

# Lyskerry's

The community journal for Liskeard



**Issue 2**

Summer/Hav

—  
**2018**

# Positive People South and East with Active Plus

## Stuck and need a bit of help to move forward?

Then why not sign up for our FREE confidence building course, held in St Martin's Church Hall, Liskeard on Thursday mornings? These are run by our team of military veterans who have themselves faced and overcome their fair share of challenges. **Please contact us for further details – we will always ring you back!** Linda Chapman 07951 376041 or Mark Lane 07534 643817.

Visit Facebook: Advanced Group PP South and East



Mark joined the RAF in 1978 because he wasn't keen to pursue an academic career preferring to be outside and wanting to do something with

sport. His father was also in the RAF so was able to give him useful advice.

He served for 37 years, as a PT instructor and also as a parachute instructor and for 34 years represented the RAF at Wimbledon!

Through the RAF, Mark learned invaluable life skills and had many opportunities to travel.

After retiring from service Mark didn't know what he wanted to do, but responded to the Active Plus job vacancy a friend had sent him.

He derives great pleasure from seeing people succeed on the Positive People course, overcoming obstacles which may have been holding them back for years.

## FRANCES'S STORY

"The 8-week course was challenging for me, having hardly been out of my house for a year. What impressed me about the veterans was that they didn't judge or need to know everything about my life story, neither did the other participants. "Activities on the course have helped me regain self-confidence, rediscover leadership qualities and put into action my dream of creating a catering business. I have attended business courses and created my own website. Sign up – there's nothing to lose!"





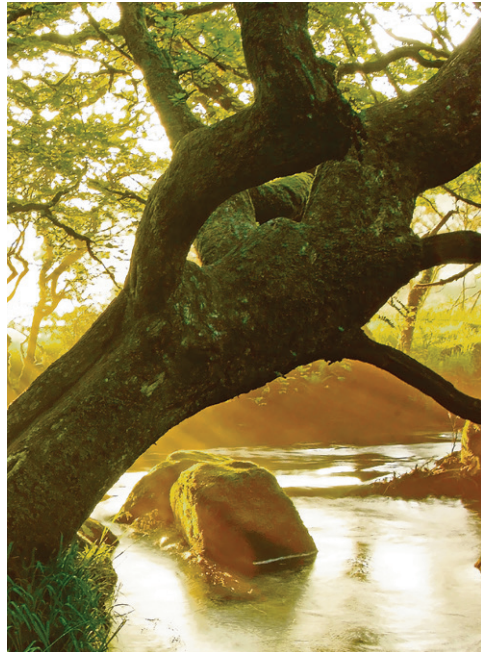
## Welcome / Dynnargh

to the summer edition of Lyskerrys. This issue is all about getting out into the great outdoors – fairs, festivals, walking, cycling, dancing, gardening – and you can win a pair of tickets to Port Eliot in our exclusive competition.

We also focus on young parents including farming couple Mark and Isobelle Delbridge (our cover photo) and Amy Bender, subject of this season's My Liskeard – who says Golitha Falls (pictured right) is her favourite place in the world.

We are thrilled to report a really positive reaction to our inaugural magazine. Heartfelt thanks to everyone who has contacted us.

Our priority is to celebrate all the positive initiatives and stories from our town and the surrounding countryside. There are so many that we can't possibly squeeze them all in at once. We already have a wealth of tales in the pipeline for autumn, but please keep sharing your stories with us. See below for how to contact us.



Lyskerrys 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, art directed by 51 Studio and printed by Deltor, Saltash. Contributors include Dave Berry, Robby Bullen, Zac Leon, Jodie Ronaldson, Malcolm Mort and Rod Sheaff.

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## We want to hear from you

Email us at [editor@lys Kerrys.co.uk](mailto:editor@lys Kerrys.co.uk)  
or message us via  
Facebook – [facebook.com/lys Kerrys/](https://facebook.com/lys Kerrys/)  
Twitter – [@LysKerrysEditor](https://twitter.com/LysKerrysEditor)

Please get in touch if you have a story to tell, a great image to share or if you would like to contribute to Lyskerrys magazine in any way, including delivery.

# Plastic-free Liskeard

by Zac Leon

The campaign against plastic has begun in Liskeard, and it has no small aim in sight. The name of the game is 'plastic free'. For many the message was brought home by the hard-hitting final episode of Sir David Attenborough's Blue Planet in which turtles, tropical fish and dolphins were seen ploughing through plastic bags and rubbish.

Most shopkeepers in the town are now aware of the issue and are in the process of changing from single-use plastic to paper bags.

Beddoes greengrocers (pictured) estimate that a simple sign asking customers whether they really need a plastic bag has lowered the use of single-use bags by 40 per cent. Bittersweet provides paper bags, but asks for donations to St Petrocs when plastic bags are needed.

Paul at The Bean Cafe, together with Olive & Co, pioneered compostable containers for takeaway food and drink; Cathy Ross at The Hub Cafe does so too and her takeaway cutlery is compostable sugarcane.

The Co-op provides compostable single-use plastic bags. A pledge to reduce plastic packaging is one of its many community actions led by Sandra Mitchell.

Morrisons, at a recent demonstration against unnecessary plastic packaging, provided bins for the offending waste. It is also the one place in Liskeard where plastic bags are collected for recycling.

Others are concerned about rubbish on our streets, beaches and countryside. Artist Rob Arnold and volunteers have collected at least 100 bags of recyclable plastic litter. Voluntary litter-picks now focus on sorting into recyclable and non-recyclable waste and Biffa is happy to help with collection and recycling.

