

Lyskerry's

The community journal for Liskeard



Issue 5

Spring/Gwenton

2019

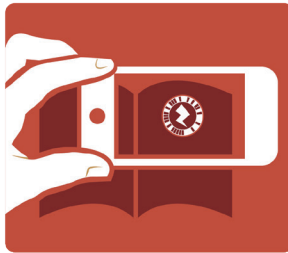
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We are thrilled to once again join forces with Stephen and Kim Tolfrey at Studio Wallop creative studio to bring you an interactive front cover that comes alive on your phone or tablet with the aid of the AR Zappar app. Just follow the simple instructions below and keep watching your screen:



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Share your stories and get involved

Lyskerrys is a quarterly magazine dedicated to celebrating all the positive initiatives and uplifting stories from in and around Liskeard.

It is published by LAMB (Liskeard Arts and Media Body), supported by Liskeard Town Council, RIO, and the Liskerrett Community Centre. It is edited by Jackie Butler and printed by Deltor, Saltash. Thank you to everyone who has contributed to this spring edition, including: Studio Wallop, Robby Bullen, Malcolm Mort, Rod Sheaff, Sue Pike, Sue Shand, Glen Rogers, David Bray, and Sandra Mitchell.

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.

Please get in touch if you have a story to tell or a great image to share, a community event coming up, or 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 opportunities for content partnership.

Contact us at editor@lys Kerrys.co.uk

Welcome / Dynnargh

to the spring/gwenton 2019 edition of Lyskerrys magazine, which marks our second year of publication as the community journal for Liskeard. Thank you to all our readers for your continuing support and contributions.

There's a touch of nostalgia about our cover story on the unique toy collection at Liskeard Museum and Phil Chapman – the man who hunts down the best exhibits to share with us. Once again, Studio Wallop creative studio have added a new dimension to our cover image with an augmented

.....

reality surprise to discover (see instructions opposite).

Elsewhere in this issue we focus on looking after your health and wellbeing and different ways to do that in the town, including team and individual sports, fitness regimes, holistic disciplines and wellbeing courses.

We meet a technology entrepreneur who loves the support Liskeard has offered his business, a passionate environmental campaigner spreading his message through art, and the hottest band in the South West.

You can find out about the shows, gigs, fun events, film screenings and gatherings happening in the town in our what's on listings.

There's news of major issues affecting the town as well as views and information from the town council and its councillors, and some tongue-in-cheek cartoon comment.

We love to meet our readers and hear what you think about the magazine, so please join us – and all the other amazing community groups in Liskeard – at the Community Fair (see page 31).

Gousin Jack

Ah ! My favourite piece
of equipment in the Gym !



All the best / oll an gwella

Brainstorming cattle market options

A series of architect-led public workshops and walkabouts are driving the quest for a positive new life for the Liskeard Cattle Market. Residents, business people, town councillors and county councillors have come together in a process called a 'charrette' – one of only two such projects in the country selected to be sponsored by the Government.

Essentially it is a concerted effort to involve everyone in the town in designing a future plan for the site that will bring more local people and visitors into Liskeard.

The process, taking place over five days in March, was led by JTP, an award-winning architecture practice with extensive experience

of delivering placemaking projects at every scale, from cities and towns, to neighbourhoods, streets and the design of individual building, creating new places and breathing life into old ones.

Previous town consultations had already yielded a wealth of suggestions and ideas from the community. Sally Hawken, Cornwall councillor for Liskeard East said: "The charrette programme has proved highly effective in other parts of the country and I'm looking forward to seeing how it can help us build on the work we've already done as residents, businesses and councils to all work together to regenerate this key site in the heart of our town."

Come and see revamped public hall

Liskeard Public Hall is throwing open its doors to showcase improvements and alterations. There's an official open event on Monday 29 April from 3-5pm when everyone is invited to have a look at the revamped council-owned rooms available to hire.

Take the opportunity to tour the building and explore the options for all seven rooms, for regular meetings as well as one-off functions, shows and fairs. Then you can relax in the Wheal Phoenix Room (formerly the

Refreshment Room) and enjoy a complimentary Cornish cream tea.

The Public Hall itself now has improved disabled access with a platform lift to the first floor and a further lift from the hall to the stage. There's also a Changing Places disabled washroom and baby changing facilities, plus a semi-commercial kitchen on the first floor. If you can't make the launch call Erin between 9am-1pm on 01579 345407 (option 1) to arrange a viewing.



Phil's toys aren't childsplay

A genuine Dr Who Dalek has joined the unique toy collection at Liskeard Museum. We meet the man who unearths vintage gold

It's safe to say that Phil Chapman is obsessed with toys. His particular passion is replica vehicles, although he has just added a genuine 1966 Dr Who Dalek to the impressive collection he loves to share with visitors at Liskeard Museum.

He has become such an expert in rooting out old gems that town based multimedia company Studio Wallop – who created the museum's augmented reality features – are

currently shooting Toyman, a pilot TV show following his exploits in the name of toy discovery. Phil, 45, has been collecting for 20 years and his specialist knowledge in the field is well recognised, as Drew Pritchard of TV show Salvage Hunters recently confirmed, tweeting: "Phil is my go-to expert on anything toy-related."

His toys and models have been at the museum for four years. Each season the cabinet displays are refreshed,



“I had a full-size tractor and a motor cycle but storage was a nightmare. Tinplate models were the closest I could get to the real thing.”

“When I started collecting no one was interested in tinplate and now it’s really popular.”

with new finds added and some familiar pieces returned to storage.

The Dalek had been in a shed in Cornwall for the last 20 years before Phil rescued it and spruced it up.

“I never planned to have a Dalek, it’s just another one of those things that has turned up,” he says.

