

Lyskerry's

The community journal for Liskeard



Issue 3

Autumn/Kynnyav

2018

A big, warm hello, Liskeard!

We are Positive People, and we offer a completely unique programme to anyone who is unemployed and over 18 throughout Cornwall. Our bespoke work is funded by the European Social Fund and the National Lottery, through the Big Lottery Fund and we would love to introduce ourselves to you!

Positive People offers a lifeline to people who are not in work, no matter what the reason. We believe that no individual barriers should stand in the way of what you want to achieve. If you join our programme, we can provide you with one-to-one support to tailor your individual plan and secure the future you want!

So, what can we really help with and why is it worth getting in touch? Maybe you're a full-time parent but want to work towards getting back into employment, education or training? Or maybe you feel isolated and want to meet new people?

Do you have caring responsibilities and need some support for yourself? Maybe that's a new direction or self-employment, taking up a new hobby or improving your health? Are you ex-military and looking for support on your 'civvy-life' journey? Or looking for a new direction after ill health? Or maybe you just feel like you're stuck in a rut – we've all been there!



Positive People participant, Aaron, seen here with Ed Rowe (aka Kernow King) at a conference to celebrate the skills that people from all backgrounds can bring into work.

We're not here to rush you into work. If you need to address anxiety or isolation, access to benefits, housing, financial or other health issues, we can provide FREE specialised support to help overcome those barriers. Please don't be afraid to pick up the phone, or drop us an email. We really look forward to hearing from you! Call or text on 07741 729960 Email: info@positive-people.org.uk Find out more about how we can help you: www.positive-people.org.uk



Welcome / Dynnargh

to this exciting and groundbreaking autumn edition of Lyskerrys magazine.

Our cover may look like a simple map of Liskeard, but there are hidden depths to discover! We have teamed up with Studio Wallop (see page 5), one of Liskeard's premier creative businesses, to showcase their AR – augmented reality – technology.

Scan the special Zappar code icon and watch the images spring into life before your very eyes! Find more icons to explore on the back cover and inside the magazine.

Follow the simple instructions below to download the app to your smartphone or tablet and get zapping!

Also in this edition, read all about Liskeard Unlocked, 40 years of Liskeard School, the annual 3 Bags Full wool festival, what's on in September, October and early November, cooking locally-sourced sustainable fish, a sporting star of the future, as well as our regular features, news and views.

All the best / oll an gwella

Lyskerrys is published by LAMB (Liskeard Arts and Media Body), supported by Liskeard Town Council, RIO, the Liskerrett Community Centre and Positive People.

It is edited by Jackie Butler, art directed by 51 Studio and printed by Deltor, Saltash. Contributors include Studio Wallop, Dave Berry, Robby Bullen, Zac Leon, Malcolm Mort and Rod Sheaff.



READY

Download Zappar for free from your app store



AIM

Scan the zapcode then aim at the whole image



ZAP

Watch it come to life!



Cattle market on track for a bright future

The old metal pens that defined Liskeard's cattle market will soon be gone, finally closing a chapter in the town's history but heralding an exciting new era. Since the final sale last December, work has been going on behind the scenes to determine a great future for the prime town centre site.

The emphasis is on bringing more local people and visitors into Liskeard. That includes the sale of part of the Cornwall Council-owned site for retail uses "that are complementary to the existing businesses in town".

Other priorities have been defined with the help of the Neighbourhood Plan, views put forward by residents during public consultations and a business demand study conducted by Liskeard Town Council.

Proposals for workspaces are expected to go for planning approval by the end of the year, and there's clear potential for attracting creative industries.



PHOTO: STUDIO WALLOP

Clr Sally Hawken (Liskeard East town and Cornwall Council): "As the front cover of this magazine shows, Liskeard is already home to businesses at the cutting edge of the creative digital industry. This is a sector that is growing and developing internationally and I believe there's mileage in Liskeard nurturing its talent in this direction and building on it.

"It's important we attract high value jobs to Liskeard and the Cattle Market has a key role to play in the economic development of this part of Cornwall."

Community and arts are also high on the agenda, as well as potential expansion of the GP surgery. Both councils are working with the trustees of the Liskerrett Community Centre to find funding for expanding community facilities.

Jenny Foster of Liskerrett said: "We look forward to working with the consultants undertaking this feasibility study and, using the knowledge and expertise we have gained over the last 16 years, it will be our opportunity to be involved in creating an amazing space for the town."

Christina Whitty, mayor of Liskeard, added: "This is a huge opportunity for Liskeard to create a vibrant new area, enhancing our independent shops and historic buildings and ensuring the viability of the town centre."



STEPHEN, HENRY AND KIM: SELF PORTRAITS BY STUDIO WALLOP

Crash, bang, wallop...

Meet the team behind a small, cutting-edge, multi-disciplinary creative studio who could have picked a base anywhere in the world but choose to make a big impact from the heart of Liskeard

Stephen and Kim Tolfrey are full of bright ideas and they use the latest creative technology and bountiful artistic talents to bring them to life. Take our interactive augmented reality cover as a perfect example.

From their base in Liskeard, the couple behind Studio Wallop conjure up eye-catching, attention-grabbing film, photography, graphics and

animations to illustrate and promote campaigns across the globe, as well as on their own doorstep.

Drawn to Cornwall by superfast broadband, smaller overheads and a great lifestyle to rival the one they had just left behind in New Zealand, they settled in Liskeard five years ago with their son Austin, now 13, and Henry, the rescued golden Labrador.

“Our clients were still in London or New Zealand at that point, and we send big files online, so we needed the connectivity. We have internet speeds five times faster than my friend in London.”

Stephen, who knew Cornwall from his time studying at Plymouth College of Art, began his career as a designer of vinyl album covers for artists like Kate Bush and Status Quo, before moving into making music videos.

He and Kim, who handles Studio Wallop’s scheduling, client liaison, budgeting and project management and also does some camerawork, built up the Wallop brand in New Zealand, where they lived and worked for eight years.

