

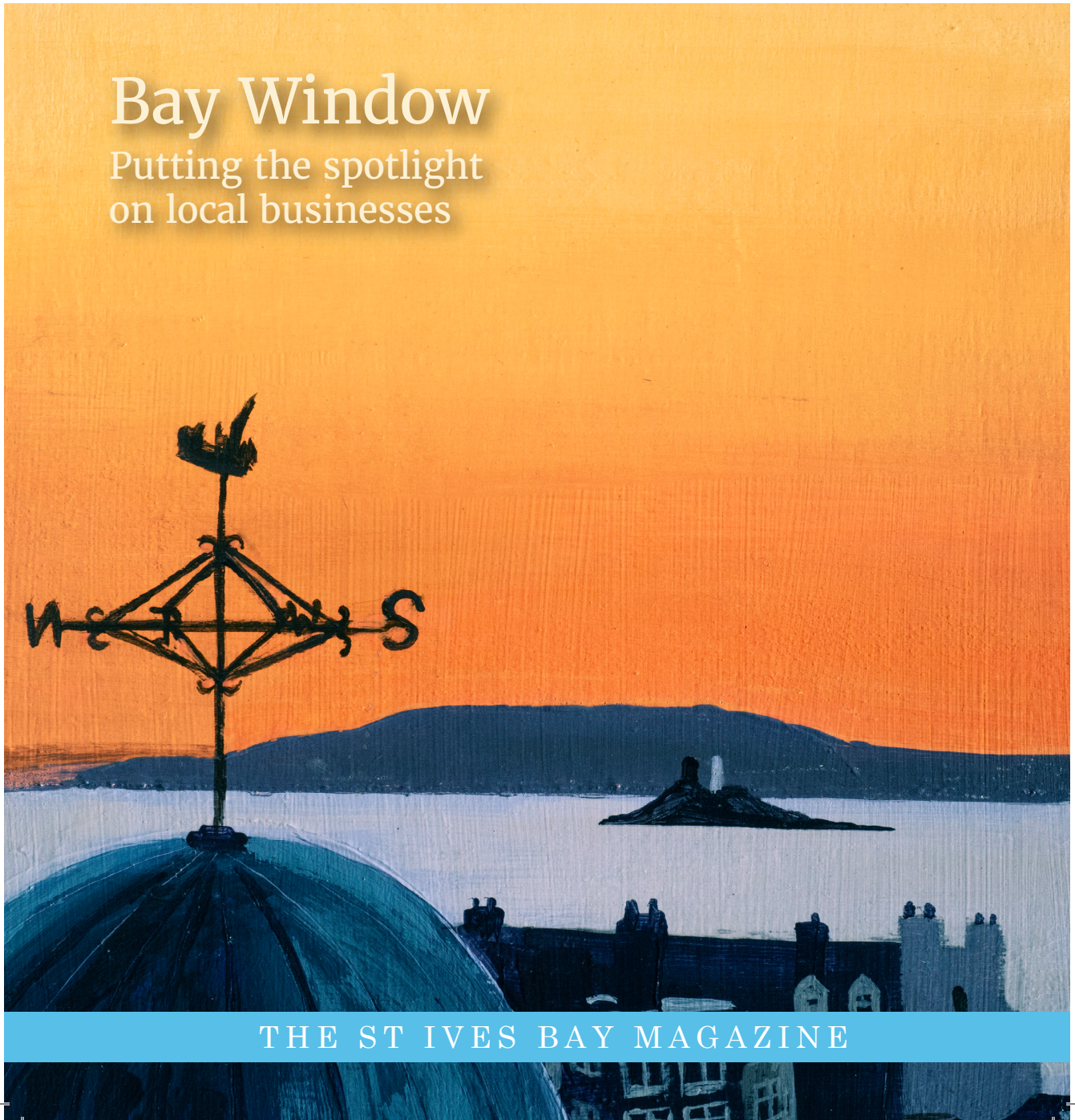
St.Ives Local

FREE

JANUARY / FEBRUARY 2024 | ISSUE 54

Bay Window

Putting the spotlight
on local businesses



THE ST IVES BAY MAGAZINE



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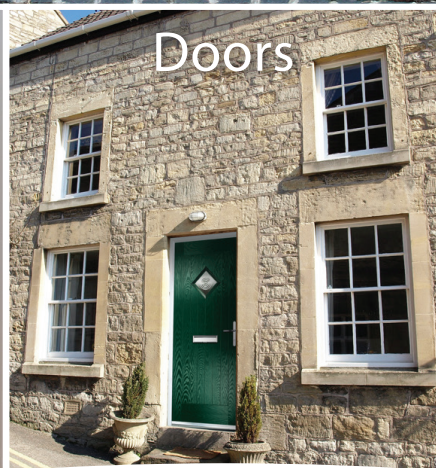
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Welcome...

It's a new year, a time for reflection, a time to set goals for 2024.

Here at St Ives Local we're pledging to help local businesses make more of their opportunities. We've been inspired by our advertising manager, Nicole Tesseyman, who talks, on page 14, about how we should all be looking to, in her words, shut the laptop and put a smile on local business owners' faces. It's been tough for small businesses over the last few years. Here's our chance to give something back.

Nicole is out and about all the time, helping us to build partnerships with local businesses. If you'd like to talk to her about advertising or advertorial opportunities, call her on 07791 678571 or email nicole@stiveslocal.uk. If she seems familiar, she's also a talented singer/songwriter – read about the forthcoming launch of her first album on page 26!

Don't forget, we deliver more than 18,000 copies of St Ives Local to homes and businesses in the St Ives and Hayle postcode areas. Log onto our website – stiveslocal.uk – follow us on Facebook, Instagram, and X (formerly known as Twitter), and send us your stories, reports, and listings.



And if you visit or contact any of our advertisers, tell them you found them via St Ives Local.

See you next issue!

Liz and Darren Norbury

Editors

07444 199081 | hello@stiveslocal.uk

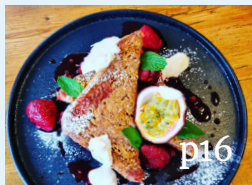


COVER SHOT

A Perfect Sunrise by Gwynne Penny

Gwynne works from her home studio in Surrey and on location in St Ives Bay. A Perfect Sunrise is one of a series of paintings made during lockdown, when she found a way to return to St Ives through paint, referencing memories and photographs from earlier visits.

www.gwynnepenny.com