In many ways Liskeard is tackling single-use plastic. However the town recycled only 29 per cent of its waste last year. We need to think carefully about our purchasing and recycling. Yes, it's a challenge, but it's one we can happily meet.

To find out more visit [www.facebook.com/plasticfreeliskeard/](https://www.facebook.com/plasticfreeliskeard/)



PHOTO: JACKIE BUTLER





PHOTO: JACKIE BUTLER

# How now, Green Cow?

**Liskeard's heritage is rooted in agriculture. Mark and Isobelle Delbridge of the Green Cow Dairy are determined to stay close to their roots and follow in the farming tradition of their families.**

At 8am and 8pm each day you'll find Mark at the field gate calling his cows in for milking. By crack of dawn next day, the milk the 18 "girls" have produced will be sitting on local town and country doorsteps, neatly packaged in reusable glass bottles bearing the logo of a grazing cow.

Milk doesn't come much more nostalgic and authentic than this.

The whole process, including pasteurisation and bottling, takes place on the farm.

At a time when agriculture is focused on much larger operations, and the average age of farmers is 59, the young Delbridges decided to keep things small and local when they took over the fledgling Green Cow Dairy just over a year ago.



Having found a suitable, if rather neglected, farm with 86 acres (plus 40 up the road) near Upton Cross to rent from Cornwall Council – the only way they could afford to get their feet on the farming ladder – Mark, 28, and Isobelle, 29, became the proud owners of a milking herd and a blossoming milk round, as well as a small flock of sheep.

“We farm like our grandparents used to, using small, old-style equipment,” said Mark, who went to Liskeard School. “We run our bull with the cows for nature to take its course and we rarely have to intervene when a cow is calving.”

The couple both grew up in farming families. Mark’s parents and grandparents have raised beef cattle and sheep at Menheniot, while Isobelle’s family (the Poads) are dairy farmers at Blunts, with 200 cows.

“As soon as we met we knew we wanted to try and go into farming,” said Isobelle.

Now their own children are having a similar start in life. Grace, two, and Henry, one, love being outdoors, “helping” with milking and bottling, as well as collecting eggs from the chickens, ducks and geese, and looking after the calves, three cats and two dogs.

**“A lot of farmers would be afraid to do what we do. We are dealing with the public when a lot of farms are shut away and only deal with milk processors.”**

Demand for Green Cow glass bottle deliveries is high, especially with the growth of the plastic-free movement. In addition to full fat, semi-skimmed and skimmed milk, they offer customers homemade cream and butter, as well as honey, apple juice, goat products, sausages and sourdough bread sourced from other local producers.

The Delbridges’ aim is to use everything and waste nothing. Isobelle, a keen cook, is looking into other outlets for their milk, such as flavoured butters and yoghurts. Her ultimate dream is to have an on-site cafe, gallery and shop, but for the moment she is planning regular open days so that people can visit the farm, meet the animals and witness a slice of real farming life.

For more information visit [greencowdairy.co.uk](http://greencowdairy.co.uk)

# There's no business like show business



Town meets country in the annual agricultural and community gathering that is Liskeard Show. An action-packed family day out, as well as one of the most important dates on the Cornish farming calendar, this year's event takes place on Saturday, July 14 at Merrymeet, off the A390 Liskeard to Callington road.

With the demise of the fortnightly market in town, the show – now in its 115th year – is more important than ever as a place where all those connected with farming can meet to discuss their work, connect with suppliers and customers, and celebrate their achievements. It's also where local people who rarely see beyond the farm gate can gain an insight into the world of modern agriculture.

Regularly attracting around 8,000 people, the event showcases the best in breeds of cattle, sheep and poultry. There's a horse show, a dog show, and main ring attractions that include carriage driving, heavy horses, flyball, classic cars and vintage tractors. In addition there are all sorts of displays and amusements, including live music, sheep shearing, dog agility and cookery demos. More than 200 trade stands, indoors and out, offer everything from the latest farm machinery to Cornish food and drink and local crafts.

On the day there will be a regular free return bus service from Liskeard Station, The Parade and Luxstowe Vets, starting at 9am. Admission is £10 for adults, children 5-15 years £4. Car parking on site is free.



# Feeding bellies, not bins

Meet community champions The Real Junk Food Project who rescue food destined for landfill



Around 15 million tonnes of food are binned every year in the UK, while thousands of people live in food poverty or suffer from malnutrition.

The original Real Junk Food Project (TRJFP) was set up in Leeds in December 2013 by Adam Smith. He wanted to do something to address these huge amounts of food waste generated by society. Jess Sneyd started up the first operation in the South West in 2016, now based just outside Liskeard at Adrenalin Quarry.

“When I found out about what TRJFP is, and that anyone could get involved, I wanted to be part of it,” she said.

“My background is community nursing, but I was looking for a change. I wanted to be involved with something that made a difference at a grass roots level whilst still being about community, health and wellbeing.”

With the help of Vicki Rowan and a band of 30 “amazing” volunteers, Jess and The Real Junk Food Project Plymouth run up to five events a week, including community lunches, weddings and private parties.

In the past year they have fed more than 7,500 people using food that was due to be binned by local shops, supermarkets, restaurants and farms, as well as delivering produce and ingredients to schools, soup kitchens and the Devon and Cornwall Refugee Service.

All the food can be bought on a “pay as you feel basis” so that it is accessible to all and valued for what it is. People can also offer time or skills in exchange for their meal.



“What started as a kitchen table enterprise from home, has developed and expanded over 18 months,” said Jess.

