

BODMIN WAY

NEWSLETTER SEPTEMBER 2021



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bodminway.org



WELCOME

The Tour of Britain weekend offers Bodmin a moment in the spotlight. Concerts, cream teas and festive events will draw us together for a bit of late summer cheer. The range of social gatherings has been growing these past weeks and will reach a peak that first weekend of September. We tentatively hope we can offer more in the following weeks.

Initiatives from Bodmin Way this month include a youth project, a parent and toddlers group, a cycling group and a community music project.

Our weekly Time Together café continues to draw people together on Wednesdays.

We can't be certain of the path of this pandemic, but there is enough reassurance at present to encourage us to draw people back to some fun and friendship. We want to spur health, wellbeing and a deeper sense of community.

Perhaps you have aspirations to do the same.
Let us know how we can support you.

Rev'd Paul Holley

Team Rector, Bodmin Team Ministry



Bodmin Way is the social enterprise created by the Bodmin Team Ministry, including St. Petroc's and the parishes of Lanhydrock, Cardinham and Lanivet with Nanstallon.

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Printed by: Phoenix Print (Bodmin) Ltd. www.phoenixprintbodmin.com

BRIGHTER FUTURE FOR YOUNG PEOPLE

Young people of Bodmin are invited to enter Bodmin Rotary's Brighter Future Fundraiser art competition.



It is for those aged between five and 24 and will be open for entries from 6th September 2021.

The competition will showcase the creative talents of Bodmin's young people and will raise funds for the Brighter Future Fund (BFF) through the selling of competition-related merchandise.

Bodmin schools have information about the competition and will receive leaflets at the start of the new term. Leaflets will also be available at the

Bodmin Rotary stand at the Tour of Britain weekend and at the Old Library.

The main goal of this project is to give young people more opportunities to express themselves, learn new skills, and have contact with people willing and able to provide guidance and support. The funds raised by the BFF will help local organisations provide support and encouragement to young people. It will offer safe, positive, inclusive activities.

The competition is kindly supported by donations from Bodmin Jail Hotel and Councillor Leigh Frost's Community Fund. Visit www.bodminbrighterfuture.org

UPDATE ON A RUNNING MUM

Bodmin's Gemma Wotherspoon ran 125 miles during July and raised £437 for Cornwall Air Ambulance.

Gemma completed this sponsored event in honour of her son, Ryan, who was air lifted to hospital after an asthma attack, enabling him to receive life-saving treatment.

After the month's run Gemma said: "The run was a challenge but good!"



FAMILY FUN DAY

A fantastic time was had by all at the Family Fun Day held by the Kinsman and Treningle Residents and Tenants Association! It was supported by Cornwall Council, Bodmin Councillors, Rotary Club, ASDA, intoBodmin, New Life Church, Cornwall Library, Making Space For Nature.



Adie Dove was at the Fun Day representing KBSK and intoBodmin - All Things Youth. She said: "The Fun Day was an absolute honour to be part of. You could tell so much hard work and love had gone into the organisation of the event. We danced, we played games and we laughed! The Fun Day was incredibly special."

Carol Randall and Phillip Gale, both members of the Rotary Club of Bodmin, who helped fund the event, spent the afternoon offering their help and support.

Carol said: "Bodmin Rotary was delighted to be able to support the Fun Day and it really was a day we thoroughly enjoyed. The organisers did an amazing job." Phil said: "It was wonderful to see so many youngsters enjoying themselves."

FUN ON THE FOLLY – Presented by intoBodmin



Zoo Humans by The Urban Playground Team

5th, 6th & 7th August - 12pm & 2.30pm

The UPG Team bring their distinctive performance-parkour to Mount Folly. Through a unique language of dance at speed and height, they ask, what will it take to get us moving again, before it's too late?

Blast Off by Big Bang Brass

12th, 13th & 14th August - 12pm & 2.30pm

Big Bang Brass bring you an amazing mix of music inspired by Space - sure to get big toes tapping and little feet jumping.

Uncle Tacko's Flea Circus by Promenade Promotions

13th August - 1.30pm & 3.30pm

Uncle Tacko is itching to show you his international troupe of personally trained fleas...gasps in amazement!

