



Connect

Carnon Downs, Devoran, Feock
and Point & Penpol

*** 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 3.

127

A huge **thank you** to all the 127 volunteers in our parish, who over the last couple of weeks have delivered shopping to over 160 residents and prescriptions to over 100 residents, as well as helping with post, IT problems and making befriending phone calls to more than 20 of our more vulnerable residents to make sure they have the support they need. What a special place Feock parish is!

Don't forget the latest up to date information on Coronavirus can be found online

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

There are many questions that people ask – these include ...

When am I allowed to leave the house?

Can I walk my dog/look after my horse?

Can I see my friends?

Can I visit elderly relatives?

Can I move house?

Can I drive to a national park or other green space to walk? What will happen to me if I break the rules?

Can I go to the dentist, my GP or medical appointment?

Should I stay at home or go to work?

How can I find out if my work is essential or not?

Can I go out to help a vulnerable person?

I am not a key worker but I can't work from home. What should I do?

The answers are again all available online

<https://www.gov.uk/government/publications/coronavirus->

Spotted in a window - why not make your own for other people to see!



What to tell the children

by Helen Sullivan

The link below is to a free download aimed at little ones aged three and under who may be fearful and not really understand what's going on. This was forwarded to me by a mental health professional who works with mothers and babies in perinatal mental health and could be of interest to parents/grandparents trying to explain.

<https://nursedottybooks.com/dave-the-dog-is-worried-about-coronavirus-2/>



Covid19 and your food

Many people are concerned about the effect of COVID-19 and the food deliveries we receive either from supermarkets or by door deliveries. For once the news is reasonably good and reassuring. *Which* magazine has recently reviewed health and safety sites such as the European Food Safety Authority (EFSA) which recently stated that there is currently no evidence that food might be involved in Coronavirus transmission. This was corroborated by the UK Food Standards Agency when they said a few days ago that it is very unlikely that people can catch COVID-19 from food.

According to the EFSA experience from previous outbreaks of related coronaviruses shows that transmission through food consumption did not occur and that there is no evidence to suggest that COVID-19 is any different.

However, *Which* says, that it is always sensible to wash fresh fruit and vegetables before you eat it. The French Food Safety Agency recently issued advice that Coronavirus is sensitive to heat treatment and that heating a food product at 63 degrees centigrade can reduce any contamination by a factor of 10,000 so cooking food is a good thing to do when appropriate.

The EFSA and other agencies stress the importance of food hygiene at all times. Surfaces where food is prepared should regularly be cleaned with soap and water or diluted household bleach but NOT when in the vicinity of food of course. Cleaning the fridge will remove any lingering bacteria and prolong the life of your food. Cleaning regular touch points on the fridge, including the handles and the door trays can also prevent the spread of bacteria.

The experts continue to emphasise the need to wash our hands on a regular basis but it is good to know that this can also be applied to cleaning surfaces in our homes as well.

Source: *Which*; European Food Safety Agency; UK Food Standards Agency;

Can you help? COVID-19 Symptom Tracker

Up front and personal! Kings College, London is working on tracking the development of COVID-19 through a new App, COVID Symptom Tracker that can be downloaded by people of all ages. It could be called a citizen science project where the researchers will use the information given by the public to track the development and journey of the virus.

They are seeking people who are willing to tell them on a daily basis how they are feeling. The task on the first day takes three or four minutes thereafter a minute! The data will be anonymous but will provide vital information about COVID P-19 that will help scientists and doctors to develop strategies to defeat the virus.

The App is easy to use - covid.joinzoe.com and is safe to use



Important update from Chacewater & Devoran Surgeries

Due to the forthcoming expected surge in coronavirus cases in Cornwall we are having to change the way we manage our surgeries and support our patients.

In order to offer the best possible care we are working as a group of practices alongside the GP practices in St Agnes, Perranporth and Carnon Downs - this is known as the coastal cluster. In line with national recommendations we wish to provide high quality care to those with coronavirus infection and those without, whilst trying to avoid any cross contamination between the two groups.

As such Chacewater will be a "hot" (coronavirus treatment) site for all 4 practices.

Our "cold" (non coronavirus) work will take place in Carnon Downs surgery- through Chacewater/Devoran doctors and nurses where possible.