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NOW TAKING ORDERS FOR VALENTINE'S DAY

Feast Day: when St Ives comes out to celebrate its foundation

St Ives Feast, celebrating the founding of the port, returns at the end of January, culminating in Feast Day itself on Monday, 5th February.

The week will get under way on Sunday, 28th January, with a church service and refreshments at St Uny Church, Lelant. A week later, on Sunday, 4th February, there is a service at St Ia Church, which follows the mayor's parade, setting off from the Guildhall at 11.15am. After that, attention switches to the big day, Monday.



At 9.15am, the civic party, including musicians and local schoolchildren, leaves the Guildhall and makes its way to St Ia's Well, at Porthmeor. This is the spot where St Eia, the patron saint of St Ives, is said to have arrived from Ireland. There is a short service by the well, including the blessing of the well, of the silver ball – essential to the day – and of the people of St Ives. Then the procession moves on to the parish church, overlooking the harbour.

At around 10.30am, the mayor of St Ives, Johnnie Wells, will hurl the ball into the crowd on the beach while shouting "guare wheg ya guare teg" (this translates from Cornish as "fair play is good"). The game, also known as Cornish hurling, dates back at least 1,000 years and originally involved physical rough and



tumble as two teams from different parts of the parish tried to keep possession of the ball. These days, the game is played by children and teenagers, who run around the town and try to keep possession of the ball. The procession slowly returns to the Guildhall.

The councillors drop pennies to children in the crowd, from the balcony, and wait for the clock to strike noon. At this point, the child with the ball returns to collect their reward from the mayor.

The day ends with the Feast Monday rugby match, at St Ives Rugby Club, where the home team will take on Cornwall Fire and Rescue. The match will get under way at 7pm.



