

# SALTASH AND DISTRICT OBSERVER

Your only truly "local" newspaper ...

January/February 2024 - Issue 380

Established 31 years

Incessant trumpet of trade; armoury of fearless truth without fear or favour ...

**Laptop/PC  
Sales &  
Repairs**

**TECH-FIX  
WE REPAIR**

**Got a Tech Problem**  
We can fix it – Laptops - Phones & more

**Phones \* Chargers \* Accessories**

Visit: [www.tech-fix.uk](http://www.tech-fix.uk) E: [help@tech-fix.uk](mailto:help@tech-fix.uk)  
Tel: **01752 946411 M:07878 591818**  
4 Keast Mews Saltash PL12 6AR

## We Need Action Not Words

It's Groundhog Day. You know the one. The film from 1993 where actor Bill Murray wakes up each morning to find that it's the same day again with the same things happening and the same outcome. All he needs to figure out is what to do differently to move on.

As recent statistics have shown the A38 has the highest Killed and Seriously Injured rate of any route in the Southwest peninsula. We need urgent short-term safety interventions in the form of average speed cameras and minor junction improvements, and in the long term a delivery plan for a high quality offline dual carriageway to bypass the wholly not-fit-for-purpose sections of single carriageway leaving behind the current road to be converted into a high quality local access road for pedestrians, buses, cyclists and local traffic.

So where do we find ourselves as a committee? We find

ourselves in the frustrating position of still waiting for these basic safety interventions to be delivered. This is despite promises given in a letter to our MP from the Department of Transport in July 2023 to confirm that they would progress them in partnership between National Highways, Vision Zero Southwest and Cornwall Council. Another 6 months have passed and still no action and no confirmation of any kind of timeframe for their delivery. It is unacceptable and in the view of Safe38 amounts to a failing in the duty of care to the road user by the Department of Transport.

There have been some

encouraging signs most notably within Cornwall Council where last September a motion was taken to Cornwall Council by Cllrs Toms and Pascoe pushing for improvements to be delivered along the A38. Although Cornwall Council have at times undertaken design work on projects on the A30 to speed up progress, this time for the A38 it believes there is no route for funding it open to the Council and that National Highways is in the best position to find funding for the delivery of a package of safety interventions.

The Leader of Cornwall Council Linda Taylor in her speech to full council on 16th January confirmed that the A38

is a Cornwall Council priority - this is good news from a strategic perspective. However, we need action not words, and we need Cornwall Council and our MP Sheryll Murray to successfully press National Highways to get on and get these average speed cameras delivered. There is no time to waste, and people's lives and livelihoods depend on action being taken regarding this.

Southeast Cornwall's Road infrastructure has been the poor relation in Cornwall for too many years. With this in mind, the sub-national transport board Peninsula Transport has a consultation open until 5th February looking for feedback on its draft strategy. It will help influence transport investment decisions in the region until 2050 and beyond. If you haven't attended any of their webinars, then go to the Safe38 Facebook page or community

page for the link.

Please take the opportunity to take part in giving feedback on their strategy to ensure this stretch of road becomes and stays a priority regionally. Let 2024 be the year where we see some movement and prioritising of this vital route in order to safeguard it and its drivers for years to come until we see the long-term major investment that will save lives and secure livelihoods for generations to come.

## Charity and Cheryl Recognised in New Year's Honours List

Two inspirational ladies with Saltash connections have been recognised in the King's New Year's Honours list.

Saltash resident Charity Gladstone has spoken of her pride after being honoured with an MBE for services to nursing. She moved to the UK from her native Malawi in 2000, and her NHS journey began in Birmingham, where she worked in critical care. She



played a vital role in Cornwall at the height of the Covid pandemic before moving to work in cardiology and respiratory services in Gloucestershire Hospital's NHS Foundation Trust. She returned to Cornwall last year and is currently working for the Cornwall Partnership NHS Foundation Trust. "I really hope to use my influence to raise nursing standards, patient care and patient experience in Cornwall. Exciting times ahead," she said.

Charity is also President of the Malawian UK Nurses Association, and becomes only the third person from Malawi to receive an MBE.

Meanwhile, Cheryl Smith, a Leader with 1st Saltash Brownies, was awarded the British Empire Medal in recognition of their dedication to supporting girls in Girlguiding. Cheryl became involved in guiding after joining 1st Saltash Rainbows in 1988.

"I love my Brownies on a Monday night - their energy and enthusiasm is contagious," said Cheryl. "But my biggest passion is the annual Camp K for 24 underprivileged children of primary school age. It's hard work and there is very limited sleep, but it is worthwhile for the huge benefits for everyone involved."

  
**ROPER JAMES**  
SOLICITORS

 @RoperJames [www.roperjames.co.uk](http://www.roperjames.co.uk)  @roperjamessolicitors

### Review or Make your Will

Take advantage of a **Free** initial meeting. Come and talk to the friendly team at Roper James Solicitors about your Wills and Powers of Attorney

### Buying or Selling your Home

Whether you are buying or selling property, contact our expert team at Roper James to guide you.

We are able to offer **Free** initial telephone advice and meetings in our Saltash office

### Personal Injury or Accident

Have you suffered an accident at work, work induced hearing loss, asbestos exposure or a road traffic accident then contact our specialist Personal Injury Team

to ensure you claim the compensation you may rightly deserve

### Divorce & Family Matters

"Are you having relationship difficulties then..." seek expert advice from the experienced team at Roper James who can support you every step of the way

## Guiding you through the Legal Process

Call **01752 546448**

To Book your **FREE** initial Consultation

[www.roperjames.co.uk](http://www.roperjames.co.uk)

[enquiries@roperjames.co.uk](mailto:enquiries@roperjames.co.uk)



Personal Injury



Wills & Inheritance



Family Law



Buying & Selling Property

Contact us for a **FREE** initial consultation  
**Roper James – here when you need us most ...**



**SELL YOUR CAR  
HASSLE-FREE!**

No fees, instant payment.  
We beat big car buyers  
99% of the time.

NB: We do not offer our existing business agreement

**CONTACT TROJAN  
MOTOR CO. NOW!**

**01752 853577**  
[www.trojanmotorcompany.co.uk](http://www.trojanmotorcompany.co.uk)  
MESSAGE: 07453 301 363

  
**CARLTON  
PLASTICS**

**DIY PVC Centre**  
Mon-Fri 8am-5pm

**SURVEY & FITTING SERVICE AVAILABLE**  
**01752 841234**

**Kingsmill Rd, Tamar View Ind. Est. SALTASH**

A-Rated Windows-Doors-Conservatories  
Glass Replacement / PVC Flooring  
Shower and ceiling Panels

Guttering,  
Fascias, Cladding  
Sealants-Trims  
Handles-Hinges  
Locks

  
**WATERWAYS**  
DRAINAGE SPECIALISTS

**Tel: 01752 656 161**  
Email: [info@waterwaysdrainage.co.uk](mailto:info@waterwaysdrainage.co.uk)

[www.waterwaysdrainage.co.uk](http://www.waterwaysdrainage.co.uk)

  
**RPB Vehicle  
Solutions LTD**  
est 1979

**Best Prices Paid For Unwanted Vehicles**  
Family Owned & Run Business  
Over 40 Years Experience  
Fully Licensed ELV & ATF Site

**Direct Tel 01752 252627**  
[www.rpbvehiclesolutions.co.uk](http://www.rpbvehiclesolutions.co.uk)

Based at Cattedown Wharves  
Plymouth Devon PL40 RW

# Town Messenger

Working for the People of Saltash

News from Saltash Town Council  
Konsel an dre Essa



**Education Department**  
Telephone: 0300 1234 101  
Email: [schooladmissions@cornwall.gov.uk](mailto:schooladmissions@cornwall.gov.uk)

**Education Welfare:**  
Telephone: 0300 1234 101  
[educationwelfare@cornwall.gov.uk](mailto:educationwelfare@cornwall.gov.uk)

**Housing Department**  
Telephone: 0300 1234 161  
Email: [info@cornwallhousing.org.uk](mailto:info@cornwallhousing.org.uk)  
**Social Services Department**  
Telephone: 0300 1234 101  
Email: [children@cornwall.gov.uk](mailto:children@cornwall.gov.uk)

**Social Services Department**  
Telephone: 0300 1234 131  
[adultcare@cornwall.gov.uk](mailto:adultcare@cornwall.gov.uk)

**Highways Department**  
Telephone: 0300 1234 222  
Email: [customerrelations@cornwallimited.co.uk](mailto:customerrelations@cornwallimited.co.uk)

**Transport Department**  
(Schools Transport)  
Telephone: 0300 1234 101  
(Bus Pass) Telephone: 0300 1234 222  
Email: [schooltransport@cornwall.gov.uk](mailto:schooltransport@cornwall.gov.uk)

**Roads, Transport and Parking**  
Telephone: 0300 1234 222  
Email: [roadstransportandparking@cornwall.gov.uk](mailto:roadstransportandparking@cornwall.gov.uk)

**Waste Department**  
Telephone: 0300 1234 141  
Email: via contact form on website only.

**Cormac Solutions**  
Telephone: 01872 323 313  
Email: [customerrelations@cormacitd.co.uk](mailto:customerrelations@cormacitd.co.uk)  
**Fly Tipping:**  
Telephone: 0300 1234 141  
Email: [refuseandrecycling@cornwall.gov.uk](mailto:refuseandrecycling@cornwall.gov.uk)

*Town Messenger news is supplied by the Town Council*

## Cornwall Councillors/ Wards

### Saltash Essa ED

Cllr Hilary Frank  
[cldr.hilary.frank@cornwall.gov.uk](mailto:cldr.hilary.frank@cornwall.gov.uk)

### Saltash Tamar ED

Cllr Sheila Lennox-Boyd  
[cldr.sheila.lennox-boyd@cornwall.gov.uk](mailto:cldr.sheila.lennox-boyd@cornwall.gov.uk)

### Saltash Trematon & Landrake ED

Cllr Martin Worth  
[cldr.martin.worth@cornwall.gov.uk](mailto:cldr.martin.worth@cornwall.gov.uk)

**Cornwall Councillors Cover such services as:**  
Housing – Education  
Social Services  
Highways  
Waste & Recycling  
Tamar Bridge

## From the Mayor of Saltash

Firstly, a belated Happy New Year. I hope that as we emerge from this cold snap that spring brings some warmth and that everyone in Saltash has a positive year. The Town Council continues its positive approach, supporting and managing several projects that should bring long term benefit to our town.