We will, however, continue to dispense medication for both Devoran and Chacewater patients from the safe zone within Chacewater Surgery.

In order to preserve safe levels of staffing, we have had to close our Devoran surgery for the time being. It may be that further changes will be required over the forthcoming weeks and months.

This is a challenging situation and we understand that this might cause you worry. We are very aware of this and will keep you fully informed. We can assure you that all decisions will be made with the best interests of our patients and colleagues at heart.

Please note, you should still visit the NHS 111 website in the first instance for advice if you, or one of your household, are suffering from coronavirus symptoms.

If you need treatment or care during normal surgery hours, you may be referred back to your GP. If you are self-isolating and don't have anyone you know who could collect your prescriptions from the surgery, please see our website for the most up-to-date support in the local area being provided by the Parish Councils and other volunteer agencies.

We thank you for your patience and understanding at this difficult time.

Priority services from utility companies

South West Water

Sign up for our Priority Services: Call us on 0344 346 1010 Minicom user call 0800 169 9965 or sign up online www.southwestwater.co.uk/need-help/priority-services/

Western Power

Sign up for priority services online www.westernpower.co.uk/customers-and-community/priority-services/priority-services-register

Call us on: 0800 096 3080 or email wpdpriorityservices@westernpower.co.uk

Home deliveries – how can we handle them?

Many of us are relying on deliveries of food and other essentials and so we do need to be sure that we are handling our deliveries safely.

Current thinking suggests that the virus decays quickly on cardboard but can stay for up to three days on metals and plastics. Delivery drivers now offer a contactless delivery whereby the parcel is left on the doorstep and there is no need to sign. One driver today insisted on taking a photograph of me holding the parcel! Use gloves to open the parcel, wipe down contents where possible, dispose of the packing where you will not need to handle it again and then wash your hands.

What about non essentials, goods that are not vital but give pleasure to us and those dear to us? As long as deliveries can be made safely – both for deliverers and recipients- there is an argument in favour of helping the economy to continue functioning. Ratula Chakraborty, professor of Business Management at the University of East Anglia says: "It's important for such economic activity to continue while it's safe to do so. This isn't just for the



sake of the economy, but for the spirits and well-being of households who will continue to have needs to make purchases."

Keep safe: here as requested, is a very simple guide to removing disposable gloves:

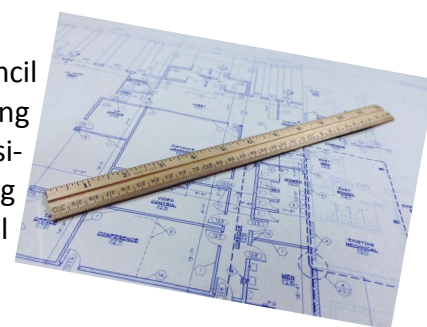
1. Pinch and hold the outside of the glove near the wrist area.
2. Peel downwards, away from the wrist, turning the glove inside out.
3. Pull the glove away until it is removed from the hand and hold the inside-out glove with the gloved hand.
4. Use the inside-out glove to hold the remaining glove at the wrist and peel off turning the glove inside out. You now have two inside-out gloves that can safely be disposed of.



Parish Council business during the Coronavirus Crisis

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. You can find more information on how Council business will continue via the following links.



Parish Council process - www.feockpc.com/councillors

Planning Committee process - www.feockpc.com/planning

Below are the applications that have been received this week for consultee comment by the Parish Council, 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. **The deadline for your comments is 5pm on Friday 10th April 2020.**

PA20/01951 (139)

Grey Stables 3 Devoran Lane **Devoran** TR3 6PA

Material and window upgrades to existing cottage. Reconfiguration of outbuildings. New Garage

Please use this link to view full details via Cornwall Council's online planning register:

<http://planning.cornwall.gov.uk/online-applications/applicationDetails.do?activeTab=summary&keyVal=Q6LWW9FGHJA00>

PA20/02387 (140)

Beavers Lodge Penpol **Devoran** TR3 6NP

Works to 3 Oak trees (G1)

Please use this link to view full details via Cornwall Council's online planning register:

<http://planning.cornwall.gov.uk/online-applications/applicationDetails.do?activeTab=summary&keyVal=Q78D9AFGGEA00>

PA20/02433 (1)