Photos: St Ives Town Council



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Help to stay warm and well this winter

The latest version of the Cornwall Guide to Winter Wellbeing aims to help residents and families stay safe and well over winter. It was launched before Christmas, with the help of the cast of the Hall for Cornwall's production of Peter Pan, including Cornish actor Edward Rowe.

Now in its 13th year, the guide features useful advice, information and contacts about everything from winter illnesses to financial support.

Hard copies are available at venues across Cornwall including libraries, GP surgeries, community hubs, town and parish council offices, community pharmacies and Citizens Advice centres. People can also download a copy from the Cornwall Council website.

The guide is broken down into five sections:

- **Warm** – Simple things to keep you warm and make the most of your home.
- **Well** – Advice and help to prevent the cold weather causing serious health problems.
- **Safe** – Protecting yourself and staying safe in snow, ice and bad weather.
- **Happy** – Contacts and advice if you need to talk to someone or want somewhere to go.
- **Informed** – A list of agencies and contacts who can provide help and support.

It has been compiled by Inclusion Cornwall, working alongside Cornwall Council's Public Health team, with support from Voluntary Sector Forum (VSF) and NHS Cornwall and Isles of Scilly Integrated Care Board (ICB).

Rachel Wigglesworth, Director of Public Health for Cornwall and the Isles of Scilly, said: "The guide is a great tool for everyone this winter, featuring important advice on how to stay connected, warm and well during what is often a difficult time of year.

"It contains lots of advice on how to prepare for cold and damp weather, and where to get additional support or find a warm and friendly place to meet others. It also stresses



the importance of flu and Covid vaccinations, which are available to many people. These can really protect you and your loved ones from getting seriously ill."

Kate Shields, Chief Executive of NHS Cornwall and Isles of Scilly Integrated Care Board, added: "The guide also pushes the message that keeping warm will help you stay well. It makes you less likely to have a cold, flu or more serious health problems such as a heart attack, stroke, pneumonia or depression.

"We know the cost of living is making life difficult, but we want people to know that help is available. This guide has information on grants, benefits and advice to make your home more energy efficient, improve your heating or help with the cost of living."

Emma Rowse, Chief Executive of VSF, said: "Our community hubs are open across Cornwall and can help you with support and advice. You can also drop in to stay warm, meet new people, or even try a new activity. I would urge everyone to get hold of one of the winter wellbeing guides and look for support in your local community."

For more information on winter wellbeing and to download the guide, visit the Public Health pages at www.cornwall.gov.uk. There is also more on cost of living support on the website. People can call Inclusion Cornwall on 01872 326440, if they need a copy of the guide urgently.



Regular Sessions & Activities



Rhyme Time

Wednesdays • 10:45 - 11:15

A weekly session of songs & stories for pre-school children and their carers.



Art Club

Saturdays • 10:00 - 11:00 & 11:15 - 12:15 • £6

Each week, art teacher Peach explores new artists & techniques. Members can experiment with no expectations.



Craft Hive

2nd Friday of the Month • 11:00 - 13:00 • £3

Bring along your craft projects of any kind and enjoy a cuppa and a natter.



Barclays Bank Drop-in

Mondays & Thursdays • 09:30 - 12:00 & 12:30 - 15:30

Barclays are at the library to offer support and advice on banking queries and managing your money.



Citizens Advice

Every other Tuesday • 10:00 - 13:00

Free and confidential advice around legal, debt, consumer, housing and other problems.

Psychic & Holistic Craft Fayre

Saturday 24th February • 09:30 - 16:00

A variety of stalls, readings and treatments on offer.

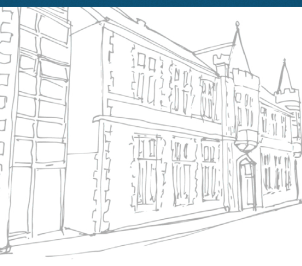


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We're home to St Ives Box Office, selling tickets for events at venues all over town. Pop in, give us a call on **01736 796297** or visit **stives.ticketsolve.com** to see what's on and book your tickets.