## Meet Your Councillor

### Cllr Rachel Bullock Essa Ward

I became a member of Saltash Town Council after being co-opted for East Ward in February 2021. Following the May 2021 elections, I am now an elected Councillor for Essa Ward.

A bit about me: My family moved from Hemerdon, Devon to Saltash in 1977. I attended Longstone Infants, Saltash Junior School and Saltash Comprehensive. I have older twin sisters and one younger sister, all of which still reside in Saltash with their families. I live near the Town Centre and share my home with my husband, two sons and our three cats.

I worked for Plymouth City Council Revenues and Finance for 17 years. Most of this was in customer facing roles in the Council Tax and Housing Benefits Department, which helped me appreciate the diverse range of people living around us. I am a friendly, empathetic, down to earth person who is always happy to help anyone. I left Plymouth City Council after taking voluntary redundancy and now spend my time carrying out voluntary work in the town.

I am a volunteer at Community Enterprises PL12 and enjoy baking cakes in the Community Kitchen for their cafe. It is a challenge which I love as I have to try and create cakes from donated food. The courgette cake and rhubarb and ginger loaf were a success with the customers. I love history, especially the history of this fantastic town; I am a member of the Saltash Heritage committee. I enjoy my time stewarding in the museum, teaching visitors all about our local history that we should be proud of.

During my time on the Council, I have become a member of many of the Sub Committees and working groups. I am currently the Chairman of the Station Property Sub Committee, and Vice Chairman of the Devolution Sub Committee.

Despite a short Christmas break, the Town Council continues to work on a number of important projects. We are very pleased that funding has been awarded to several Playparks in Saltash through the CIL (Community Infrastructure Levy) a kind of tax on new developments, these total £75,000 for Saltash, with a further £42,000 going towards the amazing Summerfields Playpark project who are showing exactly how a local community can save and drive investment. Please get



The Town Council encourages Isambard House alongside other owned venues as a facility for hire, the Town Council for example are holding a Murder Mystery event, I Haven't a Clue-do you? on Friday 16th February 2024 at 19:00 at Isambard House, why not purchase a ticket and come along. More information on the Town Councils facilities for hire can be found by scanning the below QR code to visit the following weblink <https://www.saltash.gov.uk/facilitiesforhire.php>, or by contacting the Guildhall.

I am currently part of the working groups which aim to improve the Town Centre and Waterside connectivity, these are some exciting projects to be working on, further information on these projects are available on the Town Councils website, please scan the below QR code to visit <https://www.saltash.gov.uk/consultations.php> or contact the Guildhall.

In my spare time I enjoy walks in the country and days on the beach with the family, I also love running and have entered the Saltash Half Marathon again this year, the best half marathon in the country – in my opinion!

I am very passionate about our town, its history, its present and, most importantly, its future. It is an honour to serve this fantastic community.



Facilities for hire.  
<https://www.saltash.gov.uk/facilitiesforhire.php>



in touch if you would like to try the same elsewhere in Saltash. The Town Council will even match fund up to

£10,000 towards play equipment.

The Town Council, as a key member of the Town Team are still looking to make improvements to the Town Centre and we hope that the Town Team plans, to run street markets and add additional planting will make a difference. The Town Council itself were awarded funding through the CLUP (Community Levelling Up Programme) fund to investigate improving transport links to and from the Waterside as well as ferry services on the water. We are aiming for that project to host some trial options in a

few months time.

Our War Memorials stand as a valuable reminder to conflicts of the past, as well as a permanent place to remember those who gave their lives. Prompted by some tireless work by former Town Councillor Peter Clements, we now have a list of names that have never been recorded on a Saltash War Memorial, and a small Working Group of councillors have been planning a way to rectify this. We now have all the relevant permissions and hope we can have something in place for the Remembrance Commemorations in November. As with many memorials of this type,

the Town Council are offering the opportunity for anyone to make a donation should they wish. You can get more information by contacting the Guildhall.

You will see elsewhere on this page, information on how to nominate someone for the Honorary Freedom of Saltash award. This is a very special award that is rarely made. Please don't confuse this award with the annual Civic Awards, these will be advertised very soon and are completely separate.

*Councillor Richard Bickford Mayor of Saltash 2022-24*

## Your Town Council & Wards

### Saltash Essa:

1. Cllr Richard Bickford  
[r.bickford@saltash.gov.uk](mailto:r.bickford@saltash.gov.uk)
2. Cllr Rachel Bullock  
[r.bullock@saltash.gov.uk](mailto:r.bullock@saltash.gov.uk)
3. Cllr John Brady  
[j.brady@saltash.gov.uk](mailto:j.brady@saltash.gov.uk)
4. Cllr Matt Griffiths  
[m.griffiths@saltash.gov.uk](mailto:m.griffiths@saltash.gov.uk)
5. Cllr Jon Foster  
[jon.foster@saltash.gov.uk](mailto:jon.foster@saltash.gov.uk)
6. Cllr Sheila Lennox-Boyd  
[s.lennox-boyd@saltash.gov.uk](mailto:s.lennox-boyd@saltash.gov.uk)

### Saltash Tamar:

1. Cllr Lisa Mortimore  
[l.mortimore@saltash.gov.uk](mailto:l.mortimore@saltash.gov.uk)
2. Cllr Sarah Gillies  
[s.gillies@saltash.gov.uk](mailto:s.gillies@saltash.gov.uk)
3. Cllr Sarah Martin  
[s.martin@saltash.gov.uk](mailto:s.martin@saltash.gov.uk)
4. Cllr Julia Peggs  
[j.peggs@saltash.gov.uk](mailto:j.peggs@saltash.gov.uk)
5. Cllr Pete Samuels  
[p.samuels@saltash.gov.uk](mailto:p.samuels@saltash.gov.uk)
6. Cllr Jean Dent  
[j.dent@saltash.gov.uk](mailto:j.dent@saltash.gov.uk)

### Saltash Trematon:

1. Cllr Steve Miller  
[s.miller@saltash.gov.uk](mailto:s.miller@saltash.gov.uk)
2. Cllr Brenda Samuels  
[b.samuels@saltash.gov.uk](mailto:b.samuels@saltash.gov.uk)
3. Cllr Brian Stoyel  
[b.stoyel@saltash.gov.uk](mailto:b.stoyel@saltash.gov.uk)
4. Cllr Yates  
[d.yates@saltash.gov.uk](mailto:d.yates@saltash.gov.uk)

### Mayor:

Cllr Richard Bickford

### Deputy Mayor:

Cllr Julia Peggs

### Town Clerk:

Sinead Burrows  
T: 844846  
E: [enquiries@saltash.gov.uk](mailto:enquiries@saltash.gov.uk)

**Councillors' Telephone Numbers can be obtained at The Guildhall.**

**Saltash Town Council, The Guildhall 12 Lower Fore Street  
Saltash PL12 6JX Tel: 01752 844846  
E: [enquiries@saltash.gov.uk](mailto:enquiries@saltash.gov.uk) W: [www.saltash.gov.uk](http://www.saltash.gov.uk)  
Facebook: [SaltashTownCouncilOfficial](https://www.facebook.com/SaltashTownCouncilOfficial)  
Twitter: [SaltashTC](https://twitter.com/SaltashTC)**

## Nomination for the Honorary Freedom of Saltash

Nominations are called for Honorary Freedom of the Town of Saltash. This is an exceptional and rare award made at the discretion of the Town Council and will only be presented if nominees pass all the necessary and stringent criteria.

The Nominees can come from all walks of life and all sections of the community, but must have made a very significant contribution to life across Saltash, which must be so outstanding that it can be seen to stand above the contributions of most other people.

Please refer to the full policy for the nomination criteria. The full policy, guidance and nomination form are available on the Town Council website on the following weblink <https://www.saltash.gov.uk/policies.php> or from the



Town Council consultations.  
<https://www.saltash.gov.uk/consultations.php>

## Letters to Heaven

*Saltash Town Council to install letters to heaven post box at cemetery*

Following a request from a resident Saltash Town Council have approved the installation of a post box at Churchtown Cemetery for grieving people to write letters to heaven. The letters to lost loved ones can be posted in a sealed envelope using the post-box.