Phil gets his toys from toy fairs, salvage yards, antique fairs, car boots and house clearances, usually in Cornwall, and Exeter at a pinch. He always goes to see them in person.

“I don’t buy anything over the Internet. That takes the fun out of it for me. I like to get out and meet people and they can tell you the stories behind the toys.”

His mainstays are made of tin – mostly cars, buses, lorry and emergency vehicles, often well preserved in their original cardboard packaging (see our front cover) from companies like Triang and Mettoy.

He particularly enjoys finding pieces that have a tie to a certain period or event, such as wooden toys carved by wartime soldiers.

“It’s not just about toys, it’s about bringing back memories. Someone might remember they went to school on a Routemaster bus or their granddad had a Somerset car.”

A proud star of the room is a Chitty Chitty Bang Bang pedal car – one of only 12 that were made – and there’s also a rare replica golden gun from the James Bond collection (below).

See the toy collection at Liskeard Museum, Foresters Hall, Pike Street, Liskeard. It is open Monday to Friday, 10am-4pm and Saturday 10am-1pm. Entry is free.



My Liskeard

With Oli Jones



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

My name is Oli Jones and I'm 45. I am a primary school PE teacher in St Cleer, Upton Cross, Dobwalls and Pensilva Primary Schools. I also teach Forest School activities and run after school clubs in sports such as gymnastics, treasure hunt, frisbee golf, orienteering and many more.

Q) How long have you lived in Liskeard?

I lived in Liskeard growing up from 1988-2000. I then moved to St Cleer and now live in Liskeard with my wife and three children. My eldest daughter goes to Liskeard Community College. Most of my family live in town, so it is handy for childcare. Also it is central to places such as Plymouth and the coast.

Favourite event: Liskeard Lights Up – I was involved in the parade with the 1st Liskeard Scouts. The Man Engine was impressive and really brought the town out.

Favourite shops: At Goldsworthys you can get anything you really need and the staff are really helpful. I'm into cycling and Liskeard Cycle Shop owner Russell is brilliant. Any bike can be ordered at competitive prices and it's useful for any repairs or spares.

Eating place: Wetherspoons is a recent addition but for value it is brilliant. I met a friend for a drink and spent £1.25 for coffee and ended up having free refills. The range of beers is good, but I am on a five-month dryathon, so haven't sampled any for a while!

Favourite clubs: East Cornwall Harriers is a fantastic small club open to all abilities from walk/run to serious runners. They offer off-road events and a range of social functions. I'm running the London Marathon in 2019, attempting to beat a Guinness World Record as the fastest person dressed as a Scout. I have to beat 2hrs 58min 44s. I'm raising money (and awareness) for the National Autistic Society as my daughter has autism. Sponsor me on www.justgiving.com/fundraising/naschallenge. I'm also a cub leader for 1st Liskeard Scouts which meets for Beavers (age 6-8) and Cubs (8-10) on a Monday and Scouts on a Wednesday. There are very organised activities and great community links.

Local walk: Local moors near Minions and Siblyback Lake are brilliant for running/cycling and walking for the kids. The new play area is another feature for children and adults!

They are the champions...

Let's hear it for the people who support their community
and stand up for what they believe in

Do you know a community champion – someone who goes out of their way to help others or back their town? Last year Liskeard Town Council launched their Community Champion Awards to recognise people who go the extra mile in a good cause. Now it is calling for nominations for the 2019 awards and encouraging everyone in and around the town to put forward their suggestions. The criteria for the awards is to recognise those who have made a positive difference to life in Liskeard. They can be individuals as well as groups, and there is a category for under 18s. Nominations can be for a wide range of endeavours including:

- Actions which bring the community together.
- Environmental or community service
- Helping others or a charity in their own time.
- Acts of neighbourliness.

- Gaining exceptional recognition for Liskeard.
- Someone who has battled against the odds for what they believe in.

The closing date for nominations is noon on Friday 5 April. Applications will be assessed by a selection panel on Monday 8 April. Successful nominees will be invited to attend the Community Champion Awards ceremony at the Annual Town Meeting on Thursday 25 April. Nomination forms and more information are available from the town council offices at West Street, or downloaded from the website www.liskeard.gov.uk. They can be returned to the council offices or emailed to office1@liskeard.gov.uk. Please be sure you have the nominee's permission to share their data with the council before sending. Here are some examples from last year's list of worthy nominees:

Electrical engineer Neil Tucker was recognised for his tireless voluntary work, going the extra mile behind the scenes, enabling events and initiatives like Liskeard Lights Up and Liskeard in Bloom to be successful, and also for his support for Liskeard Traders.

Community Treasure Chest were put forward to celebrate their non-profit service providing second-hand furniture and household goods at affordable prices, especially for those facing hardship, as well as reducing landfill waste and building community awareness.

Rob Arnold out
litter picking on the
edge of Liskeard,
with his son, Ben



Rob's campaigning for our environment

Raising awareness of the global plastics problem starts close to home for Liskeard environmental campaigner and artist Rob Arnold, who can often be found picking up litter in and around the town, or on beaches along the Rame peninsula.

But it's the way he uses what he finds to highlight the issue on a global platform that sets his mission apart and makes him a true community champion – as recognised in last year's Community Champion Awards.

Former picture framer and agricultural engineer Rob sorts the waste he bags to create striking artworks – like the Easter Island head

covered in microplastic fragments (inset) – that have a significant message to share, in this case just how vulnerable environments can be.



“The intention is not to make beautiful things – it is to get people's attention,” says Rob, who put on a successful display in the town's museum entitled *The Plastic Age*, and also works to raise awareness in schools and the community.