Team C.L.A.W by Running Dog Theatre

12th & 14th August - 1.30pm & 3.30pm

Join us for the ongoing Case of the Curiously Convoluted Cat's Cousins! A fun detective discovery mission for all the family. Help C.L.A.W track down some curious creatures!

The Cameraman by Bashstreet Theatre

20th & 21st August - 12pm & 2.30pm

The Incredible Bashstreet Theatre bring The Cameraman to Mount Folly. This new family show offers a comic view on the digital age.

Dan The Hat

26th Aug - 12pm & 2.30pm

World class Hat Manipulation, Juggling and YoYo - interspersed with ridiculous feats of stupidity! This is a family Show that's not to be missed!

Stones and Bones by Squashbox Theatre

27th August - 12pm & 2.30pm

Stones And Bones is a marvellous mix of history and mystery! Hear stories of giants and wizards, see a volcano erupting before your very eyes, and maybe even glimpse a dinosaur or two...



<https://www.youtube.com/watch?v=KSHoMg4ds34>

NEW EBOOK

The Bombing Of Bodmin

Friday 7th August 1942



by Phil Hadley

Cover of the new eBook

Have you ever experienced being in the right place at the right time? Known that sense of knowing that's where you were meant to be? Several people had that sensation in Bodmin on Friday 7th August 1942.

Monica Pilborough was a Civil Defence Officer who had been in Walthamstow, London, during the Blitz in the autumn of 1940 working with first aid crews helping the blast victims. Earlier in 1942 she moved down to Bodmin where she was one of the few full time professionals employed on the first aid and rescue squad. She became the assistant first aid commissioner not only for Bodmin but covering a large part of mid and north Cornwall. The Casualty Service Team were based at St Gurons, a large house at the foot of Castle Street, but at lunchtime on Friday 7th Monica was at her home in Pool Street.

Mrs Parkyn of Mill Street was known for her pasties. On Thursday she had been helping a neighbour prepare for a large family gathering. This lunchtime Mrs Parkyn had embarked on another good deed. She had taken some lunch into the cottage of one of the street's oldest residents, Clara Gooday, aged 80, at No 15 Mill Street.

Fifteen-year-old Michael Lyne was the grandson of the man who had founded the Cornish Guardian. He decided he would follow his father into the fire brigade, lied about his age, and got in. Now on Friday 7th he was sitting in the back of a fire engine on its way to build static water tanks at St Lawrence's Hospital. They had stopped at Jack Richard's house outside the gasworks to fill up their flasks with tea for the afternoon ahead.

Lambert Rogers was an Australian who had stayed in England after the Great War completing his medical training and becoming in time one of the world's leading specialists in neuro-surgery. Now he was serving at the Royal Naval Hospital just outside Bristol. He often helped out at neighbouring hospitals and the following week would see him at the Burden Neurological Unit which was a charitable research unit that was taken over and used as a neurosurgical hospital by the Emergency Medical Service during the war.

Life in Bodmin took an unexpected turn that Friday as at 1.48pm two Focke-Wulf 190s on a tip and run raid dropped their 500 kg bombs on the town. One destroyed Primrose Dairy killing one employee and eight members of a family in the house next door. The second hit the gasworks trapping the young clerk alive under the rubble of her demolished office. Every loss of life was a tragedy, but it could have been so much worse.



Monica was one of the first on the scene at Mill Street.

One of the first casualties she treated was a young boy called Raymond who had been sitting with his back to the window of his family home opposite the dairy. Shards of glass had embedded in his back.

Mrs Gooday lived in the middle cottage of this terrace in Mill Street. Helson's shop is on the right with the window where Raymond was sitting on the extreme right.

The experienced first aider laid him on his front so he could be transported to hospital for the glass to be removed, and so prevented the lacerations from being worse and causing internal damage.

"That motorbike's making a lot of noise!" said Mrs Gooday as the planes roared over. Mrs Parkyn pushed her under the stairs as the house collapsed around them. Although seriously injured herself Mrs Parkyn had saved the old lady's life.

Michael's first instinct was to run as he saw the planes approaching, machine guns blazing. Another fireman stopped him and both survived. As the cannon shells pierced the gasholders and set the escaping spurts of gas alight, it was incredible that there was a fire engine and crew already outside the gasworks to deal with the situation. Michael spent the rest of the day and night climbing ladders to plug the holes with wet sandbags to extinguish the flames and prevent the holders exploding.