It is hoped that the letters posted to heaven will provide comfort to those grieving and missing loved ones. Items



posted can be anything from cards for events such as birthdays, anniversary and Christmas to letters and messages. The post box is not owned or serviced by Royal Mail so no stamp is required

Every item posted will be treated with confidentiality and will not be opened. Staff will regularly remove the items from the post box and store them securely until they are included in the Town Council's green waste process for disposal.

The Letters to Heaven post box was created by a nine year old girl from Nottingham who wanted to write to her grandparents. An idea which has spread to several resting places across the UK.

It is hoped the post box brings comfort to those visiting the cemetery wherever they are in their personal journey with grief.

## Change of Chair at SYN

Youth organisations at the AGM of Saltash Youth Network (SYN) held in January voted unanimously for Charlotte Carpenter to take over from outgoing Chair Don Berrey. Speaking at the meeting, Charlotte paid tribute to Don's years of service and entertaining chairing style, and pledged to carry on working with members to ensure that SYN continues to support local voluntary youth provision.

The Network has grown since it was established in 1992 under the name Saltash Town Youth Council, and now represents youth organisations as a whole to other parts of the community. SYN benefits from an annual funding grant from Saltash Town Council allowing it to offer affiliated youth groups the opportunity to bid for up to £500 in grant funding. In recent months, grants have been awarded to groups including the Town Junior Band to help with costs to travel to a competition in Cheltenham and to Saltash Amateur Boxing Club for new boxing gloves and water-filled punch bags.

Affiliation costs £10 per year. Any youth group wishing to become a member is encouraged to make contact through the SYN Facebook page.

## Update from TTAG Chair Dr Mel Priston

Firstly a Happy New Year to you all. I was hoping we would be able to begin this new year with some good news regarding the tolls which are the bane of the lives of so many of us who are residents of SE Cornwall. Following the results of the Tamar Bridge & Torpoint Ferry public consultation in the summer last year, we awaited the outcome of the TB&TF Joint Committee December meeting with interest. The consultation results showed a clear majority of 58% of respondents voting for 'no change in tolls' leaving the Committee in a difficult position on how to proceed.

Despite the result with an obvious message to leave the tolls as they are in these times of economic hardship, the Committee disappointingly voted to increase the toll to £3.00 (£1.50 with Tag discount) subject to further approvals by Plymouth City Council and Cornwall Council, and a final formal approval from the Dept of Transport.

We also believe from all the documentation and discussion that it is likely that the Committee will also apply for an annual Tamar toll increase in line with RPI (Retail Price Index) at the same time; with no end to the tolls in sight this would mean an ever-increasing yearly burden and unfair tax on residents, businesses and commuters who all have no

other option than to use the bridge.

With a general election looming this year we believe the stance of the four major political parties of Devon and Cornwall on the long-standing toll situation on the bridge is going to be pivotal. They are realising the importance of this to local voters in their election manifestos. The Labour and Conservative parties are both vowing to 'fight for a fairer deal for local users'; Mebyon Kernow and the South East Cornwall Liberal Democrats have taken this a step further and pledged to fight for the complete abolition of the tolls. The Liberal Democrats took a motion to their regional conference in the Autumn which was unanimously supported and passed while at Mebyon Kernow's 2023 National Conference a motion calling for an end to the tolls on the Tamar Bridge was agreed and passed.

The Liberal Democrat petition calling for the abolition of tolls can be found online here <https://www.seclibdems.uk/>. It would be really helpful to support their petition whatever your political persuasion is. Numbers are so important in getting our local MPs and councillors to understand the gravity of the economic burden and the local strength of feeling.

We need the help of residents in Plymouth and Cornwall. We have a chance, together, to object to the suggested increase once the proposals go to the Dept of Transport (watch this space

for further details), but in the meantime, if you feel strongly about this, please join our group and write to your local or Cornwall Councillor and/or your MP and tell them how you feel. Public pressure is working, but we need to grow in terms of numbers and pressure! There are no quick fixes; we're in it for the long haul and we'd like you to be too.

## Beryl Bikes in Saltash

Since Beryl Bikes launched their first bike share scheme in 2019, user journeys have covered more than 16 million km, preventing more than 537 tonnes of carbon emissions compared to car travel. As a result of Cornwall Council's successful bid to the Shared Prosperity Fund, Saltash residents will soon have the chance to help boost these figures as 13 Beryl Bike bays will be located in strategic positions around the town before the end of March.

The e-bikes will have batteries, each with a range of 40km, and will be operated by the same company delivering the Beryl Bikes in Plymouth, meaning cyclists will be able to cross the Tamar Bridge by bicycle.

Anyone wanting to use a bike will need to download the app and then use it to unlock a bike from a docking bay. Start pedalling as you normally would, and you'll feel the electric assist kick in. Rides start at 15p per minute,

## Pete's Point of View...

At the time of writing this column, we have seen just what 'people-power' can achieve, with well over a million people signing an online petition, in respect of the scandal involving the Post Office, of which we have all become aware, due to the publicity generated by the ITV dramatisation of Mr Bates versus the Post Office.

Not only has the petition achieved its' goal of an individual forfeiting their CBE, the matter is also being discussed in Parliament and investigated by the police.

It does make me wonder as to what incorrect information might be held about any of us, on a server somewhere, whether our bills or even our taxes are calculated on a system seemingly as fallible as the one supplied to the Post Office.

Not that I'm suggesting you query or dispute those bills, as I'm sure you would be told that you are the only one!

Returning, though, to the subject of people-power, it has manifested itself locally on more than one occasion, the latest example of which is thanks to the dedication of some local people who were concerned about the number of names missing from the War Memorials here in Saltash.

The Town Council has got behind the proposal and are moving towards an additional Memorial sited at St Nicholas and St Faith, to remember those who lost their lives in war and conflict and whose names are not recorded on any existing memorial in the town. As has been the case for the

past hundred years or so, War Memorials are traditionally funded by public subscription and it is hoped that the new Memorial will be made feasible in the same way. Whilst the proposal is currently in the consultation stage, which ends on 29th February 2024, it is envisaged that donations will be invited from both individuals and businesses alike, once the consultation is completed.

The design for the new Memorial is intended to be very much in keeping with the existing Memorials at St Nicholas and St Faith and has met with the approval of the Cornwall Council Planning Department, further details of which being available on the Saltash Town Council website.

I would like to offer my sincere thanks to the initially small team who have researched to find as many of the missing names as is possible, or who have pushed forward in recent years to get the proposal accepted by the Town Council. It can only be right and proper to honour and remember those who gallantly gave their lives to defend the freedoms that we all take for granted.

**Pete Samuels.**

*Pete is a former Mayor of Saltash and past President of Saltash Rotary. Any views expressed are personal views and not that of any organisation with which Pete is associated.*

but there will be an extra charge if a bicycle is left outside a bay.

Research by the Max Planck Institute has shown the number of early deaths caused by air pollution worldwide is 8.8 million, more than a million greater than the 7.2 million early deaths attributed to smoking. The only thing you'll burn with Beryl Bikes is calories – so pedal power is good for individual health as well as the planet's health.

**Observer Telephone numbers**

**07971484872 or  
01579 345699**

**E: maryecrawford@hotmail.com**

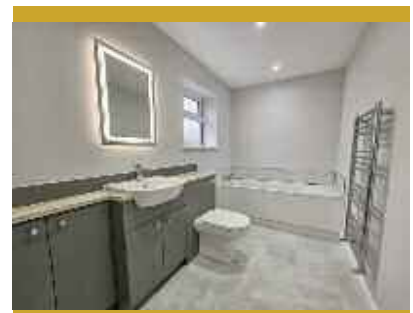
## NEW HOME

GUIDE PRICE OF £550,000



**ST. STEPHENS, SALTASH, CORNWALL**

A stunning detached new build of individual design, situated in the highly popular St. Stephens area of Saltash, Cornwall. This executive home has been thoughtfully built with an open-plan layout creating a light, airy and welcoming home, perfect for a family!



**CALL TO ARRANGE A VIEWING TODAY**

**FOR SALE**



There are an abundance of features that include; four brilliantly sized bedrooms, en-suite shower room, walk-in-wardrobe, spacious living room with bay window, fantastic utility room, downstairs WC, generously sized modern family bathroom, enclosed rear garden with patio & lawn, off road parking for multiple vehicles, plus electric charging point, solar panels & more!!



The property is also within walking distance to local schools, Saltash train station & town centre! This home is like no other, finished to an exceptional standard and is a truly unique opportunity, not to be missed!