4 Killicourt Gig Lane **Carnon Downs** TR3 6JR

Domestic extension to provide extra bedroom/childrens playroom (revision of approved application PA16/02823)

Please use this link to view full details via Cornwall Council's online planning register:

<http://planning.cornwall.gov.uk/online-applications/applicationDetails.do?activeTab=summary&keyVal=Q7BU85FGIIV00>

Thought for the week *By Revd Dr Jonathan Rowe*

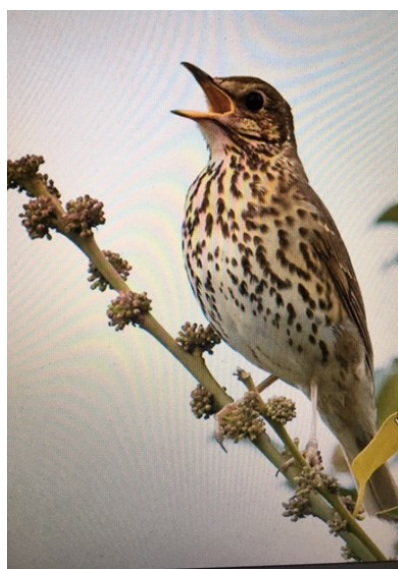
Unexpected

Our lives today are not the ones we thought we would be living just a few weeks ago. It's all so unexpected. We have been surprised by the need to stay at home to protect the NHS and save lives.

So, it's very appropriate that this weekend we start Holy Week. On Palm Sunday, Jesus enters Jerusalem to shouts of acclamation and great joy. Then the celebrations take an unexpected turn. The king riding on a donkey is betrayed. And for the rest of Holy Week we remember Jesus' journey to his death on a cross. Perhaps the restrictions on our lives are a surprising gift. We can appreciate more fully how the Son of God gave up everything so that we might enjoy life in all its fulness. And know that the risen Jesus is with us always, even in situations as unexpected as our own, today.

News from Truro cathedral

The following website gives details of current activities: <https://www.trurocathedral.org.uk/worship/vlogs>



Out and about – stories of local interest The song thrush by Diana Wallis

At this time of uncertainty, fear and darkness, wake up early, open the window and listen to the song thrush singing in the dawn chorus. When still dark the birds' song is like a floodlight bathing the sleeping village in music. The strong singing continues as we brush our teeth and eat our breakfast. No need for a radio or breakfast television. The song is uplifting, somehow mysterious, yet deeply reassuring. You are listening to the unstoppable force of life.

Scientists have identified more than 100 phrases in the song thrush repertoire. Poets from Thomas Hardy to Robert Browning have found great hope and joy in its music.

Answers to Bob Richard's Virtual Parish Bike Ride

The route Bob took was

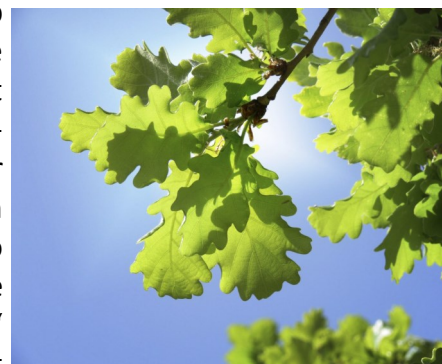
1. Victorian post box at Harcourt
2. Stile near Ferris Garage
- Turn left on to Trolver Hill opposite Feock Methodist Chapel
3. Overlooking gate on Trolver Hill
4. Overlooking Penpol Creek
5. Penpol Chapel
- Turn along Old Tram Road
6. Beacon basket on Point Quay
7. Water pump on Old Tram Road
8. Circus skills workshop, Greenbank Road, Devoran
9. Entrance to Bissoe Trail
10. Road bridge on Bissoe Trail.
11. Railway viaduct on Bissoe Trail.
- Leave Bissoe Trail, turn right
12. Road sign at bottom of Ringwell Hill Uphill to
13. View over Ringwell bridge towards viaduct
14. Safety sign at Ringwell Farm.
15. Carnon Downs Chapel.