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stivestowncouncil-cornwall.gov.uk



St Ives Town Council

Abandoned pets face a bleak winter

Animal abandonments have soared to a three-year high. The RSPCA is warning that pets face a bleak winter, with incidents in Cornwall rising sharply compared with 2020.

Already this year, up to the end of October, the animal welfare charity has received 17,838 reports of abandoned animals across England and Wales. If this trend continues, this will equate to 21,417 reports over 2023. This compares with 16,118 reports during the whole of 2020, meaning the RSPCA is on course to see a 32.9% rise in abandonment calls this year. In Cornwall, the charity is on course to receive 191 reports of animal abandonment this year, marking a 60.4% rise on the number of reports received in 2020.

“The combined effects of the pandemic and the ongoing cost of living crisis has created a perfect storm and means we expect more animals than ever will need our help this year,” said Dermot Murphy, who heads the RSPCA frontline rescue teams. “Abandonment calls to our emergency line are now at a three-year high, as we respond to an increasing number of animals being given up and dumped.

“Behind these shocking statistics are thousands of vulnerable animals. Each one is a valuable life in urgent need of our help. We’re desperately concerned about the coming winter months in Cornwall – abandonments have soared and many rescue centres are full to bursting, so we are facing an unprecedented winter crisis.”



In Cornwall, RSPCA animal rescue officer Betty Burn was called to help a tiny puppy who had been abandoned (pictured). The six-week-old Dachshund was cared for by a vet before he was taken into the care of the RSPCA Cornwall Branch for foster care until he was old enough to be rehomed.

Dermot added: “For nearly 200 years, the RSPCA has been working tirelessly to bring animals to safety and give them the expert treatment and compassion they deserve. We’ll continue to do so for as long as we’re needed, but we can’t do that without the support of fellow animal lovers. Together, we could save more lives. The support of the public helps neglected and abandoned animals in so many ways, from buying soft, warm bedding and nourishing food for an animal who’s desperately cold and hungry, to funding vital vet care for an animal who’s suffering and in pain.”

Visit rspca.org.uk to find out more.

Start your New Year journey to better health with a simple test

by Judy Hedden of St Ives Food Intolerance

A few years back, because of my own health journey, I set up Cornwall's Chocolate Cove, making healthier versions of chocolate and truffley fudge, and three years ago, I was delighted to be able to open my little chocolate shop, tucked away in the Drill Hall in Chapel Street, St Ives.

I quickly realised that the shop was a haven where people felt very comfortable talking about their ailments and medical conditions as they tasted the different chocolate flavours.

Rather than be just a sympathetic ear, I wanted to offer more, so I trained in food intolerance testing, using a non-invasive, pain-free method which tests whether the body is resistant to certain foods. As your body struggles to process these foods, you may have a variety of symptoms, including headaches, bloating, rashes, tummy pain, low mood, inflammation, fatigue and insomnia. Identifying, and then eliminating, these foods for a short period allows the digestive system to recover and heal, which, in turn, can improve symptoms.

The NHS freely admits that many symptoms are caused by food sensitivities, and the method I use tests for over 100 different foods and drinks, including some additives and colourings, as well as vitamin and mineral deficiencies. Everybody is individual: what might be "healthy" for one person might not be right for another, so this straightforward test is an important step on your personal better health journey.

The session takes about an hour, costs £55 (there's a small discount for groups or families) and I can see people in St Ives, Penzance and Truro. Please see my website for details and bookings.

I really hope you'll take this simple, positive step towards better health – and to say thank you, each St Ives Local reader will receive £5 off with the code Stiveslocal

Wishing you happy health, Judy xxx

<https://stivesfoodintolerance.com>
Text: 07590 321421



"Sitting with Judy being tested for allergies was not only relaxing and peaceful, but a positive experience. It really gets you thinking about what you're eating, and reflecting on what might be causing you problems. It's interesting to know that simply eliminating certain foods temporarily can support your body to align itself. I'm looking forward to a fresh start this January, and I feel that this is a great way to start!"

St Ives Local Advertising Manager
Nicole Tesseyman

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St Ives Farmers' Market: The Little Soap Shed

A chat with Rebecca Richardson, who runs the business with her mum, Mandy

How did your mother-and-daughter soap-making enterprise begin?