“People just get it,” added Vicki. “They know that it really is a very bad idea to waste food when it can be enjoyed by people.” In South East Cornwall there are lots of opportunities for people to go along to an event as TRJFP operate as a

pop-up. There are lunches at the Wesley Methodist Hall, Liskeard every Friday in June from noon to 1.30pm, and at Linkinhorne Hall, Upton Cross on June 21.

If you would like to book an event, volunteer or find out more please get in touch with Jess or Vicki at: [realjunkfoodplymouth@gmail.com](mailto:realjunkfoodplymouth@gmail.com).

## Bread pudding

Here is a popular TRJFP recipe for bread pudding. “We get lots of bread every week,” said Jess.

800g bread, buns and/or pastries  
200g fruit (raisins, banana or apple)  
500ml approx milk and/or cream  
3 eggs, 1 tsp cinnamon  
A sprinkle of sugar, if you have used mostly bread.

Rip the bread and pastries into a large bowl. Add the fruit and spice and mix. Pour in the milk/cream and eggs so the bread is covered and soggy. Allow to sit for 30 minutes to absorb any excess. Check after 15 minutes to see if more milk is required. Put the mixture in a lined, heatproof dish and sprinkle with sugar if required.

Bake in the oven at 150C for 40 minutes. Allow to cool in the dish a little before serving with custard.

# My Liskeard

With Amy Bender



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

My name's Amy Bender. I'm 28. I'm just returning to work as a learning support assistant after being at home with my son, Jakub, who is four.

## **Q) How long have you lived in Liskeard?**

Since 2016

## **Q) What drew you to the town?**

I grew up in a tiny seaside village and have lived in cities and knew I wanted to bring my son up somewhere in the middle, with a nice community.

## **Q) What are your favourite elements of the town?**

Liskeard is really well situated: a short drive from beaches and moorlands but not bang in tourist territory. There is an impressive community here of people working hard to improve things for everyone – too many to even list! I volunteer for the Lyskerrys Youth Committee, the management committee for the Lyskerrys Youth Club – volunteers are always welcome for the committee and group, so please join us.

**Favourite shop:** HE Goldsworthy on Pike Street are super helpful when I go in there with something I don't know the name of but need replacing. And Liskeard News are lovely and have a

great selection of magazines. And, naturally, the Co-op because Sandra (Mitchell) works there and they do loads for the town.

**Eating place:** We're by far most often in the Fat Frog. They're brilliantly family friendly, make a mean milkshake, and are a social institution!

**Event:** Liskeard Community Action's Party in the Park is a great example of Liskeard's community and different organisations pulling together to do good things.

**Activity:** For young people the Youth Club at the Liskerrett Centre on Fridays (age 11-14: 5.15-6.45pm, ages 14-18: 7-9pm). Wesley toddler group on a Friday morning (at the Methodist church) is one of the most welcoming play groups I've ever been to, followed by the The Real Junk Food Project lunch, which is great as well.

**Relaxing space:** I volunteer at Creative Relaxation, which promotes relaxation skills for children and their families through mindfulness, creativity and emotional and physical exercises. My son loves it (every other Saturday, 11am at the Methodist Church Hall).

**Walk:** Golitha Falls is our favourite place in the world!





## Enterprise is childsplay

By Jodie Ronaldson

Bambinos and Gwisk Lowen are Liskeard enterprises that have got off to a great start this year, both aimed at parents and carers of young children.

Lifelong town resident Anna Allen, 34, began Bambinos Stay and Play at the Liskerrett Centre in April. Three sessions each week offer a quiet, welcoming, comfortable, non-judgmental place where parents, carers and friends can drop in with children under five.

“Bambinos isn’t a playgroup, a large meet-up or something that needs to be attended regularly,” said Anna. She found big organised groups daunting when her children, Riley, seven, and Elodie, four, were small.



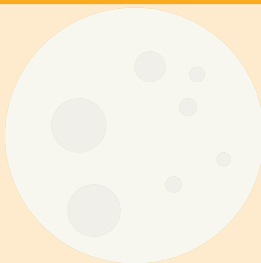
“You choose when you want to come, how long to stay and what you do in that stay. It’s a home from home with the added bonus of a cuppa made for you and no tidying up at the end.”

Becca Evans, 35, mother of two-year-old Juniper, (pictured left) opened her online shop Gwisk Lowen in February selling clothes, carriers and toys for babies and small children including many organic and Fair Trade items. Becca makes a point of finding clothes that are easy to fasten.

“I have a physical disability and when my daughter was born I really struggled to manage poppers and fiddly buttons,” she said.

Bambinos is open on Mondays from 12.30pm to 2.45pm, and on Wednesdays and Fridays from 1.15pm to 2.45pm at the Liskerrett Centre. Gwisk Lowen products can be ordered online at [www.gwisklowen.co.uk](http://www.gwisklowen.co.uk).

There’s an option to pick up your order at Bambinos.



# New game. New rules.

**Overcoming the challenges you face  
could be easier than you think.**

Game Changer offers personalised support for young people aged 16-24 who are unemployed or out of education.

Funded by the European Social Fund and the National Lottery, through the Big Lottery Fund the project aims to take you from your current situation into work, education or training. You'll work with a Navigator, creating a plan to overcome the issues you face in ways that work for you, adapting to your unique needs and circumstances.

With a name like Game Changer, it's no surprise we aim to do things differently.

We believe the best way to help people develop and grow is working together to solve real world problems. This could be creating a healthy energy drink, helping a business improve its social media, or creating a web-based app!

Our network of amazing industry partners can offer taster days, placements, training courses and work experience to help you choose a career path or take those first steps to achieve your ambitions.

## Miranda's story.

Miranda is 24 years old. She's currently long-term unemployed and living in East Cornwall.