The business still has national and international clients as far afield as Dubai, where they created a wrap-around video installation for a museum. But they also put their energies into more local projects.

One of their most recent multimedia assignments has been with the

gamechanging Spaceport Cornwall in Newquay, which just won its bid to be the prime UK launch location for Virgin Orbit space satellites.

In Liskeard they often work with fellow creatives the Voice Group with whom they rebranded the town council websites, as well as making a movie about local businesses. The AR used in this edition of Lyskerrys is the same as they employed to enhance and add extra excitement to some of the exhibits in Liskeard Museum.

They provide video and imagery for Looe Music Festival – activate the Zappar on the back page to see their latest video – and also work with Devon and Cornwall Rail partnership and Falmouth-based geothermal energy firm GeoScience.

They feel Liskeard’s central position, close to both the moors, the coast and with its shops, cafes, schools and facilities, is a big draw for businesses, especially creative industries.

“As a family we go mountain biking at Cardinham, sail at Siblyback and I gig race at Looe,” adds Kim.



My Liskeard

With Hannah Humphreys



Q) What's your name, age and occupation?

My name is Hannah and I'm 28 years young. I am a marketing and communications assistant for the Positive People project, a programme offering a lifeline to those out of work and over 18 in Cornwall, funded by the European Social Fund and the National Lottery.

Q) How long have you lived in Liskeard?

Throughout my childhood we have lived in Liskeard and St Cleer. I am now bringing up my children Luke, 10 and Isabella, nearly 8, in Menheniot.

Q) What are your favourite elements of the town?

There is a real sense of community in Liskeard. The town is for its towns people, and I believe that is becoming a rarity in an age of high-street loss. It's especially important to have the presence of independent, family run businesses, such as Pengelly's fishmongers, Beddoes fruit and veg shop and Philip Warren at Oughs butchers. There is nothing better than traceability and transparency when it comes to your food and the quality speaks volumes. Supporting local people, with local businesses and a love of Liskeard is important to me. I think this ultimately inspired me to work for the Positive People

project as my passion for my local area has translated into a desire to help support people who need it in Liskeard, even if I do this in my small way with my marketing!

Favourite shop: For the best cakes and pasties going, my favourite shop is Barnecutts. They offer vegetarian pastries and I love a good pasty – the queues outside the door at lunchtime demonstrate I am not the only one!

Eating place: Definitely the Fat Frog, a real family orientated cafe where there's no getting away from the frog theme, but I adore that. Awesome breakfasts, with a smile and lots of chat – it's somewhere that a lot of people feel at home!

Event: The Liskeard Show, showcasing locality, produce and all that's great about the town and its surrounding areas, is a fantastic family day out.

Relaxing space: If I'm out and about in Liskeard with my two children, a nice relaxing place to go with a picnic would be Westbourne Gardens.

Walk: Siblyback Lake has always been a favourite of mine since I was young. It's especially great now because it's a flat few miles, and the kids can take their bikes.

A window on our history

Liskeard Unlocked reveals the past by taking us inside buildings that are not usually open to the public

Liskeard Unlocked is once again sharing the town's stories, with walks, talks, workshops, exhibitions and the chance to see behind doors which are usually closed. It runs from Thursday, 13 to Sunday, 16 September.

A wide variety of buildings will be open, including the refurbished St Martin's Church (see page 25), Webb's House – now home of the Cornish Times, the secret passage at Stuart House, inside

the Pipewell (pictured) with its new information board, the Methodist and Catholic churches, and a number of private houses, for example, Pendean with its stunning wood panelling.

How closely do you look at the many striking windows around Liskeard, pictured above? Take a closer

inspection at the special exhibition at Stuart House from 3 September.

The Unlocked weekend itself starts with a walk led by Brian Oldham around all the key featured sites on

the Thursday evening and he will also lead a walk on Sunday through the 'drangways', or old alleyways, of the town.

Calum Beeson's geology walk, on Friday evening will help you see the stones of local

buildings in a new way and there will be a brain-teasing Liskeard Heritage Quiz afterwards.

For full details of opening times and events visit www.heritageopendays.org.uk and search for 'Liskeard' or call in to the TIC in Pike Street.





Hats off to the town's businesswomen

Women of the past who worked in or ran businesses in the town also come under the spotlight in this year's Liskeard Unlocked. The national theme for Heritage Open Days is women and power, marking 100 years since many women got the vote.

Hats Off is Liskeard's response, highlighting six women and the buildings they connect with, using posters, displays and activities, including hat making. There will also be storytelling around the town on Saturday, 15 September.

The Barrett sisters, pictured above with their staff, were straw hat and bonnet makers living and working close to what is now the Wool Shop on Pike Street.

The other buildings to visit on the special Hats Off town trail are:

- The Leisure Lounge (Market Street), Alice Matthew's printing business.
- Dunamis bookshop (Fore Street), Eliza Garland's photography studio.
- Affina (Fore Street), formerly Yarmouth Stores, which worked closely with the contract gansey knitters from Polperro. Display in nearby Painters craft shop and a chance to try gansey knitting.
- M & Co (Fore Street), former site of Mary Stantan's draper's shop.
- Bradley's (Bay Tree Hill), the Temperance Hotel run by Susan Deacon and her husband.
- Look out for displays on domestic servants at Pendean, Trewithan House and 3 Greenbank Lane.



Pupils go for gold in arts and creativity

Arts are an important element of education and inspiration at Liskeard School, where Arts Award qualification programmes are offered in addition to the usual curriculum.

The aim is to help young people grow as artists and arts leaders, giving them opportunities to connect with the wider arts world through challenges in anything artistic, from fashion to digital art, pottery to poetry, bookbinding to songwriting.