He now devotes himself full-time to campaigning and is keen to point out that 75 per cent of marine litter comes from land-based sources, via drains, streams and rivers. So, something plastic dropped in Liskeard street could end up polluting the sea.

Making this a safer place for us all

Community partners have united in a bid to make Liskeard a safer place for everyone who lives and works here. And nine months after launching, the Safer Liskeard initiative is already reaping benefits.

The group includes representatives from Cornwall Council, Liskeard Town Council, the Police, Fire Service, Addaction, community mental health, Cornwall Housing and other agencies (pictured below). Together they have targeted four key priorities to improve community safety and reduce crime and anti-social behaviour in the town.

Based on findings from the Cornwall Council residents' survey and local crime data these will be tackled in the coming months:

- Problem drug use
- Domestic abuse

- Pride in Liskeard and improved feelings of safety
- Community engagement and building community resilience.

There was an engagement event at Liskeard Community Hospital during national Domestic Abuse Awareness Week and the team also took part in Op Aident, which involved multi agency site visits to hotels and B&Bs in the town centre to raise awareness of child sexual exploitation.

There will be a Community Safety display at Liskeard Community Fair on 30 March, and a police-led shoplifting prevention training for local businesses on 3 April. Safer Liskeard would value your views on crime and disorder in Liskeard. To help residents grow an even stronger feeling of pride in the town. visit safercornwall.co.uk/safer-towns/safer-liskeard/

Residents and businesses... report it! If you experience anti-social behaviour email 101@dc.police.uk, telephone 101. In an emergency call 999
If you have information about a crime you can also contact Crimestoppers anonymously on 0800 555 111.





Fintech gives the town its dues

Meet serial entrepreneur Marcus Kern, co-founder of the Duesday company, who sings the praises of Liskeard as a great place for technology businesses to set up and thrive

It wasn't just the fast, reliable broadband speed that prompted fintech entrepreneur Marcus Kern to set up his new business in Liskeard, but it certainly helped. So too did the affordable office space, the talented local people he found to staff his new enterprise, as well as some EU funds.

Two years since moving into the heart of the town, the co-founder of Duesday is delighted with his choice and is now preparing to double his 13 employees by the end of 2019.

Essentially a software business, the company is turning heads globally with a concept that revolutionises the 30-year-old direct debit system, and offers the specialist financial technology to deliver it.

After successful trials in the UK, a major bank in Mexico wants to roll out the Duesday software, and there is huge potential to target more markets both at home and abroad, all from the three-storey former bank building in Pike Street the company inhabits.

“Liskeard welcomed us really well. I engaged with the town council and made good relationships.”

“We make it easier for companies who need to charge direct debits as well as empowering people who need to make payments,” explains Marcus.

Moving to Cornwall was a happy impulse for him and his wife. They came down on holiday from London four years ago and fell in love with the county’s rugged beauty and less hectic lifestyle. On a whim they made a bid on a house at Downderry that was up for auction.

“It is a place I really call home and I have a feeling we won’t be moving from here,” he says.

A year later the couple were working out how to make a permanent move rather than being weekly commuters to the capital. That meant finding an office property in the right location – not too far down the county and with a mainline railway station, as well as the non-negotiable fast broadband. Liskeard came up trumps.

“The internet connection here is better than any in London. There is a fibre that goes directly into the office and it is very reliable. For a software company like ours that is very important,” adds Marcus.

Originally from Germany, he has already established and sold two



other payment technology businesses.

“Liskeard welcomed us really well. I engaged with the town council and made good relationships.”

He also appreciates the support he has received from other organisations here – a marked contrast to his London experiences.

“In London the density of people is very high and competition for resources is very high. In Cornwall density is so low it is in your interest for someone else to be there. Relationships are supportive rather than competitive.”

There are a couple of things Marcus would like to see changed – high business rates and car parking charges. And he would like to get involved in a project to make productive use of the town’s empty shops. But his overall verdict?

“Liskeard really works for us.”

Strike up the band – join a long tradition of music making

Are you looking for an exciting new hobby? Have you always wanted to play an instrument, or do you have children or grandchildren who would like to learn? Liskeard Silver Band – familiar faces making music at every major event in and around town – are recruiting new members.

How about learning to play a cornet, a baritone or a tenor horn? And you don't even have to buy your own... the band have instruments available to loan, at no charge to members, as well as offering free tuition.

Age is no barrier to joining this friendly, local ensemble – they welcome players and learners aged



from seven to 70, and beyond! Their new rehearsal base is at Liskeard School and Community College on Wednesday evenings. The training band practise for an hour from 6.30pm, followed by the main band at 7.30pm. They are currently rehearsing new music for the summer season to cater for all tastes.

The band's strong links with Liskeard go back over 170 years and they take pride in participating in traditional events like the Furry Dance, the Carnival, the Mayor's Civic Parade, St Matthew's Fair, the Remembrance Parade and Liskeard Lights Up. They also represent Liskeard at carnivals, concerts and parades around the county, including Looe and Newquay.

If you would like to know more, visit www.liskeardsilverband.com.





Left to right:
Jonathan, Jack,
Olly and Phoenix

Coming out of the woods

One minute Olly Bignell, barista at Olive and Co cafe in Liskeard, is politely taking orders for coffee and cake, then in the next breath he's revealing how thrilled he is to perform a debut album launch show at Plymouth Pavilions with his band.

The 24-year-old is percussionist and backing vocalist with Haunt the Woods, the South East Cornwall four-piece most hotly tipped to break into the national scene this year. Elephant, the epic first single from the LP – released on vinyl, CD and digitally – has had great reactions from fans and professionals alike.

“Everyone has been so supportive,” says Olly. “The seeds we have sown are starting to blossom. To get out and play a massive gig is so exciting.”