Growing up, she was diagnosed with ADHD, which hindered her school experience. "I enjoyed the social aspect of school but from early on I was labelled as the kid who wouldn't make it and at times was quite heavily bullied".

Her dream was to be a support worker for children with learning difficulties. Whilst working as a PA for a disabled child, she was diagnosed with chronic migraines, causing Miranda to lose confidence and end up back on Jobseekers.

After signing up to the Talent Match project, Miranda met with Emma, a Navigator on the Game Changer programme. Keen to explore the digital media sector, she signed up and started working with Emma to build her confidence. During Miranda's time on the project she's experienced family issues which have been very challenging but has worked on balancing these issues whilst focusing on improving herself and achieving her goals.

Miranda has been making excellent progress and says: "Emma is excellent. She's a great motivator and easy to talk to; she has supported me through these challenges and encouraged me to explore ways of dealing with issues that may come up along the way, and I'm now in a better position to deal with future issues."

Miranda is now exploring opportunities in digital media/marketing, whilst still receiving support from Game Changer. Since working with Emma her confidence has grown and she's started to attend interviews.

*"It's been a joy to work with Miranda – she's a lovely person and has so many skills! We've explored Eden Project filming opportunities, met with a digital consultant in Plymouth, and more recently considered social media roles. You should check out her YouTube channel - xMadDisaster – she's got some seriously good video editing skills!"*

Emma (Navigator)

Do you know someone that could benefit from Game Changer?

Contact us: 01579 646005

08458 621288

gamechanger@realideas.org

stepupyourgame.co.uk







Our cartoonist Robby Bullen lives at Menheniot, near Liskeard and is a frequent contributor to Private Eye magazine.

His sketches also take a wry look at local and national issues for the Cornish Stuff news website, and he regularly uses pen and paper – or more often his iPad drawing app – to comment on the fortunes of his favourite football team, Plymouth Argyle.

Robby's day job is in the building trade, but he's been a huge fan of newspaper and magazine cartoons since he was a boy.

For Lyskerrys Robby has created a character whose words and actions demonstrate the laid-back Cornish attitude.

He's called Cousin Jack after the Cornish miners, many from the Liskeard area, who left to dig mines across the world, although this chap has stayed firmly put in his home town and county.

# What's on Lyskerrys

There's plenty going on in and around Liskeard all year round, but summer is the season of fairs, feasts and outdoor shows – some rooted in tradition, others brand new. And there's still a great selection of shows, drama performances, exhibitions, talks and gatherings of clubs and organisations to choose from. See our listings below.

For even more events visit [www.visitliskeard.co.uk/whats-on/](http://www.visitliskeard.co.uk/whats-on/)

## 8 JUNE

**Oh What a Night –The New Jersey Boys (pictured)** Liskeard Public Hall, Friday, June 8, 7.30pm. Acclaimed four-piece present the music of Frankie Valli and the Four Seasons, and a tribute to Showaddywaddy. For tickets visit or call Liskeard TIC 01579 349148.



## 9 JUNE

**An Evening of English Song by East Cornwall Bach Choir**, St Germans Priory Church, 7.30pm. Programme includes works by Purcell, Parry, Finzi, Vaughan Williams, Dowland and Grainger, under musical direction of Chris Howarth, with internationally acclaimed bass/baritone soloist Stephen Varcoe and accompanist Jonathan Delbridge. For tickets visit or call Liskeard TIC 01579 349148.

**Murder She Didn't Write from Bristol Improv Theatre**, Sterts Theatre, Upton Cross, 7.30pm. Classic murder mystery created on the spot by an ingenious company.

## 14 JUNE

**Knit and Natter**, The Hub Cafe, Liskerrett Centre, every Thursday 10.30am-1.30pm. Knitting, crochet, chat, with coffee, tea and vegetarian food available.

## 16 JUNE

**Summer Fair by Friends of Morley Tamblyn Lodge**, 10am-2pm. Arts, crafts, bric-a-brac, raffle, tombola, homemade pasties, cream teas etc.

**Liskeard Food & Craft Market**, 9am-1pm, Liskeard Public Hall. 20 stalls of local food, drink and various crafts.

**The Dark Side of Pink Floyd tribute**, Carnglaze Caverns, 8pm.

## 17 JUNE

**Plymouth Symphony Orchestra Summer Concert**, Sterts, Upton Cross, 5.30pm. Includes Rossini's overture to *The Barber of Seville* and the rousing march from Verdi's *Aida*.  
Tickets: 01579 362382.

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## 18 - 23 JUNE

**Liskeard Carnival Week**, organised by Liskeard Lions. Various events including Furry Dance, bingo, quiz, pavement art and carnival parade. For details visit the Lions' Facebook page [www.facebook.com/pg/LiskeardLions/events/](http://www.facebook.com/pg/LiskeardLions/events/)

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**David Beer art exhibition**, Stuart House, open 9.30am-3.30pm Monday to Friday, 9.30am-1.30pm Saturday. Free entry. Acclaimed artist and retired teacher who paints seascapes and landscapes in oils using a palette knife and creates life studies using pastel and acrylics.

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## 23 JUNE

**Midsummer Dance 18**, Sterts, Upton Cross, 7.30pm. Creative showcase from professional dance artists and companies, curated by Lois Taylor and celebrating the life of local dance artist Marcia Pook.

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**Midsummer's Eve Bonfire**, Bolitho Farm, St Cleer, 7.30pm. Annual celebration hosted by Liskeard Old Cornwall Society. Check [www.yourliskeard.co.uk](http://www.yourliskeard.co.uk).