Teacher Gabby Schooling has run the award scheme at Liskeard for 13 years. Last term 13 Year 8 students achieved Bronze level and will progress to Silver this term. Gold is the ultimate – a Level 3 qualification that counts towards UCAS points – and Liskeard became a Gold pilot school in 2015.



First headteacher Tony Woods presents a musical award to pupil Caroline Segolo in the 1980s

Running alongside this is the Bridge Academy programme, delivered by RIO (Real Ideas Organisation), which supports students who are a bit “lost”, don’t get the desired GCSE results or struggle with traditional learning.

Participants get to explore creative and digital industries, discover their own strengths, make a real difference in their community and complete the Silver Arts Award as well as the SEQ – Social Enterprise Qualification.

Take a trip down schooldays memory lane...

There are several events planned to celebrate Liskeard School’s 40th anniversary, including:

17-28 September – Exhibition of memorabilia and photos, plus written memories at Stuart House.

21 September – Concert in the Old Hall featuring past and present pupils and staff, 7.30pm.

22 September – 11am-3pm, PTA Community Fayre; 2-4pm, informal gathering in the Old Hall of former

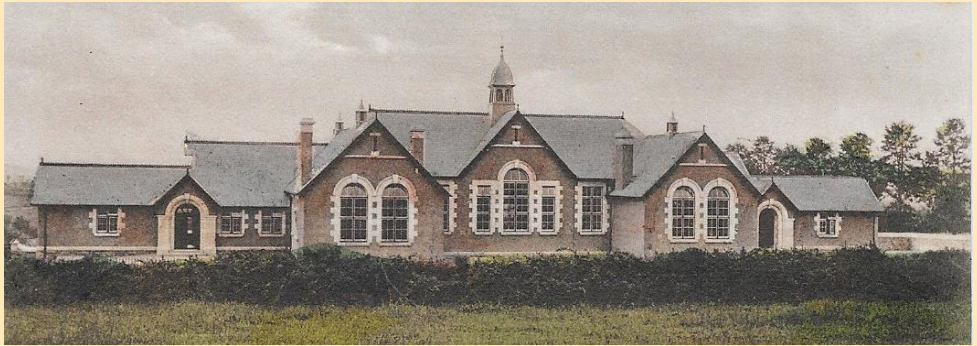
pupils and staff; 7.30pm, pupil reunion trail around town, Barley Sheaf, Albion, Ivy. Turn up and join in! Also, Eliot House Hotel evening with a buffet and a special toast.

23 September – drop-in family BBQ at Stuart House, 11.30-3pm.

For more information and to book, get in touch with Bob Hollingdale – bob-liskeard40@outlook.com or 07760 781087, or contact reception at Liskeard School.

Celebrating 40 years of Liskeard School

By Bob Hollingdale, head of Religious Education 1978-2001



More than 10,000 pupils, 400 teachers and 600 other staff have now all contributed to the 40 years of Liskeard School and Community College. It was in September 1978 that Liskeard Grammar School and Liskeard Secondary School joined together to become Liskeard School and comprehensive education in the town became a reality.

The “unification” of the two establishments was made all the easier by the willingness of the “78-ers” to work together as a team.

Not that it was all straightforward; those with good memories will recall the split-site (the Lower School being at the old grammar school and the Upper School being at Luxstowe) necessitating a 10-day timetable (is it week 1 or week 2?) and teachers travelling between the two sites between lessons. Such was the congestion in the town at times that some teachers spent more time in a car or taxi than in the classroom!

Under the leadership of Tony Wood, the headteacher appointed to oversee the introduction and development of the new system, a flourishing community was established within the school. Academic, cultural and sporting achievement was recognised. Equally as important was the recognition of the development of pupils into young people with a contribution to make to the community as a whole.

Following Tony Wood, three more headteachers – Alan Sedgley, Donna Bryant and Alex Lingard (the current head) – have ensured, with the support of their staff, that the quality and standard of education has been maintained. Uniforms may have changed, logos may have changed and buildings may have changed, but the underlying fact is that the town of Liskeard and the surrounding area is, indeed, fortunate to have a school community which has contributed so much over the last 40 years.

Yes, sir! It's 3 Bags Full!

A host of woolly creations will be appearing in the streets, shops and cafes of Liskeard this October to herald the arrival of the annual 3 Bags Full wool festival. Look out for benches with monster feet, stripy snakes on railings, woolly creatures in the pet shop and giant octopuses in the book shop.

More than 500 people enjoyed last autumn's event and the wide variety of stalls selling yarn, fibre, crafting supplies and beautiful woolly clothing and accessories. This year the festival will be even bigger, with more stalls from all over the West Country, as well as delicious food from The Real Junk Food Project Plymouth, relaxing live music and a children's craft corner.

It takes place on Friday, 19 October, from 4-8pm, at Liskeard Public Hall. There will be a raffle in aid of MIND.

Rachel Brooks, one of the organisers, said: "3 Bags Full has grown every year as more people have got involved and we've had new ideas. It started with a wool market, workshops and a wonderful, but very wet, wool wrapping dance around town in April 2013. It was part of the then Town Team's revitalisation work.



"A group of woolly enthusiasts decided to keep it going and since 2014 we have held it every autumn.

"It's a chance to do slightly crazy things – I crocheted an electric drill last year. We see each other most weeks at our local Knit n Knatter group too. We have a really good time planning and preparing. It also means we can go to a wool market and workshops in our own town. We're like children in a sweet shop!

"They say crafting, including knitting and crochet, is good for your mental health, and you can see why – you're using beautiful materials, there's a relaxing rhythm to it, you can see your progress and it can be a very sociable activity too. At Knit n Knatter we talk about our knitting, and our lives. There's a lot of laughter and we also support each other through difficult times."



Woolly workshops

3 Bags Full also organises a programme of woolly workshops that include knitting, crochet, spinning, weaving and felting. Many are suitable for complete beginners, while others will teach more advanced skills.

They run from 15 to 27 October at the Liskerrett Community Centre.