Brought up in St Cleer, Olly now lives in Dobwalls and the band rehearse at his house. They are bass player

and childhood friend Jack Hale, from nearby Pensilva (he and Olly both studied at Deep Blue Sound in Plymouth), lead vocalist and guitarist Jonathan Stafford from Saltash (nurtured by the Livewire Youth Music Project) and lead guitarist Pheonix Elleschild from Millbrook.

Always defined by intoxicating melodies, bewitching vocal harmonies, outstanding guitar work and lyrics to tug at your heartstrings, the band's folksy semi-acoustic sound has discovered a suitably haunting epic prog rock vibe under the direction of producer Pete Miles of Middle Farm Studios in Devon. The tracks were recorded in a month with the aid of an investor, as well as Crowdfunder support from fans.

Haunt the Woods perform at Plymouth Pavilions, with Devon trio Wildwood Kin, on 16 March. Tickets online from the venue.

What's on Lyskerrys

There's always something going on in Liskeard – music, drama, films, talks family events, and societies and clubs that meet regularly to share interests and learn new skills. Here's a selection of spring listings. For extra details and to see events as they are announced see www.visitliskeard.co.uk/whats-on/

11 MARCH

Slow and Easy Folk Session,
Quimperle Room, Liskeard Public Hall, 7-9pm and every other Monday. This is for you if you are new to folk or your instrument, or find pub sessions too fast and furious.

Tectonic Plates, Trevithick Society talk, Liskeard Public Hall, 7.30-9.30pm, non-members £2. Mark Anderson will explain plate tectonics.

12 MARCH

Masonry, Manuscripts and Music, Liskeard Arts talk, Liskeard Public Hall, 7-9pm. A journey through Medieval England by Mark Cottle, capturing the essence of its religious and secular music. Non-members £6.

13 MARCH & 15 MAY

Liskeard Town Forum meeting, Liskeard Public Hall, 7.30pm. Held every six weeks. Interested in the future of the town? Have your say.

14 MARCH

Liskeard Knit n Natter, Hub Cafe, Liskerrett Centre, 10.30am-1.30pm. All welcome to join in a fun session of creativity and chat every Thursday.



16 MARCH

The Unravelling Wilburys, Carnglaze Caverns, St Neot, Liskeard, 8pm. A tribute to the Travelling Wilburys. Tickets, £17 from 01579 320251.

18 MARCH

Look Group art discussion, Liskerrett Centre, 7pm every third Monday. For more information call 01579 340307.

23 MARCH

This Is Me 2019 by Caradon Youth Choir, Dance and Theatre, Carnglaze Caverns, St Neot, 7pm. 2 live bands and 100 young performers. www.earlyenergy.co.uk.

Nocturnes: The Art of Painting in the Dark run by Catherine Wallace, Liskerrett Centre, 10.15am-3.30pm. Three lectures, £30 lunch, £7. To book contact talks@cathwallace.co.uk.

28 MARCH

Liskeard Storytelling Cafe, Liskeard Public Hall, 7.30pm every fourth Thursday. Friendly spoken word club in a relaxed cafe environment.

30 MARCH

Liskeard Community Fair, Liskeard Public Hall, 10am-1.30pm. Bringing together a diverse range of local groups and organisations to showcase what they do. Free entry. Disabled access via new lift.

2 APRIL

Looe Island Guided Walk. Join the island wardens for a fascinating trip to this offshore nature reserve. Visit www.cornwallwildlifetrust.org.uk/ islandwalks to book. £25. Also on 17 April, 2 May and 1 June.

Nevra Degoweth – Never Alone group for people sharing the experience of bereavement. Beech Lawn Nursing Home, Liskeard, 12-2pm. Lunch £5. First Tuesday of each month. Call 01872 266383 to book.

3 APRIL

Easter is Coming demonstration with Sally Edgcumbe, Liskeard & District Flower Arranging Society, 7.30pm, Eliot House Hotel, Castle Street, Liskeard. Every third Wednesday, non-members, £5. Call Kay Shepherd on 01579 345243.

5 APRIL

Steff Benton-Martyn – On Gossamer Wings, Underground Lake, Carnglaze Caverns, 8pm. Concert by local soprano Steff. Tickets 01579 320251.



Liskerrett Community Cinema – First Man (12A, pictured) 2.30pm and 7.30pm, Liskerrett Centre. Afternoon screening is subtitled. A look at the life of the astronaut Neil Armstrong, first man to walk on the Moon in 1969.

6 APRIL

Liskeard School and Community College Easter Fair, 11am-3pm.

7 APRIL

Acoustic Music Session, White Horse, Liskeard, 2pm, every first Sunday. Folk, Irish, bluegrass, old time and skiffle musicians and listeners welcome.

8 APRIL

Lighthouse Maintainer, Trevithick Society Talk, Liskeard Public Hall, 7.30-9.30pm. Speaker Alan Nicholas spent most of his life working for Trinity House, travelling around the lighthouses carrying out engineering work. Non-members £2.

9 APRIL

The Punch and Judy Show, Liskeard Arts talk, Liskeard Public Hall, 7-9pm 10am-3pm. Bertie Pearce gives his comic take on the history of the most famous puppet character of all time. Non-members £6.

10-13 APRIL

Peter Pan – a musical adventure by Caradon Youth Theatre, Liskeard Public Hall, 7.30pm. Classic story of the boy who never grew up. To book call 07899 953091.

12 APRIL

Polperro's Writers and Artists – talk by Mark Camp for Liskeard Old Cornwall Society, Liskeard Public Hall, 2.30pm. Non-members welcome.