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**Comedian Tom Elliott's Joy Ride Tour**, Liskeard Public Hall, 7pm. Show that combines comedy, audience participation, illusion and his story of finding lasting joy and faith. For tickets visit or call Liskeard TIC on 01579 349148.

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## 29 JUNE

**Little Women – the Broadway musical** by Truro Amateur Operatic & Dramatic Society, Sterts, Upton Cross, 7.30pm. Classic novel brought to life with a beautiful score by Jason Howland, *Little Women* follows the adventures of the four March sisters.

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## 30 JUNE

**Trelawny Day – Old Cornwall Society**, Pelynt, 5.30pm. Details to be announced.

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## 5 JULY

**Even More Historic Tales Behind Liskeard's Buildings** talk by Brian Oldham, Long Room, Public Hall, 7.30pm. Free, donations to museum welcome.

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PHOTO: JASON HIGGS

# Liskeard Ploughman's Festival

Way back in the 13th Century, Richard, Earl of Cornwall declared that the people of Liskeard were entitled to hold a fair to celebrate the Feast of the Assumption.

Wind forward some 750 years and this licence to party has been firmly seized by organisers of the annual free Ploughman's Festival, which takes place on Saturday, August 18.

A thoroughly modern, community event, now in its fifth year, the focus is on a day of music, food, drink and relaxation held in the heart of town. From 10am to 2pm, there will be a food market out on The Parade.

Around 20 stalls will sell local produce, plants and crafts, including Cornish Gouda, sourdough breads, honey, cordials, puddings and premium sausage rolls.

From noon until 7pm it's all going on in the tucked-away, enclosed haven of Westbourne Gardens, with two stages for live music, a circus workshop, a bar with Cornish beers and ciders and plenty of stalls selling delicious street food. You can even get a ploughman's lunch in a bag or bring your own picnic.

Prepare yourself for a one-day summer holiday!

## 7-8 JULY

**Crystals and Crafts Show, Carnglaze Caverns, 10am-5pm.** Minerals, gems and fossils, local crafts and faery fun. Hot food and bar from noon. Adult entry £2, under-16s free.

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## 9-14 JULY

**Mixed Crafts Exhibition and Sales, Stuart House, 9:30am- 3:30PM.** Free entry.

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## 18 JULY

**Sika Deer in concert, Carnglaze Caverns, 8pm (doors 7pm).** Primal music mixed with original electronic soundscapes composed by Sika in his studio in New Zealand using didgeridoos, flutes, drums, rattles and stones. Call 07946 310239 or [suarasound@gmail.com](mailto:suarasound@gmail.com)

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## 20 JULY

**ABBA tribute – Take a Chance on Us, Carnglaze Caverns, 8pm.** All the hits to sing and dance along with. £15

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## 23-28 JULY

**Food Fair, Stuart House, 9.30am-3.30pm, until 12.30pm Saturday,** free entry. Cornish food sales and demonstrations.

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## 27-29 JULY

**Boconnoc Steam Fair** presented by Liskeard Steam & Vintage Club, Boconnoc Estate, near Lostwithiel. An engine enthusiast's paradise – full size and miniature steam, classic cars, vintage vehicles and tractors, plus trade stands and fairground.

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## 1 AUGUST

**The Cherry Orchard – Miracle Theatre, Sterts, Upton Cross, 7.30pm.** Cornwall's award-winning theatre company unpacks Chekov's bittersweet comedy about a once-wealthy family on the brink of bankruptcy. Tickets: 01579 362382.

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## 5-6 AUGUST

**Inflatable Theme Park, Liskeard Cricket Field, with Bounce Around SW.** A feast of bouncy castle and slide fun for children of all ages. Four timed sessions daily, starting at 10am.

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## 10-11 AUGUST

**Pirates of Penzance** by Illyria theatre company, Sterts, Upton Cross, 7.30pm. Melodrama, wit and memorable Gilbert and Sullivan songs. Tickets: 01579 362382.

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## JULY & AUGUST

**Steel Magnolias, Oliver, Little Shop of Horrors, The History Boys** – these four in-house productions are being staged by Sterts Theatre Company on various dates. For details visit [www.sterts.co.uk](http://www.sterts.co.uk) or Liskeard TIC.

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# The sound of music...

We talk to Alex McKay, landlord of The Albion, ahead of the Tin Man Festival

Liskeard's live music scene is thriving, with pubs and other venues around town hosting a wide variety of gigs, open mic nights and folk sessions throughout the year.

Behind the bright pink facade of The Albion on Dean Street you'll find bands, duos and solo artists playing every weekend. Most are talented artists from Cornwall or Devon, but occasionally musicians roll in from Europe and as far afield as Hawaii.

The man who keeps the ball rolling is landlord Alex McKay, a big live music fan who took over the pub five years ago. Determined to reverse its "bad" reputation, he decided music was the way forward.

Alex was a big supporter of live nights at the Barley Sheaf on Church Street where former landlord Gary 'Swiftly' Swift established a terrific scene. New proprietors Champ and Zoe are carrying on the tradition with gigs or open mics every Thursday.

"Gary said there was easily enough live music around for two venues, so that seemed to be a niche I could fit," explained Alex.



"We're busy every weekend and have a fantastic time. Since I have got into booking bands I have made so many contacts. People want to play here; I could fill next year's diary already."

The annual Albion Festival – this year on Saturday, June 9 – is so popular that Alex has found more space by holding it out of town at Puckator Farm, St Cleer, from noon to 11.30pm, with transport running from the pub. For over-18s only, the line-up features Cantaloop, Company B, Flood, Soul Stroke, and The Black Penny Remedy.

With recycling and plastic-free in mind, Alex's team will be selling world beers in cans. At sunset the empties will be made into a giant tin man by environmental artist Rob Arnold.