The series finale is an evening with Terri Bate, telling the fascinating story of her solo cycle ride from Devon to Australia and her woolly –and other adventures – along the way, titled ‘Spinning a Yarn to Australia and Back - a slow solo cycle ride’. It’s at 7pm on Saturday, October 27 at the Liskerrett Community Centre.

Full details of all the workshops are online at www.3bagsfull.org.

Knitting and crafting is multi-generational and something all ages can enjoy. Groups from Liskeard School and Dobwalls School (pictured) are involved in 3 Bags Full this year – their oldest members are in their 80s.

Liskeard Knit n Knatter meets every Thursday 10.30-12.30pm in the cafe at the Liskerrett Centre. It’s free to attend but you are encouraged to buy a drink. Everyone is welcome!



Shallal we dance?

Shallal is a small and supportive group for people who love to dance to good music.

Its relaxed, non-judgmental vibe means there are no specific routines to learn, imaginative movement is encouraged, and everyone is welcome to join in when the class meets each week at the Liskerrett Centre.

The Liskeard group is a community outreach offshoot of the Shallal arts charity and dance company, based in Penzance, which started more than 25 years ago. The Liskeard sessions are run by Shallal creative director Jo Willis, with the help of professional dancer Lois Taylor.

Known as 'Out There', the group currently has around five regular members – two men and three women – and is keen to attract more. All ages and abilities are welcome and the group responds to the needs and gifts of the participants. Everyone is welcome; you can come on your own, as a supporter, with a carer, with a family member or friend.

Lois says: "Shallal encourages us to be creative and all our moves are welcome. It's great we don't have to learn any steps. We use great music and have a lot of fun.



"There is always laughter in the sessions as well as some lovely ways into moving your body freely and without judgment.

"I know that people feel the benefits of the shared space to dance in, the chance to move freely and feel supported, the chance to express your ideas, the laughter and the friendship."

The classes run on Thursdays from 10.30am-12noon at the Liskerrett Community Centre starting on September 6. Shallal ask you to pay what you feel you can up to a maximum of £6. For more information contact Jo on 07505 983710 or email joannawillis357@gmail.com.

What's on Lyskerrys

Autumn is the time when our community reassembles after the summer break. The new academic year begins, clubs and societies get together again and a fresh season of shows, drama performances, music, dance, exhibitions, talks, walks, and gatherings of all kinds springs into action. There's plenty to choose from in an around the town. See our listings below and for even more events see www.visitliskeard.co.uk/whats-on/

UNTIL OCTOBER 28

In Sickness and In Health exhibition (pictured), Liskeard & District Museum. Visit the doctor's surgery to explore the history of local medicine. Plus see AR (Augmented Reality) technology in action. Open Monday to Friday, 10am-4pm, Saturdays 10am-1pm. Free entry.



1 and 5 SEPTEMBER

Little Shop of Horrors. Sterts Theatre, Upton Cross, 7.30pm. Faustian sci-fi smash hit musical featuring sadistic dentists, man-eating plants and a geeky flower shop employee. Tickets £12, concession £10, child £6. Visit www.sterts.co.uk.

2 SEPTEMBER

South Bosent, Dobwalls PL14 4LX open garden, raising funds for Cornwall Wildlife Trust, 2pm-5pm. Beautiful old farmhouse with nine acres being created by the owners as a haven for wildlife including birds, butterflies, insects, and moths. Entry is £5. For more details visit www.cornwallwildlifetrust.org.uk

Acoustic music session at the White Horse, Liskeard, 2pm. Folk, Irish, bluegrass, old timey, skiffle etc. Singers, musicians and listeners welcome. First Sunday every month.

3-15 SEPTEMBER

Discover Liskeard's Windows, exhibition of photographs of windows in the town as a prelude to Liskeard Unlocked. Stuart House, Monday to Friday, 9.30am-3.30pm, Saturday 9.30am-12.30pm. Free entry.

3, 4, 7 and 14 SEPTEMBER

The History Boys at Sterts, Upton Cross, 7.30pm Alan Bennett's play follows a class of gifted sixth-formers in pursuit of sex, sports and Oxbridge. Visit www.sterts.co.uk.

5 SEPTEMBER

Liskeard and District Flower Arrangement Society demonstration by Julia Harrison – ‘A Feast of...’ Starts 7.30pm at Liskeard Methodist Church. Meetings held on the first Wednesday of each month.

6 and 13 SEPTEMBER

Steel Magnolias, Sterts Theatre, Upton Cross, 7.30pm. A touching and hilarious story by Robert Harling of a close-knit circle of friends whose lives come together in a beauty parlour in Louisiana. Visit www.sterts.co.uk.



7 SEPTEMBER

The Greatest Showman (PG), pictured, Liskerrett Community Cinema, 2.30pm and 7.30pm. Smash hit musical about the life of showman PT Barnum, a visionary who rose from nothing to create a worldwide sensation. Matinee screening is subtitled. Tickets £4 on the door (£3 for under 16s) and free entry for carers.

8 SEPTEMBER

Last Night of the Proms, Sterts, Upton Cross, 7.30pm. Charity concert features Roche Brass, local soprano Kate Walker and in-house choir Sterts Singers. Visit www.sterts.co.uk.

Pensilva WI Horticultural Show, Millennium Centre, 2.15pm-5.15pm. Lots of classes to enter including vegetables, fruit, sewing, baking, preserves, craftwork. photography.

9 SEPTEMBER

Classic American Car and Bike Show, Tencreek, near Looe, 11am-5pm.

10 SEPTEMBER

Slow and Easy Folk Session, Quimperle Room at Liskeard Public Hall, 7pm-9pm and every other Monday. For people who want to play along with others at an easy pace. Any instrument is welcome. If you've just started on your instrument, are new to folk, or find pub sessions too fast and furious, then this is the place for you. Led by experienced traditional musicians using traditional tunes that you can download free from www.tuneworks.org.