**BRYONY HINE**  
exp uk

INDEPENDENT ESTATE AGENT

**07429659268**

**BRYONY.HINE@EXP.UK.COM**

**WWW.BRYONYHINE.EXP.UK.COM**



**CARPETS | VINYL | LVT | LAMINATE  
RUGS | UNDERLAY & ACCESSORIES**

**AirLuxe**  
trade flooring supplies

**floorsite.uk**  
THE HOME OF ELEGANT FLOORS

**01752 907760**

**01752 840700**



**LOVEFLOORING.UK**  
"LOVE THE FLOOR YOU WALK ON"

**01752 907879**

**Domestic & Commercial Installations**

**Measuring & Estimating**



**Units 1A & 1B Burley Court  
Pillmere Drive / Callington Road  
Saltash PL12 6FH**

*Just off the Pillmere Roundabout  
by the new pizza place*

**Cotton's Taxis**

EST 53 YEARS

**01752 848484**

[WWW.SALTASHTAXIS.COM](http://WWW.SALTASHTAXIS.COM)

**COTTONS 16 SEATER  
MINI COACHES 01752841300**

## MOVING ON REMOVALS

**PROFESSIONAL HOUSEHOLD  
REMOVAL SERVICES**

Packing/Storage

Local & National Removals

**Saltash 249318**

**Mob: 07411 589 903**



## THE BOOKSHELF

BOOKS | COFFEE | TEA | FOOD

*Winter Warmers ...Join us for...*

*Delicious Homemade Soups  
& Warm Light Lunches*

**Mother's Day Sunday 10th March**

*Personalised Cream Tea Boxes*

*Available to order*

**96 Fore St Saltash Tel: 01752 845804**

**Newell's  
TRAVEL**

[www.newellstravel.co.uk](http://www.newellstravel.co.uk)

**The Destination Cruise & Travel Show**

**Sunday 11 February 10 - 4pm**

The Barn at Pengelly, Trispen, Cornwall

**Wedding Fair - Sunday 3rd March 11-3pm**

St Mellion Golf and Country Club

*Please call in for more details and to register*

**100 Fore Street, Saltash Tel: 01752 848370**

[saltash@newellstravel.co.uk](mailto:saltash@newellstravel.co.uk)

*Cornwall's  
Largest  
Independent  
Travel Agency*

*Join us at our two  
upcoming events...*

**ADVANCE WARNING**

**Roads closed for:  
Saltash May Fair 2024  
& Saltash Half Marathon 2024**

**SAT 4TH MAY 2024 06:30 - 19:00**  
A38 Sliproad (south lane of south off slip)  
Fore Street (full length)  
Wesley Road (full length)

Victoria Road (King Edward Road TO Wesley Road) - Eastbound only  
Belle Vue Road (Car Park junction TO Fore Street)  
King Edward Road (Essa Road TO Victoria Road) - Northbound only

**SAT 4TH MAY 2024 10:00 - 10:15**  
Callington Road (Fore Street Roundabout)  
St Stephens Road (Fore Street Roundabout)  
King Edward Road (Fore Street Roundabout)

**SUN 5TH MAY 2024 09:55 - 10:10**  
Callington Road (Church Road TO Globe Avenue)

**SUN 5TH MAY 2024 11:00 - 11:15**  
Callington Road (Church Road TO Globe Avenue)

**Parking Restrictions**

**SAT 4TH MAY 2024 06:30 - 19:00**  
St Stephens Road (Essa Road TO Fore Street)  
King Edward Road (Wesley Lane TO Fore Street)  
Callington Road (Fore Street TO Globe Avenue)  
Globe Avenue (Callington Road TO North Road)  
Longstone Car Park is the only carpark affected

**SUN 5TH MAY 2024 09:30 - 13:00**  
Callington Road (Globe Avenue TO Plougastel Drive)

**Saltash Scrapstore & Too**

Our mission is to minimise the amount that goes to landfill we provide an outlet for our supporters to

**Reduce, Reuse, Recycle & Re-purpose**  
Discarded materials.  
Local people and businesses generously donate all our stock to us.

**Donations & Sales**  
Bring your unwanted **STUFF** along to us!  
We will make sure it is put to good use by recycling it.  
**Art \* Sewing \* Craft \* Household**  
No clothes, shoes books (apart from craft books)  
We will take anything that someone can use or reuse and try and find the best home for it!

**Do You...Need Art & Craft Supplies?**  
...Have a **Household Project** to tackle?  
...Have **Youngsters to Amuse?**  
Craft Kits - Card Making - Pine Cones  
Tapestry Wool - Knitting Wools  
Dressmaking and so much more

Partyware & Gifts Galore  
Why not drop by and see how we can help you?  
...And, of course, our 'members only' scrap shelves  
FULL of a great selection of items to fill your £3.00/£6.00 bag.

**Not a member yet? Come By & Join**  
£6 Annual Fee & Save 10% all on purchases.

**In Too** Scrapstore Too  
We have a variety of **Electrical & DIY - items for sale** - see our vast range on display  
We have a regular and changing supply of Electrical items donated  
All items are tested for electrical safety.  
When donating electrical items please be aware that we can only accept items that are working and in good clean condition.

**Items that are not clean are a health hazard to our staff and volunteers**  
**Volunteers Required!!**  
A variety of roles to suit everyone.  
No experience required.  
Please Join us if you have a few hours to spare  
**SEE YOU SOON!**  
Please call in or  
Contact the Scrapstore & Too  
66 & 89 Fore Street Saltash or  
Visit our Facebook Page Saltash Scrapstore  
Recycling for our future Charity No 1138956

*Tamara Way  
Guidebook Sells  
Out After  
Countryfile  
Feature*

A fascinating episode of the BBC's Countryfile programme on 14th January took viewers on a journey along parts of the Tamara Way, an 87-mile coast-to-coast walking route that opened in July last year. Beginning where the River Tamar meets the sea at Cremyll, the path follows the Tamar's winding course to Marsland Mouth, a little cove that marks the Cornwall-Devon border on the north coast. At its beginning and end, the Way connects with the South West Coast Path, giving ramblers the opportunity to walk a complete circuit of Cornwall - the Kylgh Kernow.

The opening of the Tamara Way completes a five-year Lottery-funded project, and before featuring on television the story of the route's creation was told by Gary Lewis of the Tamara Landscape Partnership at a talk in Ashtorre Rock Community Centre. Mr. Lewis described the lengthy process in setting up the Way, including the need to negotiate permissive access over private land where no public footpath had existed.

The route is expected to prove popular with walkers from throughout Britain and beyond, especially since it is anticipated that it will be designated as a National Trail on a par with the Pennine Way

**Heartfelt Meals, Windy Ridge Style**

The festive season at the Windy Ridge Café took on a heartwarming twist when owners Rod Murrain and Rob Cooper opened their doors to Age UK members for a complimentary Christmas lunch. Guests were greeted with a

welcoming drink, and tucked in to a delicious carvery with a choice of meats as well as the traditional turkey. Desserts ranged from Christmas pudding to a crowd-pleasing cheesecake infused with Baileys, and each guest was given a thoughtful parting gift—a generous slab of Christmas cake to take home. "Sincere thank-yous seem totally insufficient in return for the generosity of Rod & Rob," said Age UK guests at the meal. It was clear that the festive lunch at Windy Ridge, went beyond a dining experience and became a celebration of community spirit.

The season of giving clearly resonates with the owners, who also donated £1200 to Children's Hospice SW in December. Looking ahead, Rod and Rob have set

their sights on supporting the Cornwall Air Ambulance in 2024, not only raising funds for this essential service but also inviting groups for complimentary meals. Amidst the festivities and charitable work, Windy Ridge continues to pick up compliments on social media platforms where the reviews sing the praises of the friendly staff, the Sunday carvery and the good vegetarian selection. Diners rave about the home-made turkey and ham pie, but it is

and the South West Coastal Path. The guidebook for the Tamara Way separates the 87 miles into seven sections, each walkable in a day. It also shows how each section links up with public transport, as well as giving suggestions for overnight accommodation and watering holes along the way. One highlight is the new marker stone designating the source of the Tamar in a marsh on Woolley Moor, four miles or so from the north coast.

The Tamara Way guidebook, previously available from the Visit Tamar Valley website, is currently out of stock due to an unexpectedly high number of orders following the Countryfile programme. Reprints have been ordered, and people keen to buy a book are being advised to place pre-orders on the website, with deliveries expected in mid-February.



the 'amazing' cheesecakes that get a special mention. Windy Ridge Café, which sits just off the A38 at Trerulefoot on the Liskeard to Torpoint road, is not just a culinary destination - it is a haven of goodwill and community spirit. Whether it's a festive lunch for a local charity or a regular dining experience, Rod and Rob ensure that each visit is accompanied by a touch of warmth and generosity that leaves a lasting impression and a smile on your face.

the 'amazing' cheesecakes that get a special mention.

Windy Ridge Café, which sits just off the A38 at Trerulefoot on the Liskeard to Torpoint road, is not just a culinary destination - it is a haven of goodwill and community spirit. Whether it's a festive lunch for a local charity or a regular dining experience, Rod and Rob ensure that each visit is accompanied by a touch of warmth and generosity that leaves a lasting impression and a smile on your face.

**Essa Voices**

**Navigating Challenges in Local Government:  
A Call for Decency**

I've been reflecting on the motion brought to the January meeting of Cornwall Council by my colleague, Cllr. Thalia Marrington, addressing the unsettling rise in harassment faced by councillors.

Cllr. Marrington's motion struck a chord with all councillors, highlighting the urgency of tackling the toxic culture that has seeped into local politics. Thalia represents Mousehole and Newlyn 'down' at the other end of Cornwall, but closer to home my colleague Cllr.



Councillor Hillary Frank  
cllr.hilary.frank@cornwall.gov.uk

Kate Ewert, who represents the Rame Peninsula and St Germans, shared her personal ordeal, revealing the frightening harassment she has faced from members of the public. The threats and abuse, especially online, have left Kate questioning whether she can, in good conscience, recommend women in Cornwall to step into the local political arena.