Mum and I have always been crafty – she's done everything from sewing and quilting to cake decorating. We enjoyed making bath and body products, but there's only so much soap you can make for your own family! So we decided to give it a go as a business. We started out in the summer house in our garden, and we called it our little soap shed, so that became the name of the business. I was a primary school teacher in Lincoln, and I was helping Mum with the business from there, and in the school holidays I would come back to Cornwall. Two years ago, I decided to leave teaching, move back down here and join Mum in the business full time. It was a bit of a risk, but I wanted to do something which made me happy.



How did you decide on your product range?

Mum started with artisan soap bars, but people said they were too pretty to use, so we also do everyday soaps, and whipped soap in jars. We found we were being asked for hand creams, so we do a range of those, and body and lip balms. There are also gift packs of mini soaps, hand-made wash bags, and mineral wax melts with pretty burners – they last a long time and give off lovely scents.

What does the production process involve?

We mix together different oils, butters and fragrances. We use lots of glycerin, sweet almond oil and Vitamin E – all very moisturising. We've done research into the properties of different ingredients, but there's a lot of trial and error, seeing how they react with each other. Once we've decided on a recipe, it has to be exactly the same each time, because everything we make is independently assessed and certified to ensure it is safe to use.



Do you have a favourite product – and is there one which is particularly popular with your customers?

I love May Chang goat's milk soap – May Chang is part of the lemongrass family. It's very good for dry skin. The whipped soap is very popular, and looks lovely in the pot. It's whipped until it's fluffy – Mum's cake decorating experience means her piping skills are very good!

Where can people buy your products?

We mostly sell online and at craft fairs – in the summer, I was doing six days a week at fairs and Mum was putting in the same amount of time making everything. We don't want to outsource – everything is made by Mum and me, and we want to keep it that way. Our aim is to offer a bit of luxury at an affordable price. We don't sell in shops, but we supply some local B&Bs with guest soaps – it's a side of the business we're thinking of growing.

What other plans do you have for 2024?

We'll be expanding our range of gift sets, and looking at new product lines which we fancy doing. We make everything at home at the moment, but we're hoping to find a unit soon. We certainly can't fit everything into the summer house now!

Find out more at www.thelittlesoapshed.co.uk



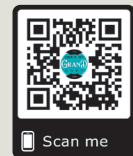
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Close the laptop – and make a local business owner smile!

by Nicole Tesseyman, St Ives Local advertising manager

Walking around St Ives and Hayle offering advertising space in St Ives Local to all kinds of businesses – ranging from trusty town shops like Colenso's, to cosy village pubs like the Engine Inn, to amazing restaurants like Ugly Butterfly – has given me an insight into how so many wonderful businesses, both small and large, need our support now more than ever.

People who run their own businesses are strong, innovative, hard-working individuals, with passion, grit and dreams they strive to achieve. In just the last few weeks, we have seen pubs and shops closing due to rising rates. It's so sad when their owners have tried so hard to "make it work".

I was at the Secret Quay Kitchen in Hayle before Christmas, with my partner and sister. I hadn't been there before, and I thought it was delightful! The food was delicious, and very reasonably priced. The owners gave us a warm welcome, the staff were great, and there are many quirky ideas which make the restaurant unique. The walls are made from reclaimed wooden doors, and re-used glass jars hold sumptuous sauces. The tables are scaffolding planks with shared seating, so you end up chatting with your fellow diners! It's all very on-trend with its upcycled theme.

To my surprise, I discovered that the bright, friendly couple who I was sitting next to – Miranda and Damian – are the owners of three local pubs, including the White Hart at Ludgvan, where I had already been booked to sing on New Year's Eve!

We talked of many things, but one thing I must mention – as it's the reason I was inspired, even compelled, to write these words – is that we all felt strongly about supporting each other, and we agreed how little we each need to do to keep local businesses going. Someone remembered a quote that says: "If every person in a town or village bought just a cup of tea once a week in their local pub or café it would keep the business running". On waking the next morning, I couldn't get this simple



solution out of my mind, and I realised it would translate to all small businesses.