When Irene Knight was rescued from her collapsed office after two hours and rushed to hospital it was soon realised she had a severe head injury. She was transferred to the Burden Neurological Unit outside Bristol where Surgeon Captain Lambert Rogers was waiting to operate. This was so successful that within a month Irene was convalescing at home in Bodmin and soon back to work for the gas company.

None of us knows what a day will bring forth, but it's good to know that sometimes the right people are in the right place at the right time when we need a helping hand.

Adapted from the new eBook "The Bombing Of Bodmin: Friday 7th August 1942" by Phil Hadley. Price £4.99. See philhadleypublications.com for further details.

BODMIN GAOL

With the opening of the newly revamped Bodmin Gaol, now a big tourist attraction and hotel, it is interesting to read a report made by the Prison Inspectors on their visit to Cornwall County Prison on 29th June 1871.

The report states "it contains accommodation for 141 male, 59 female criminals and 25 debtors. The average daily number of criminals in custody is 102. The total ordinary expenditure of the prison is £3,471 1s 3d, which includes the salaries of all officers.

"Hard labour of the first-class consists of rope-beating and the tread wheel, the latter of which accommodates 32, with a relief of 32, working four hours and resting four hours, by alternate periods of fifteen minutes. During the rest, the prisoners pick oakum. The ascent of the tread wheel is 7,200 feet.

"Hard labour of the second-class consists of oakum-picking, mat-making and trades for the males and needlework, knitting, washing and oakum-picking for the females.



"The record of punishments inflicted for prison offences during the year shews that one male was shipped, one placed in irons or handcuffs, ten sent to solitary or dark cells and 596 suffered a stoppage of diet. As many as three females were placed in irons, whilst only 17 had their diet stopped. In the opinion of the surgeon, the diet is 'punitive', though not so much as to endanger the health and strength of the prisoners. A pestiferous pool is reported to be close under the south wall of the prison, much endangering health. Debtors in this prison, who do not maintain themselves, receive the same diet, with extra bread, as convicted prisoners at hard labour for terms between two and six months."

Researched by Bodmin Old Cornwall Society

£WISE UP!



£Wise-Up!
Giving You Money Skills for Life

Take Control of Your Money



Would you like to be in control of your finances and learn new skills to manage your money?

FREE project if you're:

- Aged 18+
- Not working, Not in education/training
- Taking a career break / full time parent
- Live in and around BODMIN (some postcodes – excluded).

The £Wise-Up! Project encourages and supports people to take charge of their money. The team will support your individual needs, via online/phone appointments and face2face. Interested??

Drop in to the BODMIN OFFICE

The Old Library, Lower Bore Street

OPEN EVERY MONDAY
From 10:00am – 3:00pm

Starting Monday 5th July 2021

To find out more email wiseup@citizensadvicecornwall.org.uk

Or text: ADVICE WISEUP to 78866

LANIVET'S TEDDY BEARS GET TOGETHER

Lanivet's teddy bears turned out in force for some magical adventures in the church grounds!

For their young owners there was fun to be had with an obstacle course, including a mystery trail around the great yew tree, weaving poles and a dark purple tunnel. Then there was a treasure hunt, duck fishing and, of course, the great summer picnic with their families.

More adventurous teddies returned the following week to brave the zip wire challenge ... flying in a safety harness from the very top of the church tower into the arms of their owners who stayed safely on the ground.

With prizes to be won and fun to be had, it's fair to say that August was a memorable month for the teddies of Lanivet!



ADVENTUROUS TEDDIES TAKE TO THE ZIPWIRE!



Heroes of the tower: David Williams and Jeremy Robinson climbed to the top of the tower and crawled out on to the roof to send the pandas, teddies and other toys on their way.



EXCELLENT RESULTS

Students at Callywith College have shown their abilities with excellent exam results.

Of those taking A Levels, 92.5 per cent passed with the higher grades of A*-C; 28 subjects returned 100 per cent pass rate and 65 students (one third of the year intake) achieved AAA or better.

Additionally, there was a 100 per cent pass rate on all level 3 extended diplomas and diplomas and 121 (46 per cent) of this group achieved a triple distinction or better.