The level of harassment I contend with is nowhere near as vitriolic, but there have been times when I've been worried about the impact on my children. With councillors across Cornwall reporting abuse, it is clear that unless the culture of toxicity is addressed, it will damage democracy and put people off becoming involved in local politics. This would be disastrous when we need a council chamber that properly mirrors the diversity of our communities in Cornwall.

I read a quote from G.K. Chesterton recently that resonated with me: "The true soldier fights not because he hates what is in front of him, but because he loves what is behind him." For councillors in town and parish councils as well as in Cornwall Council, it is our love of community that propels us forward, despite the adversity we face. In these days of financial hardship for many, though, it is especially heartbreaking to see the need in our communities, particularly because we don't always have the financial means to resolve it.

Cornwall Council's alarming financial situation moved the Deputy Leader of Cornwall Council, Cllr. David Harris, to write to Michael Gove MP in early January, describing the situation as a 'financial abyss.' His letter blamed 'years of chronic underfunding' and stressed that the outdated funding formula fails to account for factors such as Cornwall's ageing population.

With the general election this year and local government elections in 2025, it is crucial for all parties to address local government funding in their manifestos, and to conduct their campaigns with decency so that next year a diverse range of people will stand for election to local government, and will have the financial means to deliver for the communities they love.

**Antiques & Jewellery  
Valuation Day**

Thursday 22nd February  
Saltash Library  
10.30am - 12.30pm



For home visits  
please call  
Richard Hamm  
01208 813593



01392 413100  
enquiries@bhandl.co.uk

www.bhandl.co.uk



**Volunteer with us as a Bridge Ambassador at the Tamar Bridge**

*Rewarding roles available at this special landmark*

- Training Provided
- Friendly Supportive Team
- Roles Available - Welcome Host, Bridge Guide and Archive & Research Volunteer



01752 361577 • volunteer@tamarcrossings.org.uk  
@bridgingthetamar • www.bridgingthetamar.org.uk

## New Gig Named After Ashtorre

Caradon Gig Club members joined with members and regular visitors to Ashtorre Rock for the launching of the Club's newest gig, named 'Ashtorre Rock' after the Waterside's community centre.

The Gig Club has around seventy members ranging in age from 16 to 80, and is highly successful competing in races throughout Cornwall and beyond. Their latest purchase is a fibre glass training gig, explained Natasha Ingleby, Vice Chair of Caradon Gig Club, before going on to say that all the gigs are given names to show how the Club relates to the local community. "We considered naming one of our three wooden rowing boats for Ashtorre, but they are only in the water when we're racing whereas this training gig is seen every day on the Tamar passing right by Ashtorre."

Ashtorre Chair Lynn Marsh confirmed that people using the café facilities "enjoy watching the rowers from our spectacular vantage point. The crews are all hard at it while we have our tea and cake." She was keen to stress that everyone in the Ashtorre community considered it a

great honour and privilege to have a boat named after them.

The Ashtorre Rock forms the base for a pillar of Brunel's Bridge. There was a café here as early as the beginning of the 20th century, but for the last three decades it has been the site of the Ashtorre Community Centre, fulfilling the dream of Lynn's late father, ferry captain Gerald Truscott, to provide a community hub for the Waterside. Speaking to the crowds assembled on the old ferry slipway before the launch, Natasha said: "Gerald and more recently Lynn along with her husband Tony have always been stalwart supporters of our Saltash-based Caradon Gig Club."

Following the official launch, where a bottle of bubbly was poured over the boat, Mayor Cllr. Richard Bickford took an oar as he joined rowers on the boat's maiden voyage out in to the river and downstream to the Sailing Club.

## Bournemouth Symphony in Saltash



Members of one of the country's best-loved orchestras will perform two exciting concerts in Saltash this March.

A 14-member ensemble from the orchestra will be coming to Saltash Wesley Methodist Church on Thursday 7 March,

7.30pm. They will perform a new concert of film-inspired music, journeying from London's historic West End to the glittering lights of Hollywood. The concert is presented and will include well-known favourites alongside lesser-known cinematic works. The programme is designed for families of all ages, new audiences, and seasoned concert goers alike. Tickets cost £6-£12.

On Friday 8 March, 2pm the orchestra's 'Teatime Trio' will host a special dementia-friendly Cake Concert at Saltash Social Club. They will be performing well-known classics for all to enjoy with a piece of cake, a hot drink and good company. The afternoon is presented by the musicians who will give insights into their instruments and guide the audience through a mixed programme of classical

repertoire and special arrangements of popular music from Bach to Joni Mitchell. Tickets cost £10 and include the tea and cake.

Bournemouth Symphony Orchestra has an international reputation for their superb performances. Their world-class musicians include some of the finest players in the UK and they are renowned for taking music out of the concert halls and into the hearts of local communities.

Tickets for both events are available at [www.saltarts.org](http://www.saltarts.org) or from Piglets Haberdashery Shop on Fore Street, Saltash.

This is the orchestra's first ever visit to Saltash and has been organised in partnership with local cultural producers Salt Arts CIC and the Carn to Cove rural touring scheme for Cornwall.



## NOW OPEN

### 163 Fore Street, Saltash



Find out why people choose Archway and read our reviews!

**01752 843680**

[www.archwaydentalsurgery.co.uk](http://www.archwaydentalsurgery.co.uk)

Invisalign Children's dentistry  
General Dentistry Hygienist appointments  
Smile Transformations Gum treatments



### HOPPER TRIPS February 2024

Friday 16th February

**Organic Lunch at the famous  
Riverford Kitchen, Buckfastleigh.  
Meal price £32pp.**

Spoil someone special after Valentine's Day.

"Inspiring set menu of dishes celebrating the seasonal produce grown in the Field Kitchen Garden".

**11.00 - 16.30 ... Travel cost £9.**

Monday 19th February

**Trip to IKEA in Exeter**

Need we say more?

**10.30 - 16.30 ... Travel cost £13.**

Tuesday 27th February

**Trip to the Museum of mid  
Devon Life in Tiverton.**

"A treasure trove of fascinating objects and quirky artefacts that weave incredible stories about the everyday home life of mid Devon folk".

Admission £8.50 without gift aid.

**Local cafes and shops within reach.**

**10.30 - 16.30 ... Travel cost £17.**

Contact Community Enterprises PL12

01752 848348 – for more information.

hub@cepl12.co.uk 01752 848348 [www.cepl12.co.uk](http://www.cepl12.co.uk)  
Community Enterprises PL12 | 4 Fore Street | Saltash | PL12 6JL

## Churchtown Farm

Community Nature Reserve



### DOG WALKERS' EVENT

**Saturday 24th February 2024  
10.30am - 12.30pm**

with

**Friends of Churchtown Farm CNR**

Including **Stuart Mathieson**  
Reserve Officer, Cornwall Wildlife Trust

- How to enjoy the reserve with your dog
- Free doggy treats
- Free poo bags
- Name the breeds quiz for children
- Speak to a professional dog trainer
- Sign up for membership of Churchtown Farm

Find us at the main entrance, off Wearde Road

Sponsored by [Kernow Pet Supplies](http://Kernow Pet Supplies) : 32 Fore Street Saltash



### Lancashire Hot Pot Lakes and Dales

Sunday 7th April - 5 Days £389pp

**Eastbourne & Spring Gardens**

Monday 29th April - 5 Days £434pp

**North Yorkshire Moors and Coast**

Sunday 12th May - 6 Days £539pp

**Porthcawl and the Gower**

Monday 3rd June - 5 Days £484pp

**Cheshire Waterways & Liverpool**

Sunday 16th June - 5 Days £488pp

**Delightful Tenby**

Monday 8th July - 5 Days £548pp

**Weekend in the Forest of Dean**

Friday 19th July - 4 Days £419pp

**North Kent and Canterbury**

Thursday 5th Sept - 5 Days £479pp

Prices include all excursions and entry fees  
Half Board, Home pick up (Restricted to distance)

Coach Tourism Association member

**Tel. 01837 861121**

[www.viewfindertours.com](http://www.viewfindertours.com)

## HISPANIA

TASTY, BY MAVI

Pop in & try our new Winter Menu

**Valentine Day 14th February 2024**

Book Now for Our...

Special Romantic Valentine Menu

**Function Rooms for Private Parties**

**Delicious Special Menus &**

**Executive Menu for Special Events**

Or Just Hire the Room

**Malaga Room** - Seating up to 14 persons

**Valencia Room** Seating up to 8 Persons

Available for Private Parties

Birthday & Anniversary Celebrations

Friends & Family Gatherings

Business Meetings - Interviews - Conferences

Training Days - Exhibitions & Taster Days

Casual Gatherings with Friends

Open Tues - Sat 11.30am till Late

Sunday & Monday Closed

For more information enquiries or bookings

E: [Hispaniastybymavi@gmail.com](mailto:Hispaniastybymavi@gmail.com)

or Tel: 01752 214356

Follow us on: Facebook -X - Instagram

3 Old Ferry Rd Saltash PL12 4EH

Observer Contact Details 07971484872 or 01579 345699

E: [maryecrawford@hotmail.com](mailto:maryecrawford@hotmail.com)

W: [www.saltash-observer.co.uk](http://www.saltash-observer.co.uk)

## Sustainable Saltash

A regular column on changes Saltash residents are making to confront climate and ecological breakdown.