11 SEPTEMBER

Vivaldi in Venice, a Liskeard Arts Society talk by Peter Medhurst, Liskeard Public Hall, 7pm-9pm. Against the luxurious backdrop of 18th century Venice, and with live musical performances by Peter himself, he explores the amazing world of Vivaldi's music. Non-members £6. For membership information call 01579 326180 or visit www.liskeardartsociety.org.uk



15 SEPTEMBER

Zoe Lyons – Entry Level Human, pictured. Comedy show at Sterts, Upton Cross, 8pm. Hugely popular comic Zoe is a regular on Mock the Week and Live at the Apollo, as well as Radio 4 for whom she's making her very own series. Does she have any idea what she's doing in life or is she the perfect example of an Entry Level Human? Decide for yourself. Visit www.sterts.co.uk.

17 SEPTEMBER

Look Group, art discussion, 7pm, Liskerrett Centre and every third Monday of the month. Are you interested in talking about art and artists? Meet up with a like-minded group and share your ideas in a fun and informal way. The group enjoys regular visits to exhibitions at Tate St Ives, special events, offers and activities. New members welcome. Just drop in, or for more information call 01579 340307.

18 SEPTEMBER

Liskeard Healthfest, Echo Centre, Liskeard, 10am-4pm. Find out about the wide range of services available relating to all aspects of health and wellbeing. Includes interactive demos, tastings and displays from the voluntary, community and public sectors in a day organised by Volunteer Cornwall, with Cornwall Partnership NHS Foundation Trust.

22 SEPTEMBER

Ancient Places of Worship walk, led by Tony Piper, 2pm-4pm, starting at the Catholic Church in West Street and finishing at the newly refurbished St Martin's Church. Raising funds for the Cornwall Historic Churches Trust, the fee of £7 includes a copy of an illustrated guide book called 'Liskeard Churches Walkabout'.

29 SEPTEMBER

St Matthew's Fair Day events, Stuart House, 9.30am-5.30pm, including Come and Draw, the Sealed Knot Society Civil War weaponry display, crafts and cooking demonstrations. Further details to be announced – see www.visitliskeard.co.uk. Free entry.

The Fleetwood Mac Songbook, Rum Store, Carnglaze Caverns, St Neot, 7pm for 8pm start. Acclaimed tribute act spanning 50 years of material by one of the world's biggest bands – Fleetwood Mac. Tickets £17. To book call 01579 320251.

1-13 OCTOBER

Sewing and craft event, Stuart House, 9.30am-3.30pm Monday to Friday, 9.30am-12.30pm Saturday. Free entry.



5 OCTOBER

The Guernsey Literary and Potato Peel Pie Society (12A), pictured, Liskerrett Community Cinema, 2.30pm and 7.30pm. A writer forms an unexpected bond with the residents of Guernsey in the aftermath of the Second World War when she decides to write a book about their experiences. Matinee screening is sub-titled. Tickets £4 on the door (£3 for under 16s) and free entry for carers.

6 OCTOBER - 1 DECEMBER

Cornish Guise Dance workshops, Liskerrett Centre, 10am-12noon each Saturday. Learn or refresh a selection of Cornish guise dances in the run up to NadelikLyskerrys Lights Up procession, and Gool Nadelik, including a furry dance or two. Community-based musicians are welcome to come and play Cornish folk music. Magic Hat PAYF (pay as you feel) collection. Contact Carmen Hunt scootskernow@gmail.com.

6 OCTOBER

A Moment's Notice dance performance by Physical Postcards. Liskerrett Centre, 7.30pm. First outing for new work responding to written messages with improvised dance. Q&A after show. Tickets £8, under-16s £6. Call 01579 340307 to book.

7 OCTOBER

Nadelik Lyskerrys discovery event, Liskerrett Centre, 6pm-8pm. A chance for Liskeard businesses and groups to hear about plans to launch the Christmas season in town.

8 OCTOBER

Trevithick Society talk, Long Room, Liskeard Public Hall, 7.30pm. For details check www.visitliskeard.co.uk.

9 OCTOBER

The Paintings of Stanley Spencer, Liskeard Arts Society talk 7pm-9pm. Val Woodgate examines the eccentric world of a visionary 20th century artist. Non-members £6. For details call 01579 326180.

12 OCTOBER

In Search of Smugglers, Liskeard Old Cornwall Society talk by Carol Vivian, Liskeard Public Hall, 2.30pm. Visit www.oldcornwall.net/liskeard-ocs/

13 OCTOBER

Mind, Body and Spirit Fair, Liskerrett Centre, 10.30am-4.30pm. Talks and workshops. Food available all day from the Hub Cafe. Free entry. Call Elaine on 01752 605816.

Halloween fun for all the family



26 OCTOBER

Halloween themed activities for children aged 4+ and their parents or carers at the Liskerrett Centre, 11am-1pm. The fun includes pumpkin carving and ideas for what to make with the leftover pumpkin – such as making a delicious soup – as well as lucky dips and games. This is a free event and there is no need to book. All pumpkins will be provided and there will be refreshments for all. With thanks to Positive People.

20 OCTOBER

Liskerrett Male Voice Choir and Levow Kesson joint workshop and concert, Wesley Methodist Church, workshop, 10.30am, concert 5.30pm. Take part and sing or be in the audience. More information from Liskeard TIC, Pike Street, or call the LMVC secretary on 01579 363881.

Comedy night with Dobfools Comedy Club, Liskerrett Community Centre, 7pm-11pm. Suitable for ages 18 and over, licensed bar. Tickets £10 from Liskeard TIC, call 01579 349148.

Explosive Light Orchestra tribute to the works of ELO and Jeff Lynne, Carnglaze Caverns, 8pm. Tickets £19. Call 01579 320251.

27 OCTOBER

Fun fashion show with Cornish cream teas, Liskerrett Centre, 2pm-4pm. Donated women's and men's clothing. Raising funds for Liskerrett and the Mayor's charities.