I love a toasted sandwich, and hot chocolate in my favourite café, Cafe Art in the Drill Hall in St Ives, rather than in a supermarket café!

It's not the amount you spend, but the consistency of a small regular purchase, and that's something we can all do – with shopkeepers buying a sandwich from a deli on their street, and deli workers buying a coffee from a nearby cafe at break time. Why not buy a hand-made card or a pair of earrings for a Mother's Day present from a local shop rather than order from a certain well-known multinational retailer?

So next time you put something in your online basket and are about to click, I ask you to consider the difference you can make if you take a nice stroll through your home town or village and treat yourself to something from a local shop – and make a hard-working business owner smile. Because if we don't use it, we'll lose it! It would be a real shame if this beautiful, magical part of the world ended up full of boarded-up buildings and charity shops and chain stores, instead of unique shops like Sweetlime and Yvette's Pantry and Morva Koffi. It's down to us, my beauties, so let's make a small purchase and make a huge difference!



Tom Livingstone

With 14 years' experience behind me, I help small to medium businesses in Cornwall, Devon and the South West generate new business leads using search engine optimisation and paid search marketing. Think of me as your affordable and outsourced digital marketing partner. Contact me for a friendly discussion about your business and how I may be able to offer my help.

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Recipe: French toast with berries, honey crème fraîche and passion fruit cup

We're off to a healthy new year with resident St Ives Local chef Danny Rouncefield, AKA The Cornish Chef. "This breakfast is healthier than the fry-up, but still tastes naughty!" says Danny. "Honey contains mostly sugar, as well as a mix of amino acids, vitamins, minerals, iron, zinc, and antioxidants. In addition to its use as a natural sweetener, honey is used as an anti-inflammatory, antioxidant, and antibacterial agent." Danny specialises in dinner parties, pop-ups, and cookery classes. Find out more at thecornishchef.co.uk

INGREDIENTS

2 thick slices white bread
1tsp cinnamon
1tsp caster sugar
50g caster sugar
2 eggs
100g mixed frozen berries
100ml crème fraîche
50ml honey
1 passion fruit
25ml orange juice
20g butter
Drizzle of olive oil
Icing sugar to garnish
Mint leaves to garnish

METHOD

First make the fruit coulis. Simmer the berries in 50g of caster sugar until the fruit has softened down and the sugar has dissolved. Pour into a bowl and leave to one side to cool. To make the honey crème fraîche, mix the two together. In a large bowl, make an egg dip by beating together 2 whole eggs, a tablespoon of caster sugar, and a tablespoon of cinnamon.



To make the passionfruit cup, halve a passionfruit, scrape out the seeds, and mix them with the orange juice and a little drizzle of honey. This will make the passionfruit not has sharp. Refill the passionfruit skin with the mixture.

Place both slices of bread into the egg dip, making sure they are completely covered.

Now it's time to cook. Heat a large frying pan, big enough for both slices of bread to sit side by side, to a medium heat, and drizzle in a little olive oil. This will stop the butter from burning. Once the oil has started to shimmer, add the butter, and once the butter has just melted and not had time to colour, add the bread. Hold the bread up to allow any excess egg dip to drip off, and then place gently into the pan. Allow 2 to 3 minutes for the egg to cook, then, using a fish slice, turn the bread over and repeat. If there is not enough colour for your liking, you can always turn it back over again, until golden brown.

Serve with the bread cut in half on the diagonal, the passionfruit cup sitting on one slice with the berries, and honey crème fraîche splashed around the plate. Finish with a dusting of icing sugar and fresh mint.

What's On January & February

MONDAYS

Little Ones at The Bridge

Toddler Café and Bump to One

At The Bridge, Penpol Terrace, Hayle. Toddler Café runs from 9.30am–10.30am in term time. A range of resources to support your child's learning through play. Bump to One runs from 10.45am–11.45am and is also free. Sensory toys and age-appropriate resources for your baby, and tea or coffee for you. haylelightandlife.co.uk/little-ones

Pilates

Carbis Bay, 9.30am, £6. Suitable for beginners and people who are struggling with pain or long-term conditions, such as arthritis, but want to exercise in a safe environment with a physiotherapist. For details, email sheryl@beachsidephysiotherapy.co.uk or phone 07376 601061.