Did you know that the NHS has a carbon footprint that exceeds emissions from all planes departing Heathrow Airport? And that medication is the biggest part of it in Primary Care?

The Climate and Ecological Crisis impacts our patients' health, so Saltash Health Centre are determined to reduce our contribution, adapt for the change coming (and the change that's already here), and advocate for our patients and staff.

We have declared a climate emergency and are working our way through the Green Impact for Health Toolkit. This Toolkit breaks down the concept of 'Net Zero' into small actions, with each action we complete we achieve points. The more points we accrue, the better award we can claim. We are pleased to say we have been given the Silver Award and will be looking to get to Gold in 2024. Our PPG Green Lead, Sue, has been a great help with this!

Medication and waste are big issues to tackle, but we are working on Inhaler switches. Metered Dose Inhalers contain a propellant that is a greenhouse gas,

whereas Dry Powder Inhalers (DPIs) do not. Making these switches are not only better for the planet, but patients often find DPIs easier to use and therefore more effective. We encourage all finished or unused inhalers to be returned to pharmacy for proper disposal, otherwise harmful gases are released if sent to landfill. We ask patients to not over order medication to reduce waste, and to return unused medication to pharmacy too, ensuring medication does not cause ecological harm to biodiversity (for example, if it's put down the sink!).

We have taken part in the ReFactory Box pilot where blister packs can be turned into something new. We collect staff and practice waste that is applicable to be recycled for charity with SHARE and are looking to reduce plastic waste used for blood samples through a scheme called Indexor. There is a new blister pack recycling scheme sponsored by Terracycle/Aldi where patients can send empty blister packaging to be recycled, this can be found online.

Improving biodiversity on

## Patients Voices

We hope you have been able to see a copy of the Vision for future healthcare in the town, which was published in November. If not, copies are available at the Library, or you can request a copy via email [patient.voice@icloud.com](mailto:patient.voice@icloud.com) We welcome your feedback too.

### Getting on with the job

NHS bodies are now committed to: Coordinate everything better; Make access easier for patients; and to bring

our site is a passion of ours and we have created a wildflower meadow and installed bug hotels to encourage pollinators in our staff garden. We hope to expand this in 2024 and have registered as an NHS Forest site – even small areas count! We are a Parkrun Practice and promote active travel to staff and patients to reduce air pollution in the area and improve physical and mental health, and we hope to install bike racks in the near future.

We are part of the Cornwall Greener Practice Network and Primary Care Climate Resilience Programme, which ensures we can share our experiences and projects with other practices across Cornwall. If you would like to find out more, please visit: [www.healthandclimatesilience.net](http://www.healthandclimatesilience.net). We will continue to improve our practice to champion and create transformational change on climate and health, and hope that we may inspire our patients to take action too!

Emily O'Reilly

This column is a conversation starter for our whole community. If you have comments on the subject, ideas of your own or suggestions for future content, please do get in touch at: [sustainable.saltash@protonmail.com](mailto:sustainable.saltash@protonmail.com)

back local specialist provision. As plans unfold, a key priority is a modern "Health Hub" for the town. But, in the period before this is built, we need to get the best out of St Barnabas Hospital, which has been underused for many years. Many local folk think it has been closed!

### Here are some things you may not know about your local hospital:

■ The fabric of the building and equipment is being maintained to modern standards

■ Services based at St Barnabas include Acute Care at Home, Home First, and Community Rehabilitation teams. They visited 3567 patients in Saltash and the neighbouring areas in October last year, supporting them with their physical health and mental wellbeing

■ Over 15 clinics a month are routinely delivered from St Barnabas, between them potentially providing almost 600 hours of clinic time. That's about 30 hours a day; they are not fully booked.

■ For some out-patient services, you can ask for an appointment at St Barnabas when contacted by the Referral Management Centre after your GP has referred you. Not all clinics are currently available regularly - but we are trying to increase local options.

■ Locally available clinics can cover AAA screening, cardiac, colorectal, eating disorders, falls, memory, musculoskeletal, orthotics, physiotherapy, podiatry, psychiatry, psychology, respiratory, and speech and

language therapy. Each clinic could see between 3 and 18 people. Physiotherapy is the most frequently used, and this service can in fact be booked direct by patients. Your GP surgery will tell you how.

Sharon Savigar, Matron for Liskeard and Saltash Hospitals has told us, "I am pleased to see so much clinical activity, covering such a broad spectrum of conditions taking place at or from St Barnabas." Sharon is very clear that St Barnabas can offer more to local people and is talking to University Hospitals Plymouth NHS Trust to see if she can increase the number of clinics to save people a trip over the bridge into Devon.

Help us and Sharon enable St Barnabas to thrive by requesting it for out-patient appointments. Look out for information when you visit your GP Practice.

### PS HI THERE, DENTISTS.

Are there any dentists out there (practicing, retired or in training) with some time to spare to help us set up a social initiative to assist local people unable to get dental care? Email us at [patient.voice@icloud.com](mailto:patient.voice@icloud.com)

Contact the Observer  
01579 345699  
07971 484872

## Change Your Mindset on Money this New Year

Money can significantly affect the way we feel, especially when there isn't enough of it. It can make us feel stressed, defeated, anxious and fearful, amongst many other emotions. Understanding the power that money has over our mood is the first step to reclaiming control. Read on for five ways to change your mindset on money, so that you can enjoy a more positive 2024.

### Build a budget

With a mix of bills, food, treats, subscriptions and unexpected costs, managing money can feel overwhelming. Building a budget can help you see your financial situation more clearly, meaning you'll be able to make decisions about where to cut costs and feel more in control. There are lots of free budgeting resources and tips available online, including at [capuk.org/budgeting](http://capuk.org/budgeting)

### Talk to others

Struggling with money can be an extremely isolating experience and become a vicious cycle. By sharing our worries with another person, we start to take back control and lessen the burden. If you'd rather speak to someone impartial, you might find it useful to contact an organisation such as Samaritans (call 116123) or SHOUT (text 85258).

### Set goals

Having a goal to work towards can make us feel more positive. Even small progress gives us something to celebrate and feel proud of. Choose an aim that's realistic, such as saving up to go out for a meal or buying a new pair of shoes, and remember to set a new goal once you've smashed it!

### Have fun for free

There are often free or cheap activities or days out available in Saltash. Find out what events are going on at churches, community centres, Community Enterprises PL12 etc and keep an eye on [capuk.org/blog](http://capuk.org/blog) where you can find useful tips and tricks throughout the year.

### Get support

Everyone needs help at times. It's nothing to be embarrassed or ashamed about. If you're struggling with your finances, support is available for free from a range of charities and organisations including me at Christians Against Poverty (CAP). Locally, CAP provides expert debt advice and money education, all delivered face-to-face so you'll receive an effective combination of practical and emotional support. To find out more, see [capuk.org/help](http://capuk.org/help) or contact me direct – [timsquires@capuk.org](mailto:timsquires@capuk.org),

Christians Against Poverty (CAP) is a UK charity working with over 800 affiliated churches to deliver debt help, budgeting guidance, support to find work, life skills education and more. Visit [capuk.org](http://capuk.org) to find out more.

## Barry Woodmason

Gas & Heating Engineers Est 44yrs

Boiler Changes/Complete Systems  
Boilers & Fires - Repaired & Serviced  
Tel: 01752 569610 M: 07808 604 134

## J. HALL General Builders

All Aspects of Building Work

Interior & Exterior – Property Maintenance  
Internal Thermal Boarding & Damp Solutions  
Decorating & Plastering

Renovations & Refurbishments

Over 30 Years Experience

Free Quotes All Work Guaranteed No Vat

Call Julian on

T: 01752 842585 M: 07525 942 662  
[jlhall2@virginmedia.com](mailto:jlhall2@virginmedia.com)

## The Computer Man

Saltash Based - Friendly Advice

With 15 years experience on all aspects of computing including:

- Virus Removal ● Broadband Installation ● Upgrades
- Wireless and Internet Problems ● Desktop and

Laptop Repairs ● Home Visits

Andrew Watts  
07751 154 759

## WESTWARD MAINTENANCE

UPVC PLASTICS  
STOP PAINTING NOW  
FOR ONE MONTH ONLY

We will Supply & Fit UPVC Fascias Front & Back Guttering & One Gable End to any Average size Semi Detached House or Bungalow For the Silly Price of £995

- Roof Repairs ● Re-Roofing ● Slates & Tiles
  - Exterior Painting & Decorating
- Tel: 07870 428 183 / 01726 824429

**R&S NUTE (South-West) LTD**  
48 Callington Rd, Saltash  
**-BUILDERS & DECORATORS-**  
(Extensions - Garages - All Roofwork - Patios - Gardens - Renovations)  
**GENERAL HOUSE REPAIRS**  
**CARPENTRY & JOINERY**  
Telephone: 01752 946879

## 20% off Your First Bill

\*with this flyer

### Your Taxes, Simplified

Understanding the ins and outs of the tax system can be tricky, but no need to worry because we have dedicated experts in place to help you get a better understanding.

### Accounting and Bookkeeping

We can replace your back office with accounting and bookkeeping support. When it comes to complex issues, rely on us.