2 NOVEMBER

The Post (12A), Liskerrett Community Cinema, 2.30pm and 7.30pm. Story of an unprecedented battle between the press and the US government. Tickets £4 on the door (£3 for under 16s) and free entry for carers.

9 NOVEMBER

Voyage of the Mayflower, 2.30pm, Liskeard Public Hall. Talk by Mike Haywood for Liskeard Old Cornwall Society.

11 NOVEMBER

Battle's Over Beacon of Light, 7pm, St Matthew's Church. Community tribute to mark the centenary of the end of First World War – one of 1,000 beacons being lit across the UK.

13 NOVEMBER

The Spanish Portrait – from El Greco to Picasso. 7pm-9pm, Liskeard Public Hall. Liskeard Arts Society talk by Gail Turner spanning the Middle Ages to the 20th century. Non-members £6. www.liskeardartsociety.org.uk.



You shall have a (fresh, local) fishy

Sustainable, affordable seafood is a healthy eating choice that's readily available in Liskeard and there's help at hand to show you how to source and cook it

The day boats of Looe catch a wide range of seafood in our local waters. Pengelly's fishmongers bring it to their shop in town twice a week, making it easy for us to enjoy regular fish feasts, fresh from the sea.

While many of us are big fans, a lot of people are reluctant to buy fish.

They don't cook it at home because they're not sure what to do with it, or they think they won't like it.

There's also a misconception that seafood is expensive. There are some pricey specimens about – such as monkfish or lobster – but there are lots of cheaper choices, like mackerel.

Keeping it simple, seasonal and sustainable is the way forward according to Felicity Sylvester, a fish champion and tutor for Sustainable Fish Education.

This Liskeard-based enterprise is dedicated to teaching people – especially children – about the Cornish fishing industry, the huge variety of fish available and methods that don't damage the environment.

Set up five years ago, they regularly work with Liskeard schools and will be back in the classroom this autumn.



As well as hands on cookery sessions, with plenty of tasters, Felicity has worked closely with Angela at Pengelly's (pictured) to give children up-close encounters with all kinds of locally caught fish.

The aim is to secure funding to extend sessions into the community and spread the word even further.

For more information visit www.sustainablefisheducation.com.

If you would like to help, please contact Felicity on 01579 343341 or brilliantfishsw@gmail.com

Smoked mackerel and apple pate

This is a recipe that Felicity Sylvester often teaches in schools. Smoked mackerel is available all year round, although you can also use fresh. 'It's a popular dish with most of the children and their parents,' she says.

2 fillets hot smoked mackerel
100g cream cheese
50g crème fraîche
1 tsp apple juice
1 tbsp cider vinegar
1 small apple, chopped finely
Chopped chives
Black pepper

Break up the mackerel flesh, flake roughly and mash with a fork.



Add cream cheese, crème fraîche, and mix. Add cider vinegar and apple juice. Mix in chopped chives and apple, and season with black pepper.

Place in a bowl and serve with hot toast, biscuits or as a topping for baked potatoes.

This can be kept for 3 to 4 days in the fridge, covered with cling film.

Helping you to take a breather

Most of us are lucky to take breathing for granted. But it's a daily struggle for people living with COPD (chronic obstructive pulmonary disease) and other long-term lung conditions.

Liskeard and South East Cornwall Breathers is a group for people with long-term breathing problems that's dedicated to giving each other social support, promoting beneficial exercises and educating the community about the dangers of smoking.



Founded in 2006, they meet every Tuesday afternoon from 1pm-3pm at the Liskerrett Centre for tea, coffee, biscuits, a chat, some gentle exercise and the occasional talk. In 2013 they were presented with the Queen's Award for Voluntary Service.

"We also have projects that we undertake for the good of people in the community with COPD and related problems, including a schools project and setting up other similar groups across Cornwall," explains secretary Andrew Hubbard.

Members Joe Barr and Mick Elliott pull no punches when they visit local schools and demonstrate to pupils the damage that smoking has done to their lungs, taking along their oxygen supplies and medications.

One Liskeard group member who has made a big difference to people all over Cornwall was Sue Caley. She came up with the idea of compiling a booklet of useful information for people with COPD that could be

given out to appropriate patients at GP surgeries and hospitals.

She obtained a grant from the National Lottery Fund and started to collate information but, sadly, she died of

her illness before her work could be completed.

The group has since finished the project, called Sue's Booklet in her honour, and had 15,000 printed, which are currently in the process of being distributed.

For more information on the Breathers group visit www.breathers.org.uk, email huffandpuff@outlook.com or phone Andrew on 01579 382982.

Tackling a sports career

by David Bray

Inspiring young Liskeard rugby star Merryn Doidge is fast on her way to becoming a professional player, following her success with the England team.

She played her debut match for the England U18s against Wales at the Principality Stadium, Cardiff in April. Merryn scored a try during the game – an experience she describes as “pretty amazing.”

She was given the chance after being selected to be part of the England Women U18 Talent Development



Group (TDG) which identifies and supports young emerging talent, preparing players for the international stage.

Now 17, Merryn has been playing rugby union since she was six, starting in the Liskeard-Looe mixed under sevens. She progressed through Newquay girls' team and now plays for Bristol Bears Women premiership team.

Currently at Exeter College studying Sport and Exercise Science, she hopes to go on to university. She plays for the college rugby team and last year received the prestigious Player's Player award. This season she has been promoted to team captain and she'll be attending more intensive training camps with the TDG.

Dave Kimberley, coach of Exeter Chiefs Women's Academy at Exeter College said: “Merryn is a delight to work with. She's adaptable, enthusiastic and a sponge for information. She is an amazing role model for girls her age.”

Merryn's progress has been aided by local grants from the Philip Blamey Trust and the Alex Page Trust, which support young people to further their education and careers. For more information visit liskeard.gov.uk.