13 APRIL

Liskeard Spinners Meeting, St Martin's Church Hall, 10am-4pm.
True Strays (pictured), live music at



The Albion pub, 9-11pm. Vintage-loving, blues-fuelled rock and rollers.

Community litter pick from 10am-12 noon. Meet at Scout Hut, Castle Park, Liskeard.

16-17 APRIL

Indoor Inflatables party, Liskeard Public Hall, 11am-4pm. Fun for children aged 0-14, including ball pool, soft play and a toddlers-only castle. £2 per hourly bouncer session. also on 11 May and 30-31 May.

29 APRIL

Liskeard Public Hall Launch, 3-5pm. View the building's updated facilities.

3 MAY

Liskerrett Community Cinema – Crazy Rich Asians (12A), Liskerrett Centre, 2.30pm and 7.30pm. Contemporary romantic comedy.

4 MAY

Cornwall International Male Voice Choral Festival Concert, Public Hall, 7.30pm. Tickets Liskeard TIC.

Sterts Beer Festival, 12 noon-11pm, Sterts, Upton Cross, with live music from The Countrymen.

18 MAY

Show of Hands concert, Carnglaze Caverns, 8pm. Acoustic roots duo Steve Knightley and Phil Beer plus singer songwriter Richard Shindell.

25 MAY

Jim Carey and the Saboteurs present Riots and Lobsters, Liskeard Public Hall, 7.30pm. Music by composer Jim with the late playwright Nick Darke. Tickets from Liskerrett Centre.

28-29 MAY

Relay for Life, 24-hour fundraising event for Cancer Research UK, Lux Park 12 noon to 12 noon. Stalls, entertainment and refreshments. Email info@liskeardrelay.org.uk

29 MAY - 1 JUNE

Disney's Aladdin Jnr, presented by Sterts Youth Theatre Junior company, Sterts, Upton Cross. Show based on the 1992 film and the 2014 hit Broadway and West End show. To book call 01579 362382.



PHOTO: GLEN ROGERS

Spring into action and enjoy fitness

This is the season when many of us start to think about healthier living and feel more inclined to get active. There are lots of physical fitness options available in Liskeard – it's a small town with big offerings. Most major team sports are represented by local clubs and there's a chance for all ages to get involved. Liskeard Sports Club and the Better Leisure Centre, next door to each other at Lux Park on Coldstyle Road, provide a hub for traditional sporting activities. There are also several walking groups around the town, as well as a variety of opportunities to be guided in more holistic pursuits and healthy living choices. Here's a snapshot of what's available:

LISKEARD & DISTRICT SPORTS ASSOCIATION

This unusual set-up sees popular sports gathered in one place. Sharing and maintaining grass pitches, courts and clubhouse buildings, the association is a non-profit organisation owned by the

cricket, football, rugby and tennis clubs – with other sports like hockey affiliated – and it's mainly funded by room hire and bar takings.

"We support each other and that is our strength," says vice chairman Wes Pound. "When one sport is doing well, it can prop up the others until their

turn comes around. When national teams start to do well in international competitions, then interest surges. Under one roof we are stronger together.”

As well as outdoor team sports, there are indoor bowls, skittles, darts and pool teams, and the East Cornwall Harriers running club has its base at the sports club.

For more information, call the club on 01579 342665.

CRICKET

It's the traditional British sport for a summer afternoon and Liskeard Cricket Club is on the cusp of a revival that will not only see it field a Cornish league team again, but also offer options for softball and ladies cricket. They are actively seeking new members to join the club. Chairman Tim Hyslop (pictured batting left, with wicket keeper Rob Brown) is confident that a positive new era lies ahead following the club's sad withdrawal from the league after player numbers dwindled.

“Cricket isn't just about physical strength, your age or your build. You don't have to be massively athletic – you can play if you are 17 or 70. As a club we enjoy the social side and the camaraderie that comes when you play as a team. Come and join us.” Weekly net sessions take place on Sundays from 10am at Lux Park.

Call Tim Hyslop for more information on 07740 875159.

FOOTBALL

Liskeard Athletic football club are members of the South West Peninsula Div One West. The club has

three adult league teams and two juniors, with hundreds of youngsters attending training sessions every week. For more information call 07513 489723.

HOCKEY

There's been a huge boost of interest in hockey since British players excelled in the last two Olympics and the sport started getting TV coverage. Caradon Hockey Club is a friendly family club which has regular coaching, thriving women's, men's and mixed teams, plus a huge juniors section.

“We have just had our tenth anniversary,” says the club's Glayne Price (pictured below in black and gold). “From being an under the radar sport, we are now a pretty big club.” The main season is from September to April but there are activities going on all year round. Contact Glayne on 07812 986220 or gprice@lhc.net.



PHOTO: GLEN ROGERS

RUGBY

Liskeard-Looe Rugby FC, based at Lux Park has two adult men's teams and one ladies. Then there is a range of juniors from under-6s to under-15s. Up to the age of 12 the girls play with the boys' teams, from 12-15 there's a separate girls team and from 15+ they can join the ladies team. There are more than 200 youngsters regularly training in rugby in Liskeard. The season starts in August with friendly matches and first division matches begin in September. Our picture shows Mark Goldsmith, Levan Evans and Tom Blake in action. For more information about rugby in Liskeard contact Tony Knightsbridge on 07944 731625.



PHOTO: GLEN ROGERS

WALKING FOR HEALTH

Going outside and putting one foot in front of the other is a great way to start getting fitter. Liskeard has plenty of walking groups to join for support, discipline and inspiration.

The Healthy Lifestyle Walking Group - Level 1 meets every Monday at the entrance to Luxstowe House at 2.30pm for a 45 minute walk. Contact: Marcia Henning on Marcia.henning@cornwall.gov.uk or call 07795 496623.