### Your Business is Ours

We developed strategies for both business and individual clients. And we work hard and long hours when they need us – even after tax season. So let us tackle your most pressing financial issues.

Contact Us  
07407 225702  
[Rhys@aclassaccountancy.com](mailto:Rhys@aclassaccountancy.com)  
[www.aiclassaccountancy.com](http://www.aiclassaccountancy.com)

Opening Hours  
Mon-Fri 9am-5pm  
Saturdays By Appointment  
Sundays Closed

Aclass Accountancy Services

## PRIDE & JOY

The Home and Garden Maintenance Team  
Our services include:

hedge & shrub maintenance - weeding - tree work  
lawn care and grass cutting - creation of flower or veggie beds  
trellis work - shed and greenhouse work - general garden tidying  
pond care - fencing & gates - patios and decking  
Call NOW to discuss your needs - We can help! One-off or regular service

01752 961639 / 07773339470

[www.prideandjoy-homeandgarden.co.uk](http://www.prideandjoy-homeandgarden.co.uk)

[ourprideandjoy@btinternet.com](mailto:ourprideandjoy@btinternet.com)

## Cambelt Replacement Specialists

Hybrid Accredited

Tel: 01752 849449

E: [dbautosltd@yahoo.co.uk](mailto:dbautosltd@yahoo.co.uk)  
W: [www.dalebrettautos.co.uk](http://www.dalebrettautos.co.uk)

DB Autos 8 - 9 Gilston Road,  
Saltash Cornwall PL12 6TW

**DB**  
AUTOS LTD

M.O.T. /M.O.T. Repairs

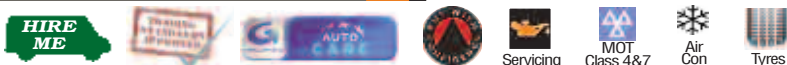
Engine Remapping  
Clutches & Brakes

Diagnostic Test  
Head Gaskets

Servicing  
Van Hire

Car Sales

Courtesy Cars & Vans



## Tamar Reflections

**Doyenne of British Pianists Dame Moura Lympany CBE DBE**

Saltash boasts close association with many famous and infamous people, such as Sir Francis Drake, Mary Newman, Frobisher, Hawkins, Captain Bligh, the Black Prince, Ann

Glanville and Moura Lympany to name some of them, which I will touch upon again, together with other notable personnel in future issues of the Saltash Observer, when and where space permits.

In the meantime, I was looking through some photograph albums of my civic times past, and came across a few lovely photos featuring the late Moura Lympany, the International pianist who was born in Saltash by default in 1916 during the Great War.

In 1991 my husband John and I had the privilege and pleasure as Mayor and Consort of Saltash, of inviting and hosting a visit to Saltash that Moura made. It was indeed, thanks to my dear friend, concert manager, the late 'Mr Music Man' - Charles May a founder member of the Plymouth Music Trust, who invited us to his concert staged in the Plymouth Guildhall which featured our Doyenne of British pianists Moura Lympany.

**Moura Lympany comes to Saltash**  
Charles kindly introduced Moura to us and suggested that I invite Moura to Saltash to perform in my charity concert to benefit the Mayor's Charities, which Moura suggested could be for the Saltash branches of Cancer Research and Leukaemia in Children Trust, which for personal reasons, was Moura's preferred charities. It was a sheer delight that Moura indeed accepted the invitation and came to Saltash and performed free of charge, at the Saltash Wesley Church on November 19<sup>th</sup> 1991; where she executed with great aplomb, her remarkable virtuoso pianist skills to a capacity audience. Moura gave a breath-taking recital of Chopin's works, for which she received a well-deserved standing ovation. The concert raised almost £1,500 for the Mayor's charity fund (as depicted above).

### Steinway Piano and kindness

To accommodate Moura's requests, we were able to persuade the Theatre Royal to provide us with its superb Steinway Grand Piano at no cost to the charities - moreover, the Copthorne Hotel in Plymouth did not charge for Moura's stay in their lovely establishment. One of the managers did say however, that it was quite a challenge to boil Moura's two eggs to perfection with just

the right soft texture to suit her taste! The chef was asked by Moura as I fondly recall, of not boiling her eggs for more than three minutes!

### Patron of Saltash Music Speech and Drama Festival

During the concert planning stages, I spoke on the telephone to Moura (who was residing at that time in Monte Carlo) on many occasions and she told me how much she loved and thought about Saltash, especially because she was born in the town 75 years previous on August 18<sup>th</sup> 1916. Interestingly, Moura became the first Patron of the Saltash Music Speech and Drama Festival of which I was the co-founding General Secretary. Moura remained the Festival Patron until her death in 2005.

### Saltash birth not planned

The reason that Moura was born in Saltash was not planned, it was by sheer accident. Incidentally, Moura's real name was Mary Gertrude Johnstone of which she changed to Moura Lympany for professional reasons. Moura could well have been claimed by Plymouth or Newquay instead, however, very fortunate for Saltash - it was because of her place of birth that she agreed to come to Saltash to perform. Moura's mother, Beatrice (née Lympany), wanted her baby to be born in Newquay, where her own mother lived, but whilst breaking the journey from Plymouth, where her parents ran Limpenny's umbrella shop Beatrice stayed briefly at Saltash after crossing the Tamar on the old steam ferry. Beatrice went into labour early, and Moura was born in the small front bedroom of what was then Greenbank Villas (now Greenbank House) in Culver Road.

Moura's visit to Saltash, was very much the talk of the town and further afield, and there was great expectation in welcoming its own grown, and one of Britain's greatest and famous International pianists.

### Moura visits the house where she was born

Moura asked if John and I could arrange for her to visit the house where she was born. With all the goodwill in the world this request was quite a challenge for John and I, especially as all we had to go on was just the name of the house, with no clue to the area or the road. We trudged miles around the town looking at houses more than 75 years old. Eventually, we sought the

help of Saltash Heritage Curator at that time, David Coles, who spent hours poring over electoral lists from the then St Germans Rural District Council. Moreover, I can vividly recall some residents were not amused by our knocking on their doors, armed with tricky questions. With help, support, determination coupled with warm gratitude, eventually the house was located and the owners, Brian and Jackie Johnson most kindly agreed to facilitate Moura's surprise visit to their home. With the help of Charles May as our Plymouth conduit we were able to take her there and showed her the actual room where she was born. John and I clearly recall how excited Moura was, so much so, she asked Mr and Mrs Johnson that if Greenbank House ever came up for sale to let her know, as she would be very interested in buying the house being the place of her birth.

### Moura relaxes in the Mayor's Civic Chair

After Moura's remarkable and unforgettable recital, as Mayor, I invited her and various special guests, some representing the chosen charities to a Civic reception in the Mayor's Parlour situated at the Saltash Guildhall. Moura was charming and additionally appreciated a well-deserved relaxation sitting in the official Civic Mayoral Chair.

### Historic moment

Dame Moura Lympany's visit to Saltash in 1991 was an unforgettable moment in our town's history. Interestingly, as a Trustee of the Saltash Heritage I have proudly taken part in the Heritage deliberations in the past considering recipients for the town's unique Blue Plaque Trail. At that time Moura was also strongly considered, and we shall wait and see if in the near future a suitable place to honour Moura with a Blue Plaque can be identified; I most sincerely hope so!

### Moura Lympany death

*Our native of Saltash - Dame Moura Lympany passed away in France on March 28<sup>th</sup> 2005 at the age of 88. Dame Moura was a valued honorary member of the Steinway Artist family for over 56 years. She was first taught by her mother and continued her piano studies with Mathilde Verne and Tobias Matthay. During WW2 she participated in London's famous National*

*Gallery midday concerts, and a brilliant international career followed. Dame Moura was a featured artist in Steinway's Centennial concert at Carnegie Hall in 1953. Through her elegant performances and her sought-after recordings, she influenced more young pianists and piano aficionados than even she may have realised. Moura will be remembered in Saltash as a unique virtuoso and legend, who was one of the few pianists to play over 40 Concertos; and performed in public for over 75 years. There is so much to read and write about Moura that is impossible to attribute in Tamar Reflections. Thankfully, Saltash Heritage reviews Moura's lifetime achievements on their website so do have a look!*

**Sue Hooper MBE**  
Tele 01752 843073  
Email: suehcf@msn.com

## Vin at the AGM

The AGM of the Saltash-Plougastel Twinning Association held on 13th January was well attended, perhaps as a result of the cheese and wine that was on offer. The convivial atmosphere set the stage for discussing exciting plans for the upcoming year, including a walk at Hannafore Point, the much-celebrated blend of French and Cornish trivia at the St Piran's quiz evening, and hosting Breton friends from the Saltash twin town of Plougastel Daoulas in May.