**See [www.albionpub.co.uk](http://www.albionpub.co.uk) for details of more forthcoming gigs.**



# Dancing in the streets

**Summer's here and the time is right to put on your gladrags and skip along to some traditional Cornish tunes**

Dancing is an integral part of the Cornish heritage, and Liskeard has its own strong tradition linked to ancient fair and feast days. Townsfolk have long loved to let their hair down with a lively, light-hearted scoot.

There's even an old dance tune called Fer Lyskerrys (Liskeard Fair), collected by folk historian Baring Gould back in 1891, which accompanied much fine footwork on the town's "frolic green".

These days it's the Furry Dance that brings young, old and everyone in between out onto the streets. Organised by the Liskeard Lions, it's a chance for pairs or teams of dancers – novices as well as seasoned hoofers – to promenade through the town.

The tune is borrowed from Helston's Flora Dance, but the steps are Liskeard's own, with a distinctive diagonal aspect to its sequences.



This year's Furry Dance – weather permitting (last year's had to be cancelled at the last minute) – takes place in the heart of Liskeard on Wednesday, June 20.

Register for free at the Cattle Market car park at the Lions' caravan from 5:30pm and dancing begins from 6:30pm. A shorter route this time ensures it's not too challenging to join in, and outrageous attire is warmly encouraged.

But you don't have to save dancing for high days and holidays. As experienced performer, caller and teacher Carmen Hunt (pictured right) insists, Cornish dancing is not only fun, it's an excellent way to keep fit.

"It's great for mind, body and soul," says Carmen, who lives in Liskeard with her folk musician husband, Stephen. "It's for any age, gender or ability and it's about music, language and history as well as dancing."



She's held workshops and sessions for adults, as well as children as young as 3, and is keen to get some regular groups together in Liskeard, learning step and social dances. Her dream is to see a big group dancing the Boscastle Breakdown on top of beer barrels in Barras Street.

If you're interested in learning Cornish dance, please contact Carmen at Scoots Kernow on Facebook or visit [scootskernow.blogspot.com](http://scootskernow.blogspot.com)





Liskerret Male Voice Choir and Levow Kesson are partnering up for a day workshop and evening concert and you're invited to join in.

The event will be at the Wesley Methodist Church, Barn Street, Liskeard on Saturday, October 20. The concert will feature numbers by each choir, together with songs practised collectively with workshop guests. Details of how you can take part will be publicised soon on the choirs' websites.

The choirs share their accompanist – the intuitive Graham Bray – but they each have their own style of music. Liskerret are currently singing traditional male voice and spiritual numbers, while Levow Kesson have a choral repertoire with harmonies and languages from all over the world.

Each choir benefits from the guidance of highly experienced musical directors.



PHOTOS: MEG BRYCE

Kerry Hackworth (Liskerret MVC) is a singing coach and teacher at Truro College, while Heather Taylor (Levow Kesson) is a music and singing teacher, as well as church organist.

Liskerret MVC practise on Monday evenings at the Royal British Legion. Call the secretary on 01579 363881 or visit [www.Liskerretmvc.org](http://www.Liskerretmvc.org).

Levow Kesson is based in St Neot and practice on Tuesday evenings. Call Heather Taylor on 01503 264474 or visit [www.levowkesson.weebly.com](http://www.levowkesson.weebly.com).

# Books are their bag

When Michele Laouenan was planning her retirement as proprietor of The Bookshop on Barras Street, she was determined to hand over the keys to someone who is as passionate about books as she is.

At a time when thriving independent booksellers are a rarity on the average high street, the last thing she wanted was for the shop to close.

In the end she struck lucky, finding two bibliophiles for the price of one with new owners Bob and Jackie Skillicorn (pictured). “I am leaving happy,” said Michele. “The independent book shop lives on.”

The couple, from the borders of Essex and Suffolk, had been slowly searching for the perfect place where they could start a new journey as booksellers – and a well-established shop in a Cornish market town like Liskeard ticked the box.

Frequent visitors to the county for holidays, with children fast growing up and Jackie being made redundant from her job with a charity, the timing and the opportunity felt right.

They will carry on in the same inclusive manner as Michele, and familiar faces Roz and Ruth are staying on too.



PHOTO: JACKIE BUTLER

“We want customers to feel that this is their bookshop, that they have ownership and participation” said Mark, who travelled the world working for a big Japanese corporation.

**Cornish Short Stories (History Press)** is a new anthology showcasing Cornwall’s finest contemporary writers, both established and new voices.

Editors Felicity Notley and Emma Timpany, plus two contributing authors will be signing copies and talking to readers at The Bookshop from 2.30pm on Saturday, June 9.



## ***Learn Kernewek with Rod Sbeaff —***

### **Hav/Summer**

*Splann!* It's summer again. One can go to the beach after work or at the weekend, since the weather and water are warm enough now. Many people like swimming and *mordardha*, and the children like playing in the *tewenn*. At the right place and time you can see a *skath-hir*, her crew perhaps practising for gig races in *Sillan* and other places. And there are other festivities. *Lannwedhenek* (Padstow) has its May-day dance with the red horse and the blue. After that comes Golowan, with bonfires on many hills from Chapel Carn Brea to *Bre Skowl* near Callington. In times past, people said that young people who leaped through the flames would see in *hunros* the following night the person who would become their husband or wife. To prepare oneself for this news, it is often possible to buy *diwes krev* nearby. At Penzance, Golowan has become a big festival now. In many places there is also a *dons fer* – among them, Liskeard.