Rosedean House Surgery Walking Group meets on the second and fourth Tuesday of each month at 10am near the toilets in Westbourne Car Park to either start or car share to the walk. Contact Brian Oldham on 01579 340875 or

email him at contactbrian@btinternet.com.

Oak Tree Surgery Walking for Health meets in the surgery car park on the first and fourth Tuesday of each month at 10am. They use public footpaths, trails and tracks to explore the countryside. Dogs on leads are welcome. Most walks will be 3 to 4 miles and 1.5-2 hours. Contact Paul on 01579 342775 or Jill on 01579 340349.

Caradon Monthly Walks explore the Cornish landscape. Walks are free, led by volunteers, and are usually between 4 and 6 miles and in a different location every month. Just turn up on the day. Visit www.cmwg.uk/Our-Next-Walks.html

LISKEARD LEISURE CENTRE

This is definitely the place to come if swimming or workouts are your kind of fitness options. There's also a wealth of classes to join and a range of other sporting activities to explore. Around 95,000 visits are made here every month by local people wanting to keep active.

The four-lane 25m pool (pictured), has an adjoining learner pool and a fun flume. It hosts swimming lessons for all abilities and ages (from 18 months up), as well as Aquafit sessions for more mature water lovers. And when you come out of the pool you can relax in the adjacent sauna, steam room or spa pool.

The gym boasts 64 top of the range Technogym equipment stations and there are instructors available to show you how to use them safely and effectively and advise of workout schedules – a must for new users.

There's a spin cycling studio, a large hall for sports like badminton, trampolining, netball and basketball, as well as squash courts, tennis courts and an astroturf pitch. And a popular feature of the building is the full-size indoor bowls rink.

Regular classes include strength training, aerobics, yoga, pilates, tai chi, circuits, exercise to music and spinning (on static cycles, that is).

"Some people have the perception that fitness is only for twentysomethings in Lycra and that



no one else has any business being here," laughs manager Brett Price. "But when you come in you can see that there are so many different types of people here. It's for everyone."

When you've finished your exercise – whatever level that's at – you can reward yourself with a drink and a healthy snack – or delicious cake – in the cafe overlooking the pool.

"There is a big social aspect too. You can meet similar people in a class and make new friends," adds Brett.

You can use the centre casually on a pay as you go basis with a special rate for residents, or there are lots of different membership options available, as well as Healthwise Programme referrals from local GPs.

If you want to try out the facilities for the first time, pop in and ask for a free day pass. "Come in and we can show you round. Try things out and see if you like them," says Brett.

Liskeard Leisure Centre in Coldstyle Road is open Monday to Friday 6.30am-10pm, Saturday 7.15am-6.30pm and Sunday 8am-9pm. There is good disabled access.

Slowly and gently does it

Peep through the window while Kath Revell – aka Ninja Granny – is conducting her gentle Tai Chi or Qigong classes and you could be forgiven for thinking there's not much dynamic exercise going on. You would be quite wrong, of course.

"You are working all the muscles and joints, improving balance and stimulating your whole energy system," says Kath (below, front).

The two disciplines share much common ground, based on the idea of our essential "chi", which is central to Chinese culture. In both cases you move from your centre, you move with focus and you move

slowly. While Qigong is more health-based, Tai Chi also has a martial arts aspect and was recently highlighted as an effective physical and mental practice for older people's wellbeing.

Somatics is the third discipline Kath teaches on structured courses and one-to-one. It's all about tackling pain, balance and mobility problems by using precise small-scale movements to regain control over the involuntary contractions you make and probably don't even realise.

● *Kath holds a wide variety of classes in Tai Chi, Qigong and somatics, for all levels, at the Liskerrett Centre and the Leisure Centre in Liskeard, as well as outlying villages. Visit www.ninjagranny.org or contact Kath on 01579 340591 or 07729 907056.*



Helen's here to help you be healthier intentionally



Improving your fitness and your quality of life isn't simply about getting your body in better shape. Often it is far more complicated than that, according to Helen Gardner, therapeutic counsellor and family worker for Liskeard Methodist Church.

As part of her community role she is the local coach on a national programme called Intentional Health. Held one evening per week over ten weeks, it focuses on all aspects of boosting your own wellbeing, both mental and physical.

This holistic approach covers:

- Eating a healthy diet
- Living a balanced life
- Setting and achieving goals
- Managing your weight
- Thinking positively
- Improving your sleep
- Managing stress
- Increasing physical activity
- Developing healthy habits.

"You don't have to have any faith at all to come, but the course was written from a Christian perspective," says Helen. There are ten people on the current course, five of whom are from the church community.

"Everyone is coming for different reasons. Some people want to lose weight. Some don't do enough exercise. A lot of people come because they are anxious or they have trouble sleeping. And sometimes they are not making enough time for themselves. It's all about allowing people to realise their full potential," says Helen, who also does a lot of wellbeing work with children and young people locally.

"We have had some fantastic transformations," she adds.

● Another Intentional Health course starts in mid April. Contact Helen Gardner on 07958 940263 or email helengardner76@icloud.com.

Weighing up the best ways to improve my lifestyle

A personal blog by Sandra Mitchell



As a town councillor I probably know the least about our local outdoor spaces, walks and cycle trails. And just lately, I am probably feeling the least fit of your representatives.

I'm not sure just when I started to feel like a couch potato, but with a full-time job, a part-time job, town council and Co op council commitments, plus a large family, life is very busy. My job in the Co op involves lots of standing and walking, so I can convince myself that I'm staying fit. It's quite a trek to the staff room too, though I suspect eating pork pie and cake with a sugary coffee when I get there counteracts the benefits of the brisk walk through the shop and upstairs.