Iyengar yoga

In the Greta Williams Room, St Ives Library, 9.30am–11am. All levels welcome. £10.

St Ives Farmers' Market

At the Island Centre, 9.30am–2pm.

St Ives Arts Club

Arts Group, 1pm–4pm.

Hayle Memory Café

At Hayle Rugby Club, first and third Mondays of the month. For people with memory problems, their families and carers. Dance, sing, make things, share things, do quizzes and puzzles, talk, drink tea and eat cakes! Free (but donations welcome). More information on 07513 221066.

Carbis Bay Contract Bridge Club

Carbis Bay Memorial Hall, Trencrom Lane, 2pm–5pm. A friendly local group — beginners welcome. £2.50 per session (includes tea and biscuits). For more information, call Graham on 01736 762512 or visit carbisbaybridge.co.uk

St Ives Community Foodshare

Pick up surplus food at the Mike Peter Estate car park, St Ives, TR26 2FS, 5.30pm. kevrannastives.co.uk/foodshare/

St Ives Camera Club

St Anta Church Hall, Carbis Bay, 7.30pm. From September to April. For a programme of events, visit stivescameraclub.co.uk

Needles and Pins

St John's Church Hall, 7pm–9pm. A group of sewers who meet each week to chat, drink tea, and work on individual designs or group projects.

Liz's Quizzes

At The Castle, Fore Street, St Ives, 8pm. Booking is advised via the St Ives Liz's Quizzes Facebook group.

Christian Meditation

At the Lady Chapel, St Ia Church, 7.30pm–8.15pm. Visitors and newcomers welcome. stiveschurch.org.uk

Towednack Church

Bellringing practice, 7.30pm–9pm. New and returning ringers always welcome. Excellent tuition available. For more information, email marypjones50@gmail.com or phone 01736 794750.

TUESDAYS

Salvation Army

Parent and toddlers group at the Wharf Road base, 9.30am. salvationarmy.org.uk/st-ives

Wild Tiddlers

Baby and toddler group which meets weekly in term time, 10am–11.30am, at St John's Church vicarage garden. All under-fives welcome — no need to book. stiveschurch.org.uk

St John's in-the-Fields

Morning prayer, 10am. stiveschurch.org.uk

Barnoon Arts

Watercolours. Weekly standalone watercolour class, 10.30am–noon. barnoonarts.uk

DDMix

At Carbis Bay Memorial Hall. Move It Or Lose It, 10.30am; DDMix aerobic exercise, 11.30am. To book, phone 07719 700993 or email diversedancemix.martha@gmail.com

St Ives Community Foodshare

Pick up surplus food at the Palemon Best car park, St Ives, 12.30pm. kevrannastives.co.uk/foodshare/

St Ives Knitting Group

Café Art, Royal Square, St Ives, 3pm–4.30pm. Come along for knit and a natter — all welcome. Refreshments available.

St.Ives Local

Salvation Army

Meal and worship at the Wharf Road base, 5pm.
salvationarmy.org.uk/st-ives

Stammtisch German-speaking group

Meets once a month (not always on the same Tuesday) at West Cornwall Golf Club. For details, phone Birte Hosken on 01736 798048 or email birtehosken@yahoo.co.uk

St Ives St John Ambulance

Meets upstairs in the Island Centre, Island Road, 6pm-8pm in term time, for five- to 18-year-olds.
sja.org.uk

1st St Ives Cubs

Meet from 6.30pm-8pm at Ayr Field, St Ives, during term time.

St Ives Community Choir

Rehearsals from 6.30pm to 8.30pm at Carbis Bay Memorial Hall. The choir sing in four-part harmony and new members are always welcome. No auditions are required, just enjoy singing. For more information, phone Lynda on 01736 796832 / 07871 805526, email sichoir@btinternet.com or visit stivescommunitychoir.org.uk

St Ia Church Choir

Meet at 7pm. Enter via the Lady Chapel. New members always welcome.

Hayle Lions

Meet at 7pm, second Tuesday