Anyone interested in joining in the camaraderie and cultural exchange fostered by the Association is encouraged to ring 01752 843260 for a friendly chat, or send an email to Teresa at [teresalindeyer@hotmail.co.uk](mailto:teresalindeyer@hotmail.co.uk)



## ROOTED TREE SURGERY And ARBORICULTURE



Fully Qualified - £5 Million Public Liability

Tree Surgery ♦ Stump Grinding ♦ Fencing  
Hedge Maintenance ♦ Ground Clearance  
Woodland Management ♦ Emergency Callout

Call: 07754 824772

@rootedtreesurgeryandarbiculture



EST. 1994 FAMILY RUN BUSINESS

MOT'S JUST £45

TYRES

SERVICING FROM £69.99

EXHAUSTS

DIAGNOSTICS

CAR SALES

Tel: 01752 841455

[www.bmmotorsaltash.co.uk](http://www.bmmotorsaltash.co.uk)

Find us at: 2 Brunel Road, Saltash, Cornwall PL12 6LF

## Edwards Automotive

Car Sales Servicing

All Mechanical Work undertaken  
Scratch Repairs

Tel: 07961 658 750

90 St Stephens Rd  
Saltash PL12 4BL

[www.edwardsautomotive.co.uk](http://www.edwardsautomotive.co.uk)



Pengelly  
Funeral Service

Here to help you,  
24 hours a day  
7 days a week

01752 84 88 38 • [www.wcpltd.com](http://www.wcpltd.com)

139 Fore Street, Saltash, PL12 6AB

## Station Garage

Est 1984



MOT Testing Station  
FREE RE-TEST  
INC MOT & SERVICE  
REMINDER FOR NEXT  
MOT & FUTURE  
SERVICING



MOTOR INDUSTRY  
CODE OF PRACTICE  
Service and Repair

RAC

Accredited Repairer



APPROVED CODE  
TRADING STANDARDS GOV.UK



Brakes



Repairs & Servicing all Makes



Air Conditioning



Engine Management Lights



Timing/Cambelt Kits



Tyres & Tracking

Tel: 01752 844916

36 Culver Rd Saltash PL12 4DR

## Just Thinking Aloud

Looking back over last year and looking forward to the coming year, the word "neighbour" kept forcing itself into my thoughts: neighbour simply as someone who lives near to me, neighbour as an area other than the immediate place in which I live, neighbour as a person about whom or for whom I care or who cares about or for me. Do those definitions have meaning for you?

I am blessed with neighbours. There's the one who offers me lifts, there's the one who in the evening comes to tell me that I have left my garage door open and the light on, there's the one who gets up at the same time in the morning as I do (6.30), and - if my study light doesn't come on - worries until other evidence of life appears. Nor should I forget the lovely folk who had a welcoming and practical approach to us as new neighbours when we moved here from The Old Police Station in 1985. A few examples from many over the years here in Saltash.

When we married in 1963, our first home was in a French state boys boarding school. We made friends with some of the teachers, and with students who worked as supervisors at breaks, lunchtimes, prep sessions and in dormitories at night. One was older than the others, had been in the army and was currently a university student in Clermont-Ferrand. His name was Henri

Alardo, and he became our best friend. We still treasure contact with his widow Eliane. True neighbours.

Over thirty years ago Bishop Bill Ind sent me to Calstock to assist Canon Andrew Wilson, who was in the process of selflessly becoming my new best friend. Fran and I still keep in touch with his widow Ruth. To explain a bit of this to those who are relatively new to Saltash - I used to be a teacher, had a breakdown, worked for the Devon & Cornwall Training and Enterprise Council, and to my utter astonishment in 1994 began to return in bewilderment to the church I had rejected in my early teens. I had written to the then Archbishop of Canterbury to say that I did not want to belong to a church which was full of hypocrites! (I was a very pompous thirteen year old). Said church slapped a "dog collar" on me in 1998, having spent three years teaching me quite a lot more about neighbourliness and the real world. Now 83, I really am

fully retired, apart from odd bits and pieces such as these monthly page 8 scribbles.

Thus I have time to reflect on things, hence the piece I am about to conclude. Back to our town, our community. It is real, it is vibrant, it is throbbing, it is full of good neighbours. All you have to do is look and think. You probably are one already. If not, our Community Hub is a good place to start.

Bob Munro

### Rose Garden Named After Late Queen

In memory of the Late Queen Elizabeth II Saltash Town Council have approved naming the circular planted area outside the Maurice Huggins room in Victoria Gardens the Queen Elizabeth Memorial Rose Garden.

The area will be planted with roses for residents and visitors to enjoy for years to come in memory of the extraordinary reign of the Late Queen Elizabeth II.

## Saltash Victorian VC Winner Honoured



In the Victorian heyday of the British Empire a modest Cornishman, William Odgers, left an indelible mark on history through his bravery during the First Taranaki War in New Zealand, leading a charge against a Māori stockade and taking down their 'colours'. In recognition, he became one of the first 'other rankers' to be awarded the prestigious Victoria Cross, and the first to win it fighting on New Zealand soil.

Later, William sailed to Japan before being invalided out of the Royal Navy. After some time in the Coastguard Service, he went on to become landlord of the Waterside's Union Inn and died 'on the beach' in Saltash on 20th December 1873. The 150th

anniversary of his passing was marked by a series of events organised by Barry Brooking M.B.E., R.N. (Rtd.), himself a decorated veteran.

William Odgers was born on Valentine's Day 1834 in Falmouth, and the Mayor of Falmouth, Cllr. Kirstie Edwards, along with the Mayor of Saltash, Cllr. Richard Bickford, joined guest of honour Mr James Kitson, Deputy Lord Lieutenant of Cornwall, and others including William's descendant Mrs. Janice Bolland in the cemetery of St Stephens Church 150 years to the day after his death. Mrs. Bolland, who had travelled from Wiltshire to pay her respects, spoke warmly of Emmie Odgers, William's last known descendant to bear the family name, who some will recall delivering newspapers in Saltash well in to her old age.

As the colours were lowered by the Saltash Royal Navy Association and the echoes of 'The Last Shanty' sung by Roger Smith filled the air, the community paid homage to

Odgers' exceptional courage. The ceremony, both dignified and reflective, served as a testament to the local pride in one of only eight Cornish recipients of the Victoria Cross.

The afternoon's events unfolded at Ashtorre Rock, close to William's Waterside home, where Mr. Brooking delivered a presentation on his life of seafaring adventure, beginning on luggers and coastal colliers before he enlisted in the Royal Navy at the age of 26. William saw service in the Crimean War and the conflict in the China Seas before joining HMS Niger, a 14-gun steam corvette, where he joined the band of blue jackets and led the storming of

the Māori palisades at New Plymouth. He was described as a modest man who never wore his medals or talked about his combat experience except to say he regretted the loss of life. William became reclusive before his death from tuberculosis at the early age of 39. His V.C. was sold and is now on display in the Sheesh Mahal Museum in India.

In the evening of 20th December, commemorations continued with shanty singing in William's former inn, The Union, led by local music man David Newman. As the sound of singing died away, could it be that William Odgers was there in spirit behind the bar, smoking and muttering "Proper Job!"

New sign - New look - Newly named ...

### Windy Ridge Cafe

It's Just the start of the exciting changes in store this Year

- \* Stunning Views
- \* Children's Play Area
- \* Warm & Friendly Staff
- \* Dog Friendly (Well behaved only)
- \* Just off Trerulefoot Roundabout
- \* Coaches & Large Bookings Welcome (Booking advised)



Serving Sunday Carveries from 12 noon

Vegan - Vegetarian & Specials Board

#### New Winter Menu!

Try our Delicious Homemade Winter Warmers

#### Serving Breakfast Daily

from 9am/noon (11.30am Sun)  
Sunday Carveries Daily Specials  
Delicious Homemade Cakes

#### Special Childrens Menu

Whole Menu Available to Takeaway

Fish Friday - Sm £15.00 - Lge £22.00  
2 x Cod Chips & Peas



For Bookings & Information  
Telephone 01752 851146

Trerulefoot Nr Saltash Cornwall PL12 5BJ

Our Spacious Restaurant & Garden Seating Areas  
Offer Comfort & Safety at all Times - We welcome you to join us...

Gift Ideas  
£10 Vouchers  
Available



— Large Car Park —

### Valentine's Day Intimate Candlelit Dinner

Wednesday 14th February

Join us for your Romantic Evening

We are having a late opening for you to enjoy our Delicious Valentine Menu with your Loved One  
Book Your Table Now

#### Open 7 Days a Week

Monday - Thursday 9am - 4pm

Friday - Saturday 9am 8pm Sunday 9am 7pm

Our Valentine Menu is available to view on our FaceBook Page

Valentine Orders Now Being Taken for Whole Cheesecakes Two sizes & a wide range of flavours to choose from

Call or message for further details

Look out for our Entertainment Nights



Our 2024 Charity is In aid of Air Ambulance

### Responsible Persons Required

To Deliver Monthly "The Saltash & District Observer"

Saltash Areas

Only apply if you are very enthusiastic

Call Mary Crawford on  
M: 07971 484872  
Tel: 01579 345699  
Or email details to:  
maryecrawford@hotmail.com

Live Well Your Way

Home Care Service

Your home is where you feel the most comfortable and the happiest. It's the place you know best.

- ✓ Home Help
- ✓ Companionship
- ✓ Personal Care
- ✓ Dementia Care

Contact us on: 01822 258292  
[www.homeinstead.co.uk/tavistock-tamar-valley](http://www.homeinstead.co.uk/tavistock-tamar-valley)

Each Home Instead Senior Care franchise office is independently owned and operated

# FIND YOUR NEXT CAR HERE!

LOCALLY TRUSTED FOR OVER 40 YEARS  
GOOGLE US - R&S MOTORS



R&S MOTORS

[rsmotorssaltash.co.uk](http://rsmotorssaltash.co.uk)