Ewen Abram-Moore asks for help to provide tree for the future

Director | Corncockle

Busy weekend gardening! Have just set up WhatsApp gardening group amongst friends which has been very popular. One of the things I've asked for is that people keep an eye open for tree seedlings and pot them up where possible as local stuff is best. I think the Parish is planning to plant thousands and they haven't got any. One of the major horticultural problems we have is the transmission of disease through poor import regulations; all our trees will succumb if we continue to bring infected stock into the country/county. This is mainly due to the "Oo look at that pretty plant, wouldn't it look good in my garden" effect. We've all done it. Bless the Lobb brothers and their mates but



they were sort of responsible for phytophthora, flatworms and fungal diseases that weren't here in the first place. This message should land home in this current climate of viral crisis.

In response to Ewen's comment about plans for the Parish to plant trees, **Phil Pearce** has drawn our attention to plans for the Forest for Cornwall

<https://www.cornwall.gov.uk/media/40532517/forest-for-cornwall-faqs.pdf>

(from the website)

Forest for Cornwall is an ambitious tree planting project with the principle aim of fighting climate change. The aim is to increase all forms of canopy cover over approximately 8,000 hectares, that is about 2% of Cornwall's land area, whilst strengthening the protection of existing backbone of trees, woodlands and hedges.

Forest for Cornwall will be delivered through partnerships and private sector projects.

There will be a wide range of tree planting in keeping with the right trees in the right places principle. Trees chosen will include species native to Cornwall today and from the historic records, alongside non-native species where appropriate. We will also plant to reflect our changing climate as we plan for a warmer Cornwall with increased extreme weather events.

Over the Garden Wall *by Bob Richards, Carnon Downs*

We are all taking whatever precautions are necessary during these unprecedented times and catching up on jobs around the home and garden.

Perhaps one of the positive benefits for most of us having a bit more time on our hands is that we can stop and have a chat with neighbours over the garden wall (at a social distance of course). Neighbours who we have perhaps lived alongside for many years but who, up to now, we didn't know a great deal about or who are now able to stop for a bit longer and "put the world to rights" as we say.

I got chatting a few days ago to a neighbour of mine, someone I have known for many years, and we began talking about old times in Carnon Downs. Not ancient history but people and events of perhaps fifty or sixty years ago.

Personally I am a "foreigner", born and raised in Perranwell and have only lived in Carnon Downs for just under forty years, but Tony has lived in and around the village all his life.

Just for a bit of fun, or perhaps to jog a few memories for future articles in this newsletter who can remember when.....?

- Carnon Downs had several shops, including a Hardware store to rival Mallett's of Truro?
- Carnon Downs had its own football team. Do you remember where the football field was or who ran the team?

- Does anyone remember the Riding Stables in the village?
- And where was there an abattoir in the village?
- Who was the owner of Killganoon who used to ride around the village and into Truro in a pony and trap?
- Who was the lady who kept 'scores of dogs' at Ringwell?
- and a bit further afield, where was Pellow's Construction based?
- Who was the former landlord of the Punch Bowl and Ladle who was tragically drowned during the 1979 Fastnet Race when he was aboard a vessel following the race?
- Where was Stumps Hill?

If these jog a few memories, please add to them. I will supply some answers in the next edition for those who are intrigued or plain stumped for answers. We are all in need of a bit of light relief at the moment

Feock Histories *by Cllr Phil Allen*

As the Covid 19 virus spreads around the world it may be comforting to feel that Feock is separate and insulated, however, the everyday news shows that this cannot be the case. These articles are a celebration of Feock's past and current connections, as revealed when compiling the Feock Trails Walks pamphlets. Cornwall's history is one of adventure and emigration, in which Feock has played its full part. Join me in discovering silver mines in Mexico, orchids from the Far East, gigantic pines from gold rush California and avocado farms in the Transvaal.



To set the scene, and to reveal my own inspiration for these stories, picture if you can a young geologist peering out of the window of a newly commissioned 747 Jumbo Jet bound for Johannesburg. I was off to Kimberley on route to Premier Diamond Mine near Pretoria. The mine had been worked as an open pit since 1902 and was already bigger and deeper than our own at Delabole. It had produced the legendary Cullinan diamond, a huge stone the size of a man's fist and the largest gem quality diamond ever found. It was given to Edward VII and fashioned onto the Royal Sceptre and State Crown. At the mine, now resorting to mining at depth, I was required to map the pipe from the underground tunnel-ways. What an adventure, how would I fit in? I need not have worried, Truro School had taught me the most important lessons, how to play rugby, football, tennis, squash and golf, all of which had mine teams and all of which I joined, tried my hand and held my own.