So, it is time to eat more healthily and get out around the town on some of our local walks and cycle trails. My dog would benefit from this also, as she has a similar looking midriff to me since she had 'the op'.

I did plan to start in January or

February but it never happened for lots of reasons, such as, still eating leftover Christmas treats, the weather was too wet – for the dog as well as me – then the weather was too cold.

But now spring is in the air and the evenings are getting lighter, the jeans are getting tighter and the wheeze is not going away. I need to start. The first action is to ditch the sugar, starting with not putting it in my coffee (yuk) and cutting out crisps and chocolate (though I do need to remind the husband not to buy me any), and walk the dog. So far I have explored Castle Park with her.

This is a very popular spot for the local dogs and a good way to meet new people. I'm only on day four and don't appear to have much willpower, but I have located a bicycle, Googled some healthy recipes and found some determination.

So, here starts the journey to a fitter lifestyle and getting out into my town without the car.

Gardening is good for you

Community gardening with Malcolm Mort

Regular gardening can be a great way to improve physical and mental health. It helps strengthen muscles, lower blood pressure, reduce stress and depression, and can help with weight loss. Being outdoors enables skin to make Vitamin D, important for healthy bones. Even indoor plants can brighten moods, as well as filtering chemicals from the air.

Gardening together can also be fun. It enables people to connect with each other, reduces feelings of isolation and helps build healthy communities. Gardening is an ongoing and fascinating experiment. We continually learn, and in working with others, knowledge and practical skills are shared and built upon. Gardening is one of the many

activities shared by those who attend Liskeard's Echo Centre for adults with a physical disability. The aim is to raise confidence and self-esteem, promote independence and social interaction for those needing a short period of rehabilitation or who have longer-term disability. As well as caring for the welcoming shrub and flower displays, several raised planters are used to grow fruit, herbs and vegetables for kitchen use. These include potatoes, beetroot, rhubarb, onions and strawberries.

Echo values the importance of volunteers, and extra help is needed with gardening projects. To assist in this rewarding work, please give Mandy Williams a ring on 01579 341070.





Banking on your donations

By David Bray

Generous donors and volunteers are supporting families and individuals in crisis through the Liskeard and Looe Foodbank.

Food and household items are needed all year round and local people have been exceptionally generous, with 2,237 food parcels – around 24 tons of food – given out by the charity last year.

The scheme works on a voucher system, with people in need being referred by local agencies including Citizens Advice, GP surgeries and children's centres. Each recipient receives a three-day supply of emergency food to tide them over at difficult times.

Project manager David Berry says: "We are bowled over every year by the generosity of the public."

Opened in 2009, the following year food was given out to 400 people in need and demand has been increasing ever since.

"We were challenged by the poverty and deprivation we see here in Liskeard," he adds. "It's very evident on the streets."

Anne has been a volunteer at Liskeard for about a year and works eight hours a week. She says: "Sadly, there's a need and I'll be here as long as clients come through the door."

The Foodbank – at Unit 1, Barras Place, Liskeard – is run in partnership with local churches and is supported by The Trussell Trust. It is open for donations and collections from 9.30am-12.30pm Monday, Wednesday and Friday (not bank holidays). For more details visit liskeardlooe.foodbank.org.uk or phone 07512 011452.

What could you do in an emergency?

Fire, flood, heavy snow, a major road accident... emergencies are almost always unpredictable. But it is possible to be ready to act quickly when a serious situation happens. That's what Liskeard Town Council's Community Emergency Plan is all about – and you could be an integral part of it.

- Are you the contact for a group who could be mobilised at short notice to support police, fire, ambulance and other key community services?
- Are you the kind of person who checks on their neighbours when it snows?
- Are you the keyholder for a building which could provide shelter if required?
- Do you have a tractor or an all

terrain vehicle or specialist equipment or training which might be useful in emergency situations, road blockages, or difficult terrain?

- Could you be a local “lookout” contact for your area, estate, or street?
- Could you make tea for those in need at the drop of a hat?

If any of those sound like you – or if you have other skills to offer the Community Emergency Plan Committee would love to hear from you.

Contact the Town Council offices at West Street (01579 345407), or Vicky at the Tourist Information Centre (01579 349148) or Cllr Sue Shand at s.shand@liskeard.gov.uk with your contact details and a brief description of how you could help.



Library inspires unique serenade

As Liskeard Library counts down to its creative reinvention, primary school children have been celebrating the stories found on its bookshelves in an innovative musical manner.

More than 100 pupils from the St Barnabas Multi Academy Trust, which includes Liskeard's St Martin's C of E Primary, joined in a special event with local musicians Emma Mansfield and Roger Luxton, writing and performing a catchy song they called Lost Books.

Each youngster also created their own 'Lost Book' – a volume wrapped in brown paper to gift to another child. Donated by the children, these were pre-loved books that needed new readers to enjoy them.

The day, supported by the Real Ideas Organisation (RIO) – the body taking over the day to day running of the

library service and building in Liskeard – was part of the children's Arts Award Discover award.

"It was amazing to see all the children in the library, some for the first time, changing their ideas about what might happen in the library," said Sarah Waller from RIO, pictured with Emma and Roger on the day.

Meanwhile, progress is being made on RIO's plans to revamp the building, in Barras Street, as a contemporary library space with facilities for the whole community.

- Planning permission is now in place, preliminary surveys and archaeological reports have been completed successfully and contractors are being organised.

- Funding bids are in for the capital work and RIO is hoping for favourable options.

- Cornwall Council is in the process of moving the current library to its temporary home at Luxstowe House – with the transfer due to be completed by end of March.