Callywith College Principal Jon Grey said: "The vast majority of our UCAS applicants have successfully gained entry to their first-choice institutions and it is a privilege to share their pride in these achievements and the excitement they have for their futures."



Archie McNamara achieved four A*s in maths, further maths, chemistry and physics A Levels and has been offered a place at Cambridge University to study Natural Science.

Becky Bromell achieved straight A*s in biology, law and history A Levels. She has been offered a place at Bristol University to study Law.



Jessica Harley achieved distinction* (D* D* D*) in BTEC level 3 health & social care, the highest possible grade for the extended Diploma. She will study adult nursing at Plymouth university.

Owen Cooksley achieved Distinction* (D*D*D*) in BTEC level 3 sport diploma. Owen is looking forward to studying sports management and coaching at Bath university.

Applications for Callywith College remain open for September 2021. Visit www.callywith.ac.uk



PIRAN SAVES A LIFE

A woman's cat rescues her from certain death with a persistently loud meow.

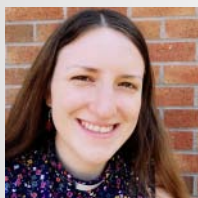
An elderly woman, 83, fell down a steep incline and was only found and rescued when her cat Piran meowed loudly enough for people to hear and call rescuers.

The woman had been reported as missing and her friends and neighbours had begun to look for her around her home. Meanwhile, she was at the bottom of a 21 metre ravine, after tumbling down the sharp slope. Piran would not abandon his owner when she fell, and the loyal cat sat in the middle of a nearby field and meowed loudly to attract the attention of passers-by.

It wasn't long before pedestrians noticed the cat and followed him toward the hole his owner had tripped into. Emergency services were called and firefighters saved the woman by lifting her from the wooded area and transporting her to the air ambulance. From there, she was taken to a south-west hospital to be treated and is said to be in a stable condition.

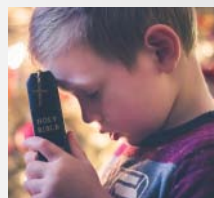
PRAYER WITH REV CLAIRE

Back to school:



three words dreaded by some and cheered by others!

Join in our prayer for them all this month.



God of wisdom and knowledge,
we thank you for our opportunities for education;
for all we have learned in our lives, inside and outside the classroom.
We pray for all students and staff going back to school this month:
from the youngest still growing into new uniforms,
to the teachers who've served for many years.
Bless all our school communities with fun and friendship this year;
give them curiosity and wonder as they learn together;
keep them healthy and safe as they play together.
Among all the new skills and interests and lessons of this year,
may our schools be places where all can learn to love their neighbour as themselves,
and find themselves loved by you.
In Jesus' name,
Amen.

PRAYER WITH REV CLAIRE



Time Together was delighted to welcome Sarah Brown. Sarah shares with us the report she wrote as part of her training:

As a student nursing associate (SNA) approaching my final year, I have taken the opportunity to explore how social prescribing benefits in practise. I was delighted to therefore spend some time with "Time Together", a group that meets at St Petroc's Church in Bodmin every week.

People attending are a mix of non-church goers as well as regular church members, which emphasizes the versatile diverse space of St Petroc's Church.

As I wander around, I have some wonderfully engaging conversations and from the outset, you are made to feel welcome. The common theme running through conversations is the social isolation so many people experience, and the opportunity Time Together provides to make

new friends, meet old ones, join the craft group or volunteer. This is a lifeline for many.

As an SNA within a district nursing team, it is intriguing to note how the people attending (often forcing themselves to get out the house) emphasise the importance of keeping their mind active and eating healthily to maintain health and independence. Each has their own reason for being there, but all are similarly passionate, with many being ex-health professionals themselves. "I hope I never have to see you!" were the words laughed at me.

While here I met a gentleman who has set up a peer support group for those diagnosed with cancer. He explains how he experienced isolation during ill health and how educating himself and offering support to others has helped him. He offers a safe space where people can come along, have a coffee and a chat, escape the realities, or share tips. He explains how much he has learnt during his journey and how the time out really helps foster a healthier mind. He recognises the good in healthy eating and is currently working towards an open university degree. A study reported by the Kingsfund (2016) identified that, similarly, stroke sufferers accessing peer support groups highlighted the positive effects it had on them.