It was of course the days of apartheid and South Africa's races were separated. I was allocated a boss-man to assist me underground, he was Zulu. The mine was so extensive that it allowed explosive blasting throughout the shifts, the deadly fumes being expelled through ventilation tunnels. These tunnels gave access to areas I must map and my boss-man held both our lives in his hands as he led me through them each day. I very quickly understood the absurd unfairness of a system which allowed me to order a man who spoke five languages when I, then and even now, can easily stumble with my own. Whilst many of my Afrikaner team mates expressed their own respect for their workmates of different colour, the many daily indignities I witnessed left me feeling that this could not end happily. I well remember in later years watching Nelson Mandela's "walk to freedom" and he has remained a hero to me ever since.

The politics did not change while I was there but I did join a first DeBeers rugby tour to Swaziland and Lesotho, all totally mixed race, much to the consternation of my team mates back at the mine. A little later a first football match was organised which we played within the gated workers compound. We drew 2-2, honours even, it was the talk of the mine for weeks. Much can be gained and taught by sport.

Premier Mine was a producer of industrial diamonds, the major gem finds were in a forgotten past, however my boss, Alex, in Johannesburg had studied the characteristics of different mines and he was convinced that Premier should still produce larger stones, possibly another Cullinan. His team drew up plans for sensing on the main conveyor between the primary and secondary crushers.

When triggered by the sensor a blast of air would clear a section of ore for hand picking. Six months after I returned home I read in the Times that his system had saved a gem diamond the size of a pigeon's egg, valued at many times the cost of the installed system. This and future finds showed that for decades the best diamonds had been crushed.

Alex had taught me to think the unthinkable, carry out the science, and follow where it leads and his legacy is that more than a quarter of all the worlds largest diamonds have been produced at Premier.

The mine still operates and I still collect cuttings of its latest discoveries from the Times newspaper, a link with my time half way round the world.

Food suppliers

There are various companies offering delivery/ collection either themselves or via the Parish Council* volunteer scheme.

- Carnon Downs Spar*—07379 241780
- RJ Trevarthen*—07904 547822
- Meadowside Nursery
- Carnon Downs Garden Centre
- Linden Hey Garden Tea Room
- The Old Quay Inn
- The Norway Inn
- The Great Cornish Food Store
- Baker Tom
- Incredible Bulk Zero Waste Shop
- Hansen Fine Foods
- South Coast Fisheries
- Penny's Pies
- Devoran Village Market Fishman
- Almonds Newsagents

More details available in the separate attachment with this newsletter or on our website

<https://www.feockpc.com/coronavirus>

The Parish Council is also arranging delivery of prescriptions, phone to 07904 547822 to arrange. Keep an eye on the **Devoran Village Market** Facebook page for details of when food vans will be visiting as these are subject to change.

Shopping at home *by Keith Hambly-Staite*

Sitting at home is a strange experience. Feeling hungry is definitely something new particularly when one is not allowed to go out! The Parish Office has laid on, with the help of some amazing volunteers, a delivery service from the Spar shop in Carnon Downs. Some of us over seventy and fit and well are allowed to go to the supermarket and be spaced out before shopping in empty aisles. But with time to 'sit and stare' I looked at the Council's web site and found a range of suppliers which have now started to home delivery. Shops like The Great Cornish Food Store and Baker Tom's now bring their food to my door! What I really had not thought about was the way that I was incidentally helping local businesses as well. As Ruth Huxley from the Great Cornish Food store told me "all the food that we supply is produced in Cornwall." Of course this has its limitations. They can't provide oranges or bananas, neither do they sell kitchen paper towels or detergent but with a mix and match approach one can source from different shops.

I would like to thank all the volunteers who are helping to bring food and drink to our homes and the delivery people who are working hard and with a smile to deliver local goods. I am sure life will become busy again in a few months time but I will not forget the new experiences that I have enjoyed and will certainly look for the 'Made in Cornwall' label in future. It tastes good!

Share your stories, useful information, village pictures, Fantastic Feockers, jokes and fun photos (pets, village views etc) for the next edition please send to bee.robson@me.com by Friday 10th April 2020

What's On!