### **Cornish to English**

*Bre Skowl* [say: 'Bray Skole'] – Kit Hill

*diwes krev* – strong drink

*Dons Fer* – Furry dance ('feast dance')

*Hav* – summer.



### ***Hunros* – a dream**

*mordardha* [say: 'mordartha'] – to surf

*skath-hir* [say: 'skath hear'] – a gig ('long boat')

*Sillan* – Isles of Scilly

*splann!* – splendid!

*tewenn* [say: 'towan' – the 'tow...'

rhymes with 'cow'] – sand, sand-hills

'Towan' appears in Cornish dialect and place-names (Porthtowan, Pentewan)

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





Putting volunteering and gardening together results in Community Gardening, which is just what Liskeard in Bloom is all about. It involves local residents working together to add colour to the town, to regenerate neglected areas, and to encourage a sense of "pride in my patch".

Liskeard in Bloom now plays a major part in filling the town with flowers during the year, overseeing the beds on The Parade and tubs and planters in other locations. Two areas greatly improved by the addition of plants are Pipewell and the main entrance to Lanchard Cemetery.

Caring for an area by clearing litter and graffiti and adding plant displays has been shown to be really important in helping to prevent anti-social behaviour and making people feel good about where they live.

This summer Liskeard in Bloom is involving people with learning disabilities who attend Morley Tamblyn Lodge (pictured above). Plants are being grown for displays and the project brings back into use one of the lodge's large greenhouses.

If you would like to join in the activities of Liskeard in Bloom, or would like advice and suggestions to help you improve your local area, please do get in touch: [info@liskeardinbloom.org.uk](mailto:info@liskeardinbloom.org.uk) or phone 07966183082.

PS Thank you to the person who scattered seeds of Honesty along the Plymouth Road opposite Fairlight Court. These have been beautiful in flower and the papery seed heads will enchant throughout summer. This biennial plant does well if the seed is brushed into cracks and crevices in summer to flower the following year.



# Walkers are welcome

by Zac Leon

You may have seen us around – in the countryside, in the town, sauntering down roads, through fields and over hills. We are the walkers; those who have left behind their TVs, computer screens and knitting to set hiking boot and walking stick against the rough and rolling Cornish countryside.

But why? For some it is to combat illness or disability, getting the limbs moving and the blood flowing. ‘Walking for Health’ is a group tackling this head on. Meeting at 2.30pm outside Luxstowe House every Monday, they cover one to two miles of fairly even ground.

Also taking advantage of the health benefits are the Rosedean House and Oak Tree GP surgeries’ walking groups, open to anyone. They meet on Tuesdays at 10am. They range the countryside, everywhere from Lerryn to Looe and usually cover three miles.

The Rosedean group has additional appeal in its association with the Caradon Archaeology group and the broader Caradon Hill project.

Half the walks are led by historian and Old Cornwall Society president Brian Oldham. No walk is complete now without Brian sharing tidbits, old photographs and stories about everything from the Looe canal to old mining buildings.

It was only after a five-mile walk that involved navigating herds of cows and knee-deep bogs of mud that I saw him lose his passion for history. “What can you tell us about this lime kiln?” he was asked as we neared the car park. “It’s a lime kiln!” he said.

One-off walks arranged by Walkers are Welcome attract a bigger crowd. This year they walked the Caradon Trail to honour the anniversary of its creation, and took a pilgrimage to Ladye Park in memory of musician and archaeologist Bo Foakes.

You can contact Brian Oldham on 01579 340875 or at [contactbrian@btinternet.com](mailto:contactbrian@btinternet.com) for further details.

# Get on your bike...

with David Bray

As we head into the warmer months, it's time to drag the bike out of the garage and explore the countryside with the Liskeard cycling clubs.

They are looking for new members and age is no barrier to the enjoyment. The group's oldest member is David Ball, 72, (pictured), an experienced ride leader who still takes part in challenging long distance rides. In the last few years he has completed the Paris–Brest–Paris (1200km) and Land's End to John O'Groats and back.

You don't need a £10,000 super carbon speed machine or designer Lycra to take part. All you need is a working bike and some comfortable clothing. Mountain bikes, hybrids and E-bikes are just as welcome as road bikes.

Liskeard has three cycling groups that are affiliated to Cycling UK: The Liskeard Ladies provides a safe and friendly environment for women who would like to try group cycling. The rides are sociable and always move at the pace of their slowest members. Although not a racing group, some members have participated in events such as the gruelling Dartmoor Classic Sportive.



The Liskeard Easyriders are a group for men who would like to get started with some gentle group rides – the perfect way to improve confidence on the roads.

The Liskeard Velo rides are mixed and take place every two weeks. They include the essential cafe stop along the way: one of the members described the experience as a coffee break with a bit of cycling.

For more information on the Liskeard cycling groups see the CTC Cornwall website [www.ctccornwall.org.uk](http://www.ctccornwall.org.uk) or check out their Facebook pages.

# How your town council is funded

Where does the town council get its money from and what is it spent on are frequently asked questions.

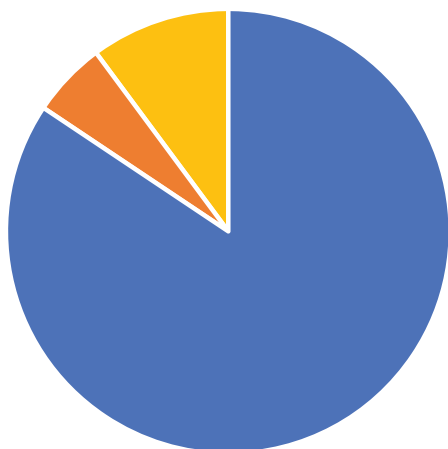
Cornwall Council collects Council Tax on behalf of the Town Council, as well as for themselves. For 2018/19 the Town Council element is rising by 5.5 per cent so an average household will pay £1.29 a year extra.