The programme of events for Time together is also very well thought out. After the warm welcome and mid-morning coffee served alongside live piano music, prior to lunch. During the afternoon a seated dance and exercise class takes place followed by a short stroll in the park for everyone who can and wants to walk. Subtly promoting exercise for all abilities, within the safety and support of trained volunteers and professionals promotes a sense of belonging, reducing the feeling of loneliness. In more recent weeks the group has collaborated with a dance group where children join in the stroll and plan to stage a little performance. Intergenerational activities can greatly improve happiness and build self-esteem and wellbeing in our older generation and the youngest, enhancing communication and mental wellbeing (Ashurst, 2018) which is arguably more important now than ever, following 18 months of Covid 19 restrictions.



TIME TOGETHER

C A F E / D A Y C E N T R E

W E D N E S D A Y S

1 0 . 3 0 - 2 . 3 0

S T P E T R O C ' S C H U R C H

B O D M I N

A VERY CORNISH GATHERING



900 St. Piran flags, 90 people, numerous banners, tartan attire and one bagpiper all contributed to the service commemorating the Prayer Book Rebellion of 1549, held at St. Petroc's Church, Bodmin, on Sunday 15th August. Old Cornwall Societies across the county help keep Cornwall's traditions, history, heritage and faith alive.



Young people played their part by carrying a banner, including Chloe for Newquay, Vicky for Camborne and Will for Redruth.



WHAT'S ON IN BODMIN?

Church service St Petroc's Church on Sundays at 9.30am. Please visit bodminchurch.com.

Free guided walks in September

Wednesdays: 2pm from St Petroc's Church for a gentle stroll in Priory Park. ¼ mile / flat.
Suitable for wheel chairs and push chairs.

Tuesdays:

7 SEPTEMBER: 2pm St Hydroc's Church Lanhydrock (next to the National Trust house) to Lanivet, with refreshments at Lanivet Inn, to Nanstallon and on to Bodmin. 11 mile round trip / steep sections. *(Arrange for yourself to be picked up at Lanivet or Nanstallon if you prefer).*

14 SEPTEMBER: 2pm St Petroc's Church Bodmin and Bodiniel – The Two Manors **NEW circular walk** incorporating the Camel Trail with a café stop. 5 mile round trip / moderate. *(There are several car parks close to St Petroc's Church).*

21 SEPTEMBER: 2pm St Petroc's Church **circular walk** incorporating historical features of Bodmin including refreshments at Bodmin Jail. 2 or 3 mile round trip / steep sections. *(There are several car parks close to St Petroc's Church).*

28 SEPTEMBER: 2pm St Stephen's Church Nanstallon featuring a **NEW circular walk** and a stop at the Camel Trail Tea Garden. 4 mile round trip / fairly flat. Meet at St Stephen's at 2pm *(park along the lanes)* or walk together from St Petroc's at 12.30pm giving a round trip of 10 miles.

*It's advisable to wear supportive footwear, bring all weather clothing, hat, sunblock, bottle of water and cash for refreshments. Dogs on a lead are welcome. Churches are dog friendly. Stamp your passport at each historic church you visit. For updates, please visit **bodminway.org**.*

Café events

Time Together café / day centre at St Petroc's Church, on Wednesdays, 10.30am to 2.30pm.

Church tours and cream teas at St Petroc's Church, Saturday 4th September, 10.30am to 5.30pm, including **bell ringing demonstrations** 11am to 2pm on the hour and half hour.

Cream Teas St Petroc's Church, Sunday 5th September, 2.30pm to 5pm.

Cream Teas
Bring clotted cream - jam and scones to your afternoon tea
Sunday 4 July
Sunday 1 August
Sunday 5 September
2.30pm to 5pm

Please see bodminchurch.com for information about our services and other events

Visit us on Saturday 4 September 10.30am to 5.30pm

- Cream tea
- Guided tour
- Bell ringing demonstrations 11am to 2pm on the hour and half hour

CCPC Members
HEALTH & SAFETY ASSOCIATES
01208 71485
info@healthsga.co.uk
www.healthsga.co.uk

This page is sponsored by St Petroc's Church Society Association

MUSICAL SPECTACULARS IN BODMIN



Bodmin Way Presents:

WILL KEATING

with special guests

Supported by:

JESSI KAY

ST PETROC'S CHURCH BODMIN
SATURDAY • SEPTEMBER 4 • 7.30PM
DOORS AT 7PM

Buy tickets online: bodminway.org
Events | Box Office
Adults £10 Under 16s £5 Under 3s free



ST PETROC'S SESSIONS: ELIZA CARTHY & THE RESTITUTION

Friday 10 September at 7pm

Describing herself as a "modern English musician", Eliza Carthy is one of the most recognisable faces of the English folk revival.