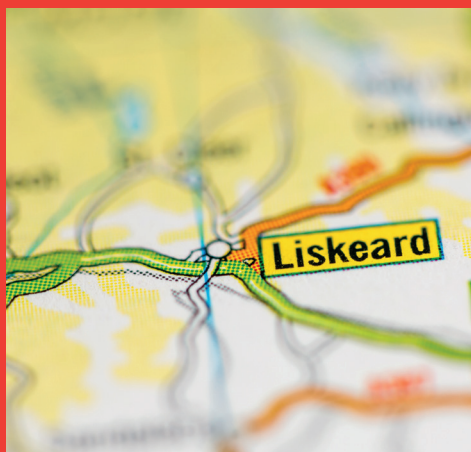
- "We are working hard on detailed plans which will include a renovated building, library facilities, workspace, meeting rooms and space for a wide range of clubs, events and activities," says RIO chief executive Lindsey Hall.



A gwenton walk in Kernewek



with
Rod Sbeaff



When the weather becomes better it's pleasant to walk in the countryside around Liskeard. The tourist information centre (at the *gwithti*) can give you leaflets with maps of walks near the town or visit the Liskeard walks page at www.visitliskeard.co.uk to download a PDF. This is Countryside Walk 1.

From Barras Street in the centre of the town, *res yw* to go along Barras Place, then turn left down Venslooe Hill. Continue under the railway bridge. The *hynshorn* between Minions and Moorswater was closed *nans yw lies blydhen*. It's said that the railway company was not permitted to carry passengers. So they sold tickets to send a parcel or *glawlenn* on the train to Moorswater or Looe, and the owner could go along *heb kost*.

Next, it's necessary to cross the stream and after a few steps further, turn *a-gledh* across the stile. After a second stile you must go through a small copse towards *Manerji Treworgey*, another historic place.

Lemmyn you have to find your leaflet in order to work out how to get back to Liskeard. Continue your *kerdh* through the lanes towards Keast Park Wood, then along the *glynn* to Moorswater, then Old Road and in this way home to Liskeard. *Prys te yw!*

Cornish to English

gwenton – spring

gwithti 'keeping-house' – museum

res yw [Say: 'rez you'] – It's necessary to, one must

hyns-horn 'iron path' – railway

nans yw lies blydhen [Say: 'nans you lee-ess blithen'] – many years ago

glawlenn 'rain-roof' – umbrella

heb kost – without cost, free of charge

a-gledh [Say: 'a-gleyth'] to the left

Manerji Treworgey – Treworgey Manor

Lemmyn – now

kerdh [Say: 'kerth'] – a walk

glynn – wooded valley [as in 'Glynn Valley']

Prys te yw! [Say: 'Priz tay you'] – It's time for tea!

Meet your town's councillors

Sally Hawken (East Ward)

I moved to my parents' home town in the early 1990s and have loved bringing up my son here. Liskeard is a fabulous town with groups, clubs, organisations and individuals who pull together to employ our strengths.

For the last two years my role on Cornwall Council's Cabinet as Portfolio Holder for Children & Wellbeing has taken me out of town a lot, but also allows me to champion the needs of Liskeard.

As chair of the Cattle Market Group I'm pleased we're now making real and tangible steps on the site and other ways to bring jobs to the town. Cornwall Council has embedded the work in its Investment Programme,

committed the necessary staff to deliver the project and is bringing the Local Enterprise Partnership and other partners on board to help.

Jane Pascoe (West Ward)

I have worked in Liskeard for the past 45 years. I was secretary of Liskeard Chamber of Commerce, inaugural community member of the Town Forum and a section secretary for the Liskeard Show. I have gained a broad understanding of the needs and aspirations of residents and businesses.

I worked with volunteers on the Neighbourhood Plan to identify the best land use for the community and a sound framework for continuing development. Sustainable employment and infrastructure are important and we must ensure our school leavers have the right skills for employment and to compete for higher paid jobs.

I currently sit on the Planning, Finance & Economic Development and Facilities Committees.



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



LISKEARD COUNCIL
COMMUNITY DEVELOPMENT

COME JOIN US AT
THE...

LISKEARD COMMUNITY FAIR!

10AM-1:30PM
LISKEARD PUBLIC HALL
SAT 30TH MARCH
WWW.VISITLISKEARD.CO.UK

FREE TO
ATTEND!

RAISE MONEY
FOR GOOD
CAUSES

FOOD
AND
DRINK

DISCOVER
NEW
GROUPS TO
JOIN

FUN
ACTIVITIES
FOR ALL
AGES

PROMOTING
LOCAL GROUPS
AND
CHARITIES





Be prepared for gull invasion

It's that time of year when Liskeard's 'friendly' urban gulls will be returning to our roofs. As well as scanning for prime nesting spots, their beady eyes will be on the lookout for easy sources of food. Dropped waste and poorly placed rubbish are guaranteed to entice them to your door.

Here are some precautions you can take to protect yourself and your home from unwanted gull attention, provided by Liskeard Town Council's Seagull Working Group:

- Make sure your rubbish is suitably covered; for £3.50 you can pick up a reusable seagull-proof sack from

Liskeard Tourist Information Centre on Pike Street or Cornwall Council One Stop Shop at Luxstowe House.

- Don't put refuse sacks out too early.
- Don't drop litter.
- Don't feed the gulls.
- Safely, clear your roofs of old nesting sites. Pest control firms can do this.
- Moss covered roofs provide an anchor for gull nests, try to clean the moss if possible.
- Give nest sites a wide berth if you can but if a gull divebombs you, wave a hand or stick above your head.

For more information visit www.liskeard.gov.uk/seagull-advice/