

BODMIN WAY

NEWSLETTER OCTOBER 2020



Welcome
to your new
local
community
newsletter

Inside this month

- Walks
- Fun Bags
- Golden Oldies
- Camera Club
- Hugs
- Halloween
- + MUCH MORE

Why not visit us online @
www.bodminway.org



WALKING, RUNNING AND CYCLING

RUNNING THE BODMIN WAY

Most people do the walking route of the Bodmin Way in stages while some have braved the full 22 miles in one go. One group of ladies ran the whole route in preparation for running 28 miles of the Saints Way from Padstow to Fowey in September. Jenny Saunter said "we really enjoyed running the whole of the route in one day. It seemed quite challenging in places, but we were so pleased with ourselves to complete it in one go". Well done to Jenny, Nic Hall, Liz Carthew, Ali Parsons, Emma Gower, Lucy Chilcott and Emma Cundy Cooper.

Members of another group, 'The Inbetweeners', will be running The

Bodmin Way on 4 October to raise money for Fleet and Mencap. They are taking part in the 'Virtual London Marathon', that's taking the place of the actual event, which would have its 40th year; people from all around the world will be doing the same. If you'd like to join them, for a charity of your choice, please make contact via

<https://www.facebook.com/groups/2286009195018012>



The Bodmin Way
Free Guided Walks & Cycle Rides
in October

Walks from St Petroc's Church Bodmin
Cycle rides from Scarlett's Well Road Car Park
Please book your free place at
info@bodminway.org or 07713 288 340

Mondays 11am Historic & Circular Walk Around the Town A leisurely 2 or 3 mile round trip	Wednesdays 2pm Caterpillar Walk Around Priory Park A short & leisurely walk
NEW 4 Tuesday Walks Approx. 30 minute miles 6 Oct 1.37pm bus to Lanivet 27 First Karrow Shire House Mount Folly SW bound walk back via Nanstallon 6 miles 13 Oct 1pm walk to Cardinham 9 mile round trip 20 Oct 1pm walk to St Hydrock's Church Lanhydrock 6 mile round trip 27 Oct 1pm walk to Nanstallon along Camel Trail 5 or 6 mile round trip	Saturday 10 & 24 Oct 2pm 4 mile round trip along the Camel Trail Check your bike is in good working order. It's advisable to wear a cycle helmet & bring tools, inner tube & pump Sundays 3pm Bodmin's Well Trail To Scarlett's Well Road A leisurely 2 or 3 mile round trip

Suitable footwear is required for pavements, trails, grass and fields.
It is advisable to bring all-weather clothing, a bottle of water & a face covering.
Children must be accompanied by an adult. Dogs on a lead are welcome.

  [bodminway.org](https://www.bodminway.org)
 info@bodminway.org 

'WEAR IT PINK' IS BACK!
Wear it pink this October for Breast Cancer Now

**The Bodmin Way is supporting
'Breast Cancer Now'**

Teams of 6
are invited to request their time slot for the
staggered start walk or run from St Petroc's Church
to the Bodmin Beacon Local Nature Reserve on
Friday 23 October.

Team selfies, with the monument behind, can be
emailed to info@bodminway.org that will be posted
on Facebook Bodmin Way, where there will be a
"Just Giving" page for anyone to make a
contribution to this research and care charity.

Please see **Facebook Bodmin Way** for details -
coming soon.

Welcome to Your Bodmin Way Newsletter

Bodmin Way was recently awarded £20,000 to expand its support for townfolk. We are still working with past grants to offer fun-bags, walking activities and tailored support to those families most in need. Now we want to launch a major initiative amongst the elderly.

We all know that age increases vulnerability to Covid 19. As a result many elderly folk are cautious about mixing with others. The problem is that loneliness and inactivity cause direct physical and mental deterioration. Doing nothing is harmful even while doing something is risky.

We shall work alongside other groups in the town to support people as Autumn slips through to Winter. We need not abandon each other at this point.

After all the great things people did for one another during lockdown, we know we can rise to the challenge.

Do please contact us if you would like to be a part of this initiative, whether for your own benefit or for the benefit of others.