Tickets £20 from
www.intobodmin.co.uk/box-office

Rotary
Club of Bodmin
present....



"A Cornish Night-out"

Bodmin Town Band
and
Loveny Male Voice Choir

St Petrocs Church, BODMIN
Friday 24th Sept 2021 - 7.30pm

Tickets: £10.00 from Rotary Club members,
Martin & Budge, Stan May Store, InToBodmin
(OldLibrary), MCB Lanivet.

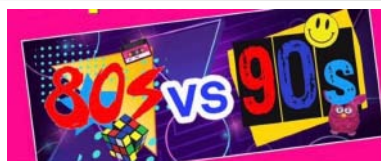


BODMIN
TOWN BAND

Please buy in advance
numbers may be limited
(Reg. Charity: 1037346)



LOVENY
MALE VOICE CHOIR



80s v 90s music

finishing with a **silent disco**

Saturday 30 October at 7.30pm

Tickets £10 from
<https://tinyurl.com/xa2srmks>

25th September
Creative Responses to Climate Change
IntoBodmin

Friday 8th October
Tango In The Night Phoenix Events

Wednesday 20th October
Christmas Fair Phoenix Events

NEW ART EXHIBITION

A free heritage weekend is planned for Saturday 4th and Sunday 5th September, from 11am to 4.30pm at the Old Library, Upper Bore Street, Bodmin PL31 2JX.

Organised by Bodmin Keep Army Museum, the event will celebrate Bodmin's Second World War stories with photographs, special talks, and family activities.

Mary Godwin, Museum Director said: "Throughout 2021 we've been researching Bodmin's Second World War stories. We've discovered hundreds of amazing photographs in Kresen Kernow (the county archives) that we'll be showing at this special event, and we have fascinating talks from people in the US who have Bodmin connections from this time. We also hope that people will bring along their own family photographs and memories from the Second World War so that we can add these stories to our archive and share them with the community."

Throughout the weekend there will be a rolling slideshow of unique photographs of the local area during WW2, taken by Bodmin photographer George Ellis.

At 3pm on Saturday (Sunday 3.30pm) relatives of US soldiers who were based in Bodmin in the run-up to D-Day will share their stories.

Susan Kearney will recount the story of the romance between a US soldier and a nurse training in Bodmin and Gerard Cortese will give a unique insight into what it was like to be an American soldier stationed in the town from November 1943 to May 1944.

Entry to the event is free. The talks free are also joined online via Zoom or in person at the Old Library, but pre booking is essential. Visit the What's On page of the museum's website www.bodminkeep.org



Other highlights of the weekend:

Collecting Bodmin's WW2 Memories

Drop in for a cup of tea from 11am to 2:30pm on Saturday or 11am to 3pm on Sunday to share your WW2 memories of Bodmin and family photos with our friendly team. We're especially keen to find out about VE Day in 1945, evacuees, parades in town, rationing, Walker Lines, social events, weddings, and the American GI's.

Wartime Food Demonstration noon to 1pm each day

A family-friendly demonstration about intriguing Second World War recipes from the Ministry of Food which encouraged people to make the best use of home-grown fruit and vegetables. Discover some of the more unusual recipes that people on the Home Front were encouraged to try.

1940s Hair and Make-up Demonstration noon to 4pm each day

Find out about what influenced hairstyles of this era and some common hair accessories. Learn about the importance of the humble make-up kit during the Second World War and enjoy a demonstration of a classic 'look' which includes some vintage beauty tricks.



This event is supported by the Second World War and Holocaust Partnership with Imperial War Museums and the Museum of Cornish Life, which is funded by the National Lottery Heritage Fund. It has also been made possible thanks to IntoBodmin, Kresen Kernow and Arts Council England's National Portfolio Programme.