council is committed to continue to provide the service especially to those who are in need and who are unable to collect their prescriptions or their shopping due to the need to self isolate or 'shielding' status. We realise that rules are relaxing from 4th July and therefore it will be easier to get out and about to collect your medication and/or shopping. Please remember to stay safe and we will continue to provide this service as long as there is a real need, and we are able to. And of course provided that we have the help from our wonderful volunteers.



Re-opening of Playgrounds and Devoran Community Library

We hope to be able to re-open the playgrounds from 4th July and are waiting on guidance as to what we need to put in place to make them 'Covid safe'. The library will be open from 6th July to return books and borrow books off the shelves. All returned books will be need to be quarantined for 72 hours and only one household group will be allowed in the library at a time to adhere to social distancing rules.

Thought for the week

Diaries by Revd Dr Jonathan Rowe

Do you keep a diary? Most of us have appointment diaries to keep track of meetings and events that are coming up, aide memoires for daily living. Some people, though, keep a diary of what has happened each day along with personal observations and reflections.

I recently received a university alumni magazine which contained an article about a former Rector. One quote caught my attention, 'The life of every man is a diary in which he means to write one story, and writes another, and his humblest hour is when he compares the volume as it is with the what he vowed to make it'. (The language is dated: this refers to women, too, of course).

Lockdown has provided lots of time for reflection. Some of us will have thought about our lives, what we have done and not done, our successes and failures. Perhaps, as the Rector suggested, we are humbled. Whatever our reflections, the Christian conviction is that the story of our lives fits into a bigger story held in God's hands.

Revd Dr Jonathan Rowe

Curate, *Eight Saints Cluster*, jonathan8saints@mail.com m: 07754 616611



OPEN

The parish churches of Feock and Devoran are now open for private prayer. Devoran Sundays and Wednesdays, Feock every day. Please follow all guidance and maintain social distancing.

Bookswap in Carnon Downs

The bookswap in Carnon Downs has been tidied up and all surplus books will be taken to the charity shop. The books, door handle and defibrillator have all been disinfected. The bookswap is full so cannot take anymore books at the moment - please come and help yourself to books to create some more room for new ones - there are some really nice children's books that have recently been donated. Please don't leave books on the floor as it could make it difficult to access the defibrillator in a hurry.

Many thanks to local residents Bob and Caroline who have been looking at the bookswap for the last few months and keeping it tidy but have now handed this back to the Parish Council.

Thank you for bringing so many books for our bookswap.

We now have maximum capacity so please just bring ONE and take at least ONE to keep it under control!

If there is no space on the shelves please do not leave your books - take them to a charity shop.

If they are left on the floor it makes it difficult to access the defibrillator in an emergency.

Thank you!



Please help to keep the bookswaps around the parish tidy.

they are located at Carnon Downs, Devoran, Feock and Point Green.



Round and about — stories and pictures from our parish

Loe Beach Sailing School

We are delighted to announce we will be reopening on Monday 6th July. We are currently taking bookings for courses and expect to be pretty busy. We will adhere to the new government guidelines and restrictions recently announced and will wear PPE equipment where appropriate. All Buoyancy aids and equipment will be disinfected after use with high grade detergent.



Unfortunately the changing facilities will remain closed so please come dressed appropriately and suitable footwear is essential.

We will unfortunately not be running Saturday morning club at this time but the afternoon sail clubs will be running (subject to numbers and weather conditions).

We will be offering guided paddle board and kayak trips again subject to numbers and weather conditions. For any further information please email: Leason@loebeach.co.uk

Message from Loe Beach Café who plan to re-open on 4 July . . .

“We are planning to open the cafe on July 4th, the same day that Loe Beach reopens to the public. This year will look a bit different for us, we will be changing how we operate in a few ways, due to the C19 situation. We will post more details in the next few days to let our lovely customers know what we are doing to keep everyone safe, plus updates on opening times”. Please keep an eye out for more information in the next eNewsletter.

Playgrounds

The Parish Council playgrounds are still closed however we hope to re-open them on 4th July!

We are really pleased that we have been able to re-open the Pengelly Meadows Recreation Area in Carnon Downs, as this does not have any play equipment which in turn may spread the virus by surface transfer. The pedestrian gate will be staked open to minimise the number of people touching the same surface.



We have had reports of people using the play equipment in Devoran Park over the last week—the reason the parks are closed is because of the risk of the virus being transferred on surfaces of play equipment - please do not encourage the spread of the virus by using the parks before they are open! Our contractors continue to maintain the parks to ensure that when we can re-open them they will be ready.

Playgrounds are only allowed to re-open if measures are in place to make them ‘Covid safe’ and we are waiting on guidance as to what we need to do to meet this requirement.

On the buses

There is a new timetable operating from the 1st June, details on the www.transportforcornwall.co.uk website, or ask@transportforcornwall.co.uk

Alternatively you can call **0808 196 2632** to ask for a paper copy of the timetable to be sent to you.

Another recruit to the HAIRE Team

A warm hello to everyone. My name is Esther Pollard and I am thrilled to have been appointed as the latest recruit to the HAIRE Team and to the Parish Council to provide administrative support on a part time basis. I am originally from the Netherlands and I have been privileged to call Cornwall my home for the last twenty years. David and I and our springer spaniel Ruby recently moved into the parish of Feock after twenty years of living near Mylor Bridge, which has turned out to be a fantastic move. Lots of walking areas to explore and a great tearoom too!