Revd Paul Holley

Team Rector, Bodmin Team Ministry



CONTACT US

We would be pleased to help

Tel: 01208 832477

Bodmin.Teamministry@gmail.com

Team office (currently closed)

Church Square, Priory Road, Bodmin,
Cornwall PL31 2DP

Editor: Dave Birch Tel:07484 857420

News@BodminWay.Org



SOCIALISE

You can keep in touch with news
and events from Bodmin Way on
FaceBook and Instagram.



www.Facebook.com/BodminWay

www.Instagram.com/BodminWay



SUBSCRIBE

If you have been sent this newsletter
via email then you are already in our
mailing list.

For any additions or changes please
email Dave the editor at

News@BodminWay.Org

AROUND BODMIN

TEAM KBSK

Adrienne Dove published the following pictures at the beginning of September after a dance session. "This lovely lot gave up their time to help deliver the Bodmin Way newsletter!"

So proud of how enthusiastic, caring and kind these guys are wanting to do good within our community! These guys are awesome and deserve all the recognition for being the amazing young people they are. LETS BIG THEM UP!"

Are your children involved in the performing arts? Find out more on the FaceBook page of KBSK or www.kbsk.co.uk



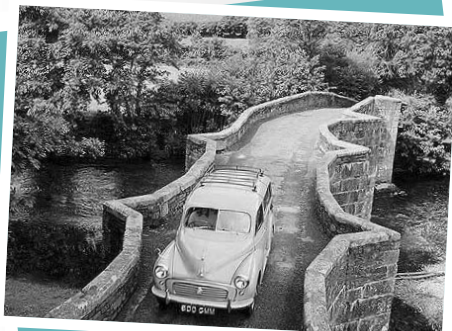
FOLLOW THE TRAIL

Want something fun and interesting to do in the October half term? - Pop in to the Bodmin Information Centre and get one of the local treasure trails in the area....



RESPRYN CAR PARK

Lanhydrock National Trust re-opened the car park at Respryn on 14 September. Parking is back to a pay-on-arrival system (by Paybyphone App or by phone call) and remains free for members.



SUPPORTING OUR COMMUNITY

The Fare Exchange Food Distribution

Supporting the Community in a time of need



Since the first week of May we started to keep the records of the food we were distributing through the hub we created in Bodmin -

The Fare Exchange Bodmin

Working with our main partners FareShare South West, and in collaboration with other community groups in Cornwall to support the needs of the communities here we think we did rather well with the very difficult position we were in.

We think the next few months will also be hard for some so we are up to continue the support we offer and expand this in the near future.

wrap

Numbers are for until 1/9/2020



WEIGHT

A massive

28 tons

An average of 2 tons per week!



MEALS

This is enough to provide

68,000

That's around 4000 meals per week!

PEOPLE SUPPORTED

In its history we supported
854 people

854

That's per Week!

RETAIL VALUE

The retail value of this is a
massive

£37,300

That's in 17 weeks!



Obviously we couldn't do this without our supporters and team of volunteers



Blind Ditch artist collective and intoBodmin are collaborating to produce an interactive story about all the beautiful things in Bodmin.

For more information about their activities and to get involved search for allthebeautifulthings Bodmin on Facebook.



What happened 1,144 times in 2019 – see page 17.

GIVING CHILDREN A LIFT

WITH A FUN BAG

Funding from the Cornwall Community Fund enabled the Bodmin Way to offer nearly 200 family 'Fun Bags' to give 'children a lift' during August and in these difficult times. But what was in a fun bag? Lots of goodies – typically craft items (thanks to Helen), play items, food, drink, snacks and biscuits. Thank you to Abbie and Sara plus the children Chloe, Max and Charles for packing the bags and helping with delivery across the Kinsman, Berrycombe and Flamank Park areas. During the October half-term we are planning to distribute more fun bags.

IN CHURCH

Your child and family members are precious to you and precious to God. You want the very best for them and so does God. You want them to make right choices in life, for themselves and for others. A baptism is just the beginning of this and so much more. The virus caused a pause to baptisms, but we are now working through a backlog with appropriate safety changes. Contact Revd Elaine FaceBook, Messenger or by email



elaine.munday@bodminway.org

AT THE GATE

Revd Elaine Munday leapt into action in late March offering food to families at her gate. Snack & Activity items, Health & Wellbeing, Essential Baby Bundles, Food boxes and Fruit & Veg boxes have all been available and continue to this date. Our thanks on behalf of families go to the Factory Shop, Asda, Morrisons, Tesco, congregation members of St Petroc's Church and a charity that wishes to remain anonymous. They have all helped with hardship, hunger, unemployment and the real ongoing needs and challenges of local people in and around Bodmin.