Learn Kernewek with Rod Sbeaff —

Kynnyav/Autumn

Because of the fine weather, *trevas* is early this year. In *mis-Gwyngala* it's again time for the school students and teachers to return to *Skol Dinas*, *Skol Sen Martyn* and the *Skol ha Kolji Kemeneth Lyskerrys*.

It's not only their holidays which have finished. The high tide of visitors has also passed. That's nothing major for Liskeard itself, but in the autumn *Goonbren*, the coast and sea can now recover, and the roads are more empty on Saturdays and Sundays. Soon there will be the apple harvest and later *nos Kalann Gwav*.

In the next three months the days will become shorter and the nights cooler. When the leaves turn brown or russet, it's time for many wild *enevales* to prepare for a time when it will be harder to live. Now they must gather food, in order to have something to live on later in the year.

It's also time from them to find a safe place where they can stay as the weather gets worse. At the same time the *tiogyon* have to prepare. The weather was fine this summer but that is no guarantee of an easy autumn.



Cornish to English

Enevales [say: 'e'ne-valles'] – animals
Goonbren – 'Hill Moor' Bodmin Moor
mis-Gwyngala – 'White Straw Month'
– September

nos Kalann Gwav – 'first-night of winter' – Halloween

Skol Dinas – Hillfort School

Skol Sen Martyn – St Martins School

Skol ha Kolji Kemeneth Lyskerrys –

Liskeard School and Community College

tiogyon – farmers (tiek [say: tee-eck] = farmer)

trevas – harvest

Klassa Kernewek/ Cornish language classes take place Wednesday evenings in Callington. Complete beginners welcome. For details please contact Maureen Pierce: mpiercekernow@btinternet.com.



PHOTO: JACKIE BUTLER

by Zac Leon

On Sunday mornings, the bells of St Martin's Church ring out as they have for centuries. But, behind its steadfast stone walls, the church has recently undergone a change more substantial than its churchgoers have known in their lifetime.

Last year its longstanding vicar Tony Ingleby retired, replaced by Royal Navy chaplain Steve Morgan, who first felt a calling to the role aged 17, but finally fulfilled his vision when he came to Liskeard. Instantly impressed, he found it a real place, and the people fun and friendly.

A year later and he is close to the heart of the town. As vicar, his duties include weddings, funerals, baptisms, being a listening ear, working with schools and attending events like Liskeard Show. He is also the rural dean, chair of multi academy trusts, first horn in the Silver Band, and regular at the pub quiz.

It's inside the church that the most radical change has taken place since his arrival. Most dramatically, it has lost most of its pews to create a versatile community space. Benches were only added halfway through the church's history, with the open floor playing host to markets and even royal visits in the past.

Costing more than £500,000 and funded by grants, donations and its own reserves, the church's makeover also features electric plugs, a movable console for the organ, a heating system to make winters more bearable, a kitchen, and even computers for community use. The planning and fundraising took place before Steve's arrival, but it was one of the most inviting prospects for him.

"These weren't just people with ideas. They do what they say," he enthused. In many ways, Steve has fitted into his role with perfect serendipity. "Well," he says, "if I was being honest, I would say it was a God-given thing."

Nick's feeling positive about volunteering

Due to a series of challenging circumstances, Nick, a former gardener, found himself homeless, unemployed, isolated and struggling with drug addiction. He also has learning difficulties. Nick was referred to Active Plus by a social inclusion team. He was very anxious and withdrawn when he first joined the course, and needed a support worker to assist him.

By week four of the course, he was engaged, enthusiastic and his confidence had grown hugely. He would burst into the room excitedly telling everyone he had been waiting all week to see them. He even started talking in front of groups about his time with Positive People.

His local council was so pleased with his progress on the course that he has now secured his own flat and moved out of sheltered accommodation.

Nick has a passion for gardening. He went on to complete a brush cutter and strimmer course.



He has now started working as a volunteer at a gardening project in a nursery. This project will provide a fruit and vegetable raised bed allotment for the children at the nursery to grow plants, fruit and vegetables.

Nick has measured up and produced a garden design that Alan Titchmarsh would be proud of. Crops from the garden will be used for the children to eat, and any surplus will be sold to pay for next season's seed crop.

Most amazingly, Nick has developed his skills and confidence so much that he now attends his voluntary placement independently without his support worker.



Growing up with green fingers

Community gardening with Malcolm Mort



Whatever uncertainties face us in the future, some things are sure. We'll always need to grow food, and to care for the planet in environmentally sustainable ways.

If we can do this while positively interacting with others in our local communities, that would be ideal. Where better to start sowing such seeds of hope than by involving children?

Pupils at Hillfort School are involved in a wide variety of projects under the direction of classroom assistant Steven Borlase. They have planted a mini-woodland, are sculpting play areas and an outdoor shelter from rooted willow stakes. They are growing vegetables, herbs and fruit, and raising plants in a greenhouse made from 2,000 plastic bottles.

They have also created a garden "bug hotel" from old pallets filled with suitable material, such as pine cones, leaves, dead wood and old plant stems, where beneficial insects can shelter and nest. This winter the children will help to create a pond to attract additional wildlife. Such projects involve planning, designing, growing, harvesting, learning about science, nutrition and healthy eating, as well as working cooperatively together.

The PTA raised money to buy a large polytunnel and Liskeard's Cornwall councillors have each given £100 from their community grants so it can be used as an outdoor classroom.

And a community initiative in the pipeline is to have allotments at the school that can be used by the public.

Toby the caretaker cat...

As a new school term begins, an important member of the Hillfort Primary team is ready for duty



First things first: my name's Toby and my life revolves around Liskeard's Hillfort Primary School, which is just down the road from my real home. Sit back, relax, and enjoy reading all about me.

My average weekday involves eating, sleeping and patrolling the premises. After slowing down the school traffic as I cross the road, I count the seconds till I get let in through the reception doors.