Slightly different to our normal What's On listing but below are things happening virtually to help occupy you during the time we all have to stay at home.

Easter Bonnet Competition - win some yummy chocolate!

This is a fine Devoran tradition of the School and Pre-school which due to the circumstances can't happen this year in its usual format so we've decided to have an online parish-wide competition instead!

Instructions as follows:

1. Families create the bonnets in their own home
2. Take photo and send to Feock Parish Council via Facebook message or email to debra@feockparishcouncil.co.uk
3. Please include in your message, age of the child, we don't need name or child's face in photo as we'd like to put them on Facebook, website and newsletter as a virtual Easter bonnet parade for people to see and to cheer people up – the hat is what is important!



Just use what you have around the house to make a paper crown if you don't have a hat to decorate, perhaps use flowers and foliage from the garden? Use your imagination and be as creative as you can! The categories are: *Under 5s, Under 10s, Under 16s, Whacky madcap grown ups - age 16 to 106!! and Best Pet in an Easter Bonnet* There will be a prize for each of the category winners!

For music lovers the Berlin Phil is putting its (normally quite pricey) digital service online for free - <https://www.berliner-philharmoniker.de/en/>

The National Theatre is going to stream a free play every Thursday night

The NT is switching to its YouTube channel <https://www.youtube.com/user/ntdiscovertheatre>

From April 2, under the banner of **National Theatre at Home**, every Thursday (7pm) will see a new National Theatre play released – free to watch for one week – along with bonus content including cast and creative Q&As and post-stream talks. The initial programme is:

April 9 '**Jane Eyre**', adapted by Sally Cookson. April 16 '**Treasure Island**', adapted by Bryony Lavery.



Keep moving at home!

Zest for Life Fitness are running online classes – sign up here <https://book.myfitnessclass.com/instructor/zfl>

Oti Mabuse live online kids dance classes

Visit her Facebook page to join in the fun www.facebook.com/OtiMabuse 11.30am each day

BBC offers biggest online education push 'in its history'

Schoolchildren will be offered online videos, quizzes, podcasts and articles on core subjects.

Read in BBC News: <https://www.bbc.co.uk/news/entertainment-arts-52149409>



BBC RADIO CORNWALL

EASTER RAINBOW EGG HUNT

BBC Radio Cornwall and artist John Dyer are encouraging children to pin a Rainbow/Easter egg picture in their windows to celebrate the NHS, Easter, Life and our Future.

They are also going to publish up to 500 rainbow pictures that are emailed into us on our WorldGallery.online

By celebrating our world with optimistic rainbows and eggs we can remind ourselves of how precious life is and how we must respect nature and fight for our futures.

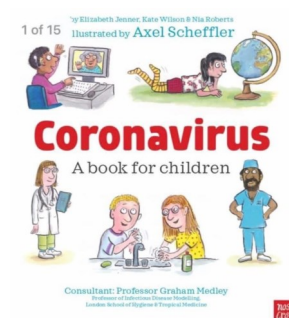
Please also get your children involved with the wider Last Chance to Paint art project and inspire them to connect to the Amazon & Borneo Rainforests.

Download your egg template online here and also you can find the email address to submit your artwork online as well <https://www.lastchancetopaint.com/rainbows/>

Coronavirus a book for children

The brilliant Axel Scheffler has produced a book about Covid-19 Coronavirus just for children - and it's available as a **FREE** download. Please share amongst your friends so it's available to every family who needs it.

https://nosycrow.com/wp-content/uploads/2020/04/Coronavirus_INS.pdf



The Gruffalo illustrator worked with consultant Professor Graham Medley, two head teachers and a psychologist to make sure the book got the messages right, answering questions about quarantine, how you can catch the virus and what happens if you get ill.

Publishers Nosy Crow have asked for donations in lieu of payment, to go to our fantastic health workers: www.nhscharitiestogether.co.uk/

Thanks to Mike R for this lovely photo of Roundwood Quay



This is Wilson. He is now working from home 😊



Get in touch

- Feock Parish Council, The Old Market Hall, Market Street, Devoran, TR3 6QA.
- Office currently closed and staff are working from home
- Tel: 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
- Your Councillors—contact details are listed on the website, on the noticeboards



Feock Parish Council



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