I have lived and worked in many countries around the world and my background has mainly been in areas of project and people management as well as in senior administration. I joined the Diocese of Truro in 2008 and earlier this year I took the decision to step down after an amazing and fulfilling 12 years in the diocese of which eight of those years as the Diocesan Secretary. My role as the diocesan secretary was to support the bishops, fellow clergy and all paid staff as well as those thousands of incredible volunteers in the communities across Cornwall who give their time so freely and covered areas of statutory obligations, legal compliance, administration, financial and strategic needs.

I am excited about being part of the Feock Parish and HAIRE team and I can't wait to roll up my sleeves and to start work with the support from the community.

Food, how to get it and other useful services

The details of food and other delivery services previously included in the newsletters are now in the separate 'food & services' attachment for ease of reading, also available at www.feockparishcouncil.co.uk/coronavirus

Next week's lunches are all served with fresh vegetables: @ £7.50 each
 Monday 29th June – **Cheddar & Tomato Quiche, Salad & Coleslaw (Vegetarian)**
 Wednesday 1st July – **Beef Stew & Dumplings**
 Friday 3rd July – **Aga Roasted Chicken, Stuffing & Bread Sauce, Roast Potatoes**
Call Nina on 01872 865106 if you want any of the above



I'm also baking small loaf cakes at £5 each which can be delivered with your meals:

Almond & Apricot, Lemon Drizzle, Coffee and Walnut or Chocolate Fudge Cake.

Also available Free Range Eggs £1.40 for 6 . *Thanks again for your support — Nina Davey*



Mental Health Support

Cornwall Partnership NHS Foundation Trust has recently launched a new 24/7 open access telephone service for anyone worried about their mental health. Call them free on 0800 038 5300, any time day or night if you are worried about your own or someone else's mental health. More information: www.cornwallft.nhs.uk/i-need-help-now/ The Young Minds Parents Helpline is available to offer advice to parents and carers worried about a child or young person under 25. Parents may have questions about a child's behaviour, emotional wellbeing, or mental health condition. Call their free helpline for confidential, expert advice: 0808 802 5544 (free Mon-Fri from 9.30am to 4pm –available in England, Scotland, Wales and Northern Ireland.) More information: www.youngminds.org.uk/find-help/for-parents/parents-helpline/ Outlook South West has a Facebook group for their Finding Yourself Again course which supports women postnatally across Cornwall.

What's On & things to do!

Slightly different to our normal What's On listing but below are things happening virtually, online or activities you can do at home to help occupy you! Please send us anything you come across for inclusion here!

Illustrated Talk by Dave Goulson on Averting the Insect Apocalypse

Averting the Insect Apocalypse – Online Illustrated talk by Dave Goulson

Dave Goulson, leading expert in bee ecology and author of 'The Garden Jungle: Gardening to Save the Planet' will explain why insects are in decline and suggest how we should tackle this crisis, first by turning our gardens into oases for life, and second by fundamentally changing the way we grow food. To book visit <https://www.cumbriawildlifetrust.org.uk/events/2020-07-01-averting-insect-apocalypse-illustrated-talk-dave-goulson>

Wednesday 1 July, 7.00pm—8.00pm

Important: Registration for the Dave Goulson talk is free, but you need to book before 30 June and places are limited. The booking link is <https://www.cumbriawildlifetrust.org.uk/events/2020-07-01-averting-insect-apocalypse-illustrated-talk-dave-goulson>

You will receive instructions from Eventbrite / Cumbria Wildlife Trust on how to watch the talk.

If you want to join our **Climate Conversation** afterwards, you need to switch to Zoom, email Debra at debra@feockparishcouncil.co.uk for the link.

Climate Conversations & Climate Emergency Group Meetings (Feock ACT)

Wednesday 1st July 20:00 - 21.00 hours – Climate Conversation—topic to be announced

Wednesday 8th July 19.30 - 20.30 hours - FACT Group meeting,

If you would like to attend either of these remote meetings please email debra@feockparishcouncil.co.uk who will then send you the Zoom link.

Share your stories, useful information, village pictures, Fantastic Feockers, jokes and fun photos (pets, village views etc) for the next edition—please send to esther@feockparishcouncil.co.uk

Get in touch

- **Feock Parish Council, The Old Market Hall, Market Street, Devoran, TR3 6QA.**
- Office currently closed and staff are working from home
- Coronavirus helpline: **07904 547822** or debra@feockparishcouncil.co.uk Debra Roberts, Parish Clerk
- Email debbie@feockparishcouncil.co.uk Debbie Searle, Assistant Parish Clerk
- Tel: 07747 750962— Sharon Nettleton, Community Navigator, Community Connect
- Tel: 07988 106432 Bex Rawbone, HAIRE Project Co-ordinator, Feock Parish Council
- Your Feock Parish Councillors—contact details are listed on the website and on the village noticeboards
- Cornwall Council Call Centre for shielded groups 0300 1234 334
- Volunteer Cornwall 01872 266988
- Government Shielding number 0800 028 8327
- Cornwall Councillor Cllr Martyn Alvey 01872 263958 or 07581 736347



Feock Parish Council



feock_parish_council



@feockpc