Gazing through the glass, I wait, occasionally rubbing my head against the children's legs, coating them with ginger fur and checking that they are wearing matching socks.

At 8.15am, the doors open for breakfast club so, with Mr Borlase, I supervise the students queueing for their bacon baps and cereal. After that, I go out to the field for mouse and rabbit inspection.

Although my English and Maths are perfect, I sometimes revise by dropping in on a couple of lessons. Despite my undoubted love of learning, I can find myself drifting off into my own little world – a world of velvet cushions and divine sardines.

I must confess that the last time this happened I found myself shut in a cupboard I had chosen for a session of solitary study. I only got out after some frantic meowing.

Recently a rather immature labradoodle named Ralph has been brought in to lighten my load. I'm all for equal opportunities but does he really think he could ever take on my role? Huh! Let him try!

*by Evie Owen, Anya Penny and
Erin Lewsey*

Latest on Liskeard Library...

The Real Ideas Organisation (RIO) has been working with Liskeard Town Council and Cornwall Council since 2016 to secure the future of Liskeard Library. RIO's vision is to create a contemporary library for everyone; an engaging space, open longer and with broad appeal.

Over recent months RIO has spoken to hundreds of local residents and met with a wide range of stakeholders to understand what people in Liskeard want from their library. Feedback has included aspirations around the library providing education and learning,

places to meet, evening events and activities for people of all ages, on top of the first-class library service that RIO has committed to deliver.

At the time of going to press, RIO was working towards submitting a planning application by the end of August 2018, with a decision from Cornwall Council expected sometime in December.

For more information on RIO's vision for the library, and to sign up for news throughout the process, visit www.yourideas.liskeardlibrary.org

In search of lost books...

The hunt is on over the next few months for a rather unusual kind of treasure. Some of the best loved children's books of all time have escaped from Liskeard Library and are looking for new readers to love them, cherish them and then set them free for others to find.



As part of a creative dance and writing project, developed and supported by the Real Ideas Organisation (RIO), many of the schools in Liskeard and the surrounding area will be taking their inspiration from well-loved classic

tales, new and old, and creating a family trail with a difference.

Children, parents and visitors to

Liskeard will be invited to find and share books that will be hidden in the town. How to find them is soon to be revealed... but it will take stealth and a true sense of adventure.

The children will launch the hunt in special dance performances around the town, with events also taking place in Liskeard Library. Watch out for further details!

Meet your town's councillors

Roger Holmes (North Ward)

Since election to the old borough council, I have served on Caradon District Council and Cornwall Council. I have twice been town mayor and served many years on CALC (Cornwall Association of Local Councils).

After working for ECLP (English Clays Lovering Pochin & Co Ltd) and in tourism, I helped run two shops in the town. I now serve on South and East Cornwall Local Action Group, which helps people start new businesses or expand existing ones.

I am keen to revive our twinning with Quimperlé (Brittany) and am a Bard of Gorsedh Kernow (*Carer gwandra* meaning Lover of Travel.) For 30+ years I chose Cornish artists for the Lorient Inter-Celtic Festival.



Anna Clark (East Ward)

I live in the middle of a busy estate and love the little community I am part of. I work in Looe Community Academy as their Student Support Advocate and as a youth worker for Lyskerrys Youth Club in the Liskerrett centre. You may know me from my voluntary work or my stand up gig with Dobfools Comedy Club.

I'm passionate about community engagements and trying to get more people involved in town council meetings and projects.

I represent the council at the Safer Liskeard meetings and on the library working group. I also sit on the facilities committee.

I don't have a magic wand to solve all Liskeard's problems but I do my best to help. What I see and appreciate is the wonderful spirit and community we have here in Liskeard.



For details of all your Liskeard Town councillors and how to contact them, please visit www.liskeard.gov.uk/meet-your-councillors/councillors

Share your stories through the pages of Lyskerrys

Lyskerrys is a quarterly magazine dedicated to celebrating all the positive initiatives and uplifting stories from the town of Liskeard and the surrounding countryside.

It is delivered direct to 4,500 homes in the Liskeard area, with 1,500 more copies available to pick up at the Tourist Information Centre, the Town Council offices and many shops, cafes and other local outlets.

There are many ways you can get involved with Lyskerrys. Please get in touch if you have a story to tell or a great image to share, a community event coming up, if you would like to contribute to Lyskerrys magazine in any way, including delivery, if you would like to advertise, to stock copies or to discuss content partnership.

Contact us at editor@lyskerrys.co.uk

CHILL WITH COUSIN JACK

Looks like the tides
on the way in, love ...





Win tickets to Looe Music Festival

The award-winning Looe Music Festival promises to once again fill the beach, harbours, streets, cafes and watering holes of the fishing port with a spectacular variety of acts.

Firing into action over the weekend of September 21-23, it's south east Cornwall's biggest musical extravaganza, hosting national and international stars, as well as some incredible regional talent via the BBC Introducing Stage.

Now in its eighth year, 2018 headliners are punk rock legends The Stranglers, Scottish sensations The Waterboys, and Finnish barn-rock ambassadors Steve 'n' Seagulls.

See more on this year's inspirational line-up at www.looemusicfestival.co.uk or scan the Zappar code above for an exciting visual preview.

We are delighted to have 2 adult weekend tickets to give away in our exclusive Lyskerrys competition.

Email your answer to the question below to editor@lyskerrys.co.uk to arrive no later than Monday, September 17. Please title your email 'Looe Music Festival Competition' and remember to include your name, address and telephone number.

QUESTION:

Which punk rock legends are headlining this year's Looe Music Festival?

Terms and conditions: Entrants must be aged 18 or over. The winner will be selected at random from entries received and notified by Wednesday, September 19. The tickets are valued at £99 each; no cash alternative will be available and the tickets are not transferable. Members of Liskeard Arts and Media Body, Liskeard Town Council and the Real Ideas Organisation are not eligible to enter.