The Town Council is investing £120,000 to make the Public Hall better for community use and increase rental income.

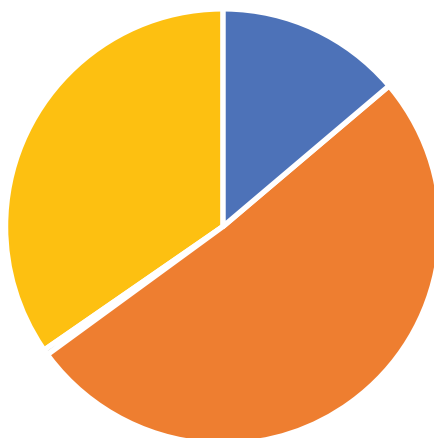
It has also put up £30,000 over three years as part of the Liskeard Together bid to tackle deprivation, aiming to bring in almost £1m of government money. The Town Council has contributed £1,000 to a demand study to help more employment land to be developed locally. A £20,000 youth fund has been established. The Town Council has also employed a new part-time museum volunteer coordinator, mostly through savings found through other budgets.

Visit [Liskeard.gov.uk](http://Liskeard.gov.uk) for full financial information.

Income



Expenditure by Committee



Precept 84%
  Council Support Grant 5%
  Rents and Charges 10%

Comm & Eng 14%
  Facilities 51%
  Finance 35%



## A message from the Mayor of Liskeard, Christina Whitty

It is an honour and a great privilege to serve as the Mayor of Liskeard, even more so for me having been born here in the town.

On Wednesday, May 16, I started my second term of office as Mayor of Liskeard, following in the footsteps of several other past mayors serving for two consecutive years.

The duty of being Mayor is voluntary, as are the roles of my fellow councillors. We are elected by the community to serve the community.

During my first year as Mayor I attended more than 200 functions, ranging from civic events, community events in the town with the Lions and other organisations and many sub committee meetings. It is very important that the Mayor is supported by both their fellow councillors and their own family.

At the start of the Mayoral year the incoming Mayor chooses one or two charities to support. For 2017-2018 I chose St Martin's School, Hillfort School and the Liskeard Stroke Club.



The Stroke Club is very close to my heart, especially as family members have suffered with strokes. I volunteer and regularly attend their weekly meetings on a Monday at the Liskerrett Centre and for 2018-2019 they will be one of my chosen charities.

Stroke affects people in different ways. One of the things that the group in Liskeard offers is brain stimulation, with games and quizzes which we all enjoy very much. It also offers social inclusion and fun. Sometimes when a person has a stroke they become very isolated but, with the contacts that the group leaders have, we are trying to relieve the pressures.

## Meet your town's councillors

### Susan Shand (East Ward)

I have lived in Liskeard for 18 years and have been actively involved in the community throughout that time. I volunteered at the museum during its transition from West Street to Foresters Hall in Pike Street. I am now a member of the management committee and also volunteer at the Liskerrett Community Centre.

I originally trained as a nurse in the Royal Navy (QARNNS) and am a proud veteran. After a varied career, marriage, and children, travelling around the country, I studied as a mature student obtaining a good honours degree and post-graduate qualifications in business and in therapeutic counselling. My areas of concern around the community in Liskeard include

maintaining the historic character and ensuring that the proposed cattle market development serves the town. I seek to support initiatives which promote community unity and groups meeting community need.

### David Ambler (East Ward) Deputy Mayor 2018/19

A product of St Martins Primary School and Liskeard Secondary School, I have a strong knowledge of Liskeard, and am proud to call the town my home.

I have a particular interest in the future and the way technology could affect Liskeard's capability in Cornwall and the country. I have been the Liskeard Town Sergeant/Sergeant of Mace for over ten years.

Projects I am currently supporting for the town council are marketing Liskeard to business. Liskeard Plastics Free, Walkers are Welcome, Town Forum and managing urban gulls.



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

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## Share your message through the pages of Lyskerrys

Lyskerrys is a quarterly magazine 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 outlets around the town and surrounding villages.

If you would like to advertise with us, or sponsor pages of content in the magazine, please get in touch for details of rates for businesses or community organisations. Discounts are available for regular bookings.

Contact us at [editor@lys Kerrys.co.uk](mailto:editor@lys Kerrys.co.uk)

# Win a pair of tickets to Port Eliot Festival



PHOTO: MICHAEL BOWLES

Port Eliot Festival, one of the most eclectic, relaxed and magical summer happenings in the land, takes place right on our doorstep in the South East Cornwall village of St Germans.

We are thrilled to have two adult weekend tickets to give away in our exclusive Lyskerrys competition.

The lucky winner and their guest will have a feast of literary, poetic, musical, foodie, fashionable, artistic, nurturing, adventurous and creative wonders to immerse themselves in at the festival, which runs from July 26-29 in the ancient house and grounds of Port Eliot Estate.

Check out this year's inspirational line-up at [www.porteliotfestival.com](http://www.porteliotfestival.com).

Email your answer to the question below to [editor@lys Kerrys.co.uk](mailto:editor@lys Kerrys.co.uk) to arrive no later than Monday, July 9. Please title your email "Port Eliot Festival Competition" and remember to include your name, address and telephone number.

**QUESTION:** Where is the Port Eliot Festival 2018 being held?

**Terms and conditions:** Entrants must be aged 18 or over. The winner will be selected at random from entries received and notified by Friday, July 13. The tickets are valued at £170 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.