ON THE WEB

In the Bodmin Way when lockdown occurred, we gathered resources from many organisations to help entertain families and enable wellbeing. These are still all available at www.bodminway.org/vigil

GOLDEN OLDIES

In our social enterprise, The Bodmin Way, we love to learn about and celebrate the wealth of history and heritage of Bodmin and surrounding villages. Facebook groups such as 'Bodmin when I was a kid', 'Bodmin Old Cornwall Society' and the newest 'Bodmin Golden Oldies' (thanks to Tanya Osborne) continue to be a great source of such history and amusement for many contributors and residents. Here are two stories that relate to the Police.

Extract from "Life in Cornwall 1874 - The Police in Bodmin"

The police arrangements in this borough are of a very unsatisfactory character. The constable is paid low wages, and receives no clothing, and is required to keep no books. Two other persons are allowed £5 each per annum to assist the constable when required, but these arrangements are altogether defective. I was informed by some of the inhabitants that on the Market day just previous to my visit of inspection, the town was in a state of



uproar from a fight, for several hours. There is no police office, and the cells, which are in a detached building, are unprovided with warming apparatus or closets. The constable performing his duty as he chooses, and there is no supervision, and I consider the force to be altogether insufficient for the requirements of the borough.

(From a report of the Inspectors of Constabulary made to the Home Office 6th April 1860")

New/old Police Station



John Capp, an ex-policeman, has been sharing some great memories from the 1980's including this picture of the Police Station on what is now the site of Lidl. He says he still has the old Police Station sign and lamp when the station was demolished. The much newer Police Station for Devon and Cornwall Constabulary (now next to Aldi ironically) was built at a cost of £9m and completed in 2009.



BODMIN CAMERA CLUB SUMMER 2020

Bodmin and District Camera Club has still been active with its members during the summer period. We have had regular social distanced meetings at local spots around the area. Members are actively encouraged to try different sorts of imaging and types of photography, along with asking for guidance during these meetings. Our experienced committee is friendly, knowledgeable, and very approachable to all our members.

As with most social clubs now, we have been unable to meet in our club room. Instead, we are holding Zoom meetings so we can still chat with our members and discuss images that have been posted onto our Facebook group.

Our membership fee has been frozen for existing members, and we are offering **FREE DIGITAL MEMBERSHIP** for all new

members. We invite anyone interested in photography to join us for these meetings. Visit our website to sign up <http://bodmincameraclub.org.uk/membership>

We will still be aiming to hold social distanced meetings whenever we can to keep our members involved, along with online competitions, teaching lessons, photography practices, theory, critiques and general chit chat about all things photography related.

**Please visit our website at
www.bodmincameraclub.org.uk**

**or our Facebook page
[@bodmincameraclub](https://www.facebook.com/bodmincameraclub)**

**to keep up to date with all the news
and things going on with the club.**



Jai
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Opening Times:
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We thank NHS and all key workers
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NEIGHBOURHOOD PLAN

WEBSITE POLL RESULTS

As part of the residents' consultation for the Bodmin Neighbourhood Plan, a poll has been conducted via the Plan Bodmin website.

This poll asked responders to choose which three topics were most important to them from a list of topics, all related to aspects of the development of Bodmin and its community.

The topic considered most important by 68% of responders was the Balance of housing growth with the provision of infrastructure and essential services which is understandable given the significant proposed housing development to take place within the next 8 years.

The second most important topic, selected by 60% of responders, was Town Centre Regeneration. The decline of the town centre, resulting from the decline of the town centre retail, is a regular discussion topic on local social media sites. This decline is a nationwide trend, driven by the growth of online shopping and the popularity of out of town retail parks. These trends are unlikely to reverse so we need to rethink and rebuild our town centre to be the heart of our community.



planbodmin

Third, selected by 30% of responders, was Open and Green Spaces, footpaths and green infrastructure. In 4th place was Traffic, transport and parking which is an issue that will be at the heart of the future of the town centre and our ability to become greener, cleaner and more environmentally sustainable.

The next stage of the Neighbourhood Plan consultation will be a comprehensive questionnaire that will be sent to every household to give everyone a chance to have their say about these and other topics.

Visit the Plan Bodmin website at www.planbodmin.co.uk to see more news and resources about the Neighbourhood Plan.

SUPPORTING SMALL BUSINESSES

Our Bodmin Way social enterprise believes in the power of supporting small and new businesses for all the benefits that brings to residents and the owners. While walking the route from Lanivet to Lanhydrock we came across a sign to the Barn, wandered down onto St Ingunger Farm and found some interesting small businesses tucked away.

THE BARN

The Barn offers a space for all handicrafts including sewing classes, knitting, crochet and felting. They sell fabric & yarn alongside artisanal handmade Cornish goods. When I took my wife there, I had to go for a long walk with the dog as there were so many goodies in the shop for her to browse and it was a good time to chat to the owner Julie Vella. Find out more about upcoming events on FaceBook (The Barn) and browse their website at www.thebarncornwall.co.uk



BODMIN YOGA

Sophie Wire is in the process of establishing a studio for Bodmin Yoga, also at St Ingunger Farm, and as well as yoga there is enough space to create a treatment room where you will be able to come for a massage or other wellness therapies. She is looking for people to offer treatments that improve wellbeing in addition to offering yoga packages at a whole range of price points. She hopes to reach members of the community who might not have been able to access yoga before and hopes to subsidize the cost where money is a barrier.

So, come on people of Bodmin, you know you want this business to succeed, you know you want to improve your wellbeing, support Sophie by visiting the studio. For more details check out

<https://www.facebook.com/bodminyoga>



HUGS IN LOCKDOWN

Local families, local hospitals, carers who could not stay at home, people waiting to move houses and others who could not fly home. These were all people that needed help and accommodation during lockdown.

Michael and Eileen Corcoran, owners of Coldharbour farm cottages told us 'We felt helpless to do anything apart from refunding cancelled holidays and then the Cornwall Hugs charity (www.cornwallhugs.org) contacted us. Our Christian faith compelled us to help and we did. To protect our guests we have changed our cottage cleaning regime and implemented social distancing in shared areas. July through September has been very busy". Michael and Eileen and others with accommodation deserve our thanks and we wish them the best



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

HUCKLEBERRIES

Up at the top of Fore Street in Bodmin you will find Huckleberries – The Nawty Vegan Takeaway. During lockdown Kayleigh was busy making yummy cakes, delivering them to people and donating some to key workers.

The café is now open from 11-4 Tuesday to Friday and is also regularly active on FaceBook (Huckleberries).

You do not have to be a vegan to love cake, if you have an event or a special occasion then let her wow you!

HALLOWEEN – THE TRUE MEANING

How good are you at remembering? Some people are particularly good at holding a grudge, remembering the faults of others for years – but others of us walk into a room and forget what we came in for!

This time of year, brings an opportunity to be a bit more deliberate about remembering. As the evenings begin to draw in, we will soon find Bonfire Night ("Remember, remember the fifth of November!") and Remembrance Sunday on the horizon. Before that comes Halloween: a favourite holiday for children and fancy-dress shops.



Halloween, as it has traditionally been celebrated, is also a time to remember. The name comes from All Hallows' Eve, the night before the Christian festival in which we remember with thankfulness those who have gone before us in faith. It is chance to think of beloved parents and grandparents who raised us, role models who have walked with us, and even those from centuries before whose lives have inspired us along the way.

This year, the chance to remember our loved ones feels more important than ever. Some families have been bereaved by coronavirus directly. But for many others, the pandemic has denied them chance to be with physically with someone as they died, or to give their loved one a truly fitting send off.



As we take this chance to remember them with love, we can also do so with hope. The world may feel particularly dark now – and there will no doubt be plenty of costumes and decorations to remind us of that darkness this Halloween. But we can remember to look to Jesus, the light of the world, who overcame death itself. He promises us that light and life will have the final word. It is good news for us, and for everyone we love.

BODMIN OLD CORNWALL SOCIETY

ST GURON'S WELL, BODMIN

Looking into the misty past, about the middle of the sixth century of Christ's birth, we see dimly a saintly man, Guron by name, pushing his way, the first Christian missionary to these parts, and settling at Bodmin. The place was then, probably, a deep-wooded glen, through which a constant rivulet ran, surrounded by trackless moors. Here rude Britons dwelt, and fed their cattle on the broad moorlands; part venatic, part pastoral, in their habits: heathen, nearly naked and savage.

St Guron settled down among these wild Celts, unarmed except by the weapons of faith, and the example of a sober, religious, and useful life, assisted possibly by some of the leech's cunning.

He soon commended himself to the rude inhabitants of the valley, and gradually taught them the precepts of Christianity. After a few years he was joined by another holy man, St. Petroc, who watered the seed thus sown, and from the small beginnings of this simple hermit's cell, lived to found a religious house, which grew to be, later, a priory of Augustinian monks, St Guron resigning his missionary charge to the new-comer. If we may judge from all that is left us of this age before records, the pioneer St. Guron started in search of a fresh field of

labour, and found it at Gorran (St. Guron) on the southern coast of Cornwall.

We know enough of the simple lives of these early apostles to show that in their choice of a spot for settlement they generally pitched their tents, or built their hut, or digged their cell near a constant spring of water – one of the primary necessities of even the most ascetic of lives. It is no great stretch of fancy to think that the good Guron fixed his dwelling by this perennial spring, then welling forth from rocks, under shelter, leafy and umbrageous, and still flowing, with different surroundings, to this day.

*Extract from "Ancient & Holy Wells of Cornwall"
by M & L Quiller-Couch 1894*



**'St Guron's Well outside St Petroc's
Church in Bodmin'**

For more interesting history subjects follow Bodmin Old Cornwall Society on FaceBook or find their website with others on www.oldcornwall.net

BODMIN KEEP

BOOK A GROUP VISIT TO BODMIN KEEP!



There are 3 wonderful new exhibitions installed at Bodmin Keep!

Frontiers of Fashion which looks at how military fashion has influenced civilian fashion throughout the ages. Spoils of War looks at what souvenirs and trophies, tell us about the experiences of our soldiers fighting abroad, and Cornwall's Citizen Army explores the Territorial Army - the military volunteer force that has played an important part in all the major conflicts our country has faced.

You can visit Bodmin Keep Army Museum in a group of up to 6 people (from no more than 2 households). Booking is easy, just go to www.bodminkeep.org and follow the link on the homepage.

If you are unable to visit the museum in person, do look at their website for fantastic online content for kids and adults, where you will find home learning resources, podcasts, and blog posts.

An advertisement for Bodmin Keep group visits. It features a black and white photograph of an elderly woman with white hair, wearing a dark jacket and a patterned scarf, smiling and saluting with her right hand. To the right of the photo is a red vertical banner with the text "BODMIN KEEP" in large white letters, followed by "CORNWALL'S ARMY MUSEUM" in smaller white letters. Below this, the text "WE'RE OPEN FOR PRE-BOOKED VISITS!" is written in white. A yellow starburst graphic with the text "BOOK A GROUP OF UP TO 6 PEOPLE*" is overlaid on the bottom left of the photo. At the bottom of the photo, there is a small caption: "*From no more than 2 households". At the very bottom of the advertisement, a black bar contains the text "BOOK YOUR VISIT AT" in white, followed by the website "WWW.BODMINKEEP.ORG" in red.



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IN A ROW

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AIR AMBULANCE

The Cornwall Air Ambulance has been flying throughout the Covid-19 pandemic, but many events which help raise money to fund this life saving service have been cancelled. The Grand Draw is easy to enter and tickets are only £1. This gives you the chance to win an incredible cash prize of £2,500.



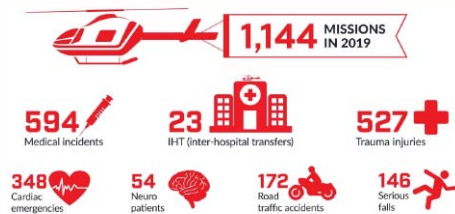
Enter now at

<https://www.raffleplayer.com/cornwallairambulance>

Your support saves lives.

Cornwall Air Ambulance is called to over 1000 seriously sick or injured people every year in Cornwall and the Isles of Scilly. When every minute matters, we can be the difference between life and death. As a charity, we rely on you the public to fund these lifesaving missions. Help keep the helicopter flying and help keep more families together.

THIS IS THE DIFFERENCE YOUR SUPPORT MAKES



An advertisement for R. J. Bray & Son, Independent Family Funeral Directors. The background is a photograph of a stone cross in a field of yellow flowers under a blue sky. The text 'Independent Family Funeral Directors' is at the top. Below it, 'R. J. Bray & Son' is written in a large, elegant font. Underneath, 'Lywydhyon Ynkleudhyas Teylu Anserghek' is written. The services offered are 'Day and Night Service' and 'Private Chapels of Rest', with 'Funeral Plans Available'. Logos for 'The Bray Charitable FUND', 'Golden Charter Funeral Plans', and 'Facebook' are included. The address 'EGLOSHAYLE ROAD, WADEBRIDGE, CORNWALL, PL27 6AD' and contact information 'Telephone : (01208) 812626' and 'Email : david@rjbray.co.uk' are at the bottom.

SUPPORTING SMALL BUSINESSES

HOLE IN THE WALL

Where did the Hole in the Wall get its unusual name? Regulars will know that the pub was once a debtors prison. From 1749 – 1779 it imprisoned those who could not pay their bills.

It closed down once Bodmin Jail was built. Eventually this modest, historic building was re-opened as a depot for Redruth Brewing Company. It was a treasure-trove of wines, spirits and ales, which were distributed to many local hostelries. In the 1920s – 30s its increasing off-sales trade meant that it needed a licence to become a pub. And the name? It seems that imprisoned debtors were fed through a hole in the wall. Service has apparently improved since then. Why not pay a visit?

HOLE IN THE WALL

Camra Cornwall pub of the year 2015 & 2016
5 - 7 real ales & Large of wines & spirits
Beer garden accommodates 72 people.
Function room and bar area.



www.theholeinthewallbodmin.co.uk

Mollie's Designs

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MOLLIE'S DESIGNS

.... Is a 5-star recommended bespoke service for unique accessories. Each year Mollie's Designs help their community as much as possible either raising money for groups or charities or by donating items. This month they are raising money for Fibromyalgia Research UK. With full support from the charity they have created official bows, bow sets and key rings to raise money for them to continue research as well as running support groups online. Prices start at £3.50 and 100% goes to the charity. If you would like to donate or find more information find them on FaceBook at Mollie's designs or on Instagram @molliesdesignsuk

BODMIN FUNERAL SERVICES - THE TEAM

ESTABLISHED in 1993 as Bodmin's only independent Funeral Directors, Bodmin Funeral Services, owned and managed by Angus and Paula MacKinnon, is now well into their 27th year of business. They are very proud of their staff who have shown great commitment and loyalty over the years. Everyone works as a team, taking immense pride in the job they do and all feel it's very important to provide a personal, caring and professional service.

'You are only as good as the team you lead.'

MANAGER

Carole Hoskin - Carole joined us on a part-time basis in February 2013 after taking voluntary redundancy as a technician at Brannel School. We enjoyed her company so much, we offered her full time employment and she hasn't looked back!

OUR BEARERS

John Cornish - Known as 'The Captain', John is the longest running member of staff, joining BFS 16 years ago. Many of you will know him as a local businessman and former owner of The Westberry Hotel. When John isn't at work he can be found enjoying a few rounds of golf at Lanhydrock, (or can be found propping the bar up in the Hole in the Wall).

Arthur Hooper - Arthur joined Angus and Paula in April 2005, a resident of the

town and known to most, he is a familiar, friendly face around Bodmin. As the oldest member of 'The Team' and still physically fit, Arthur shows little sign of slowing down!

Phil Bullen - Phil was previously a Police Sergeant with Devon and Cornwall Constabulary until his retirement, joining us in October 2014. Phil has recently taken up cycling after buying an electric bike, he is now in his element whizzing around town on two wheels reliving his childhood!

Nigel Honey - Former Bodmin Fireman, he retired from one team to join ours in October 2015. Nigel is the youngest of the bearers, he and his wife Liz can often be seen walking around the local area, during 'lock down' they have walked over 1000 miles!



BODMIN JAIL.

NEW WORLD CLASS ATTRACTION



BOOKINGS NOW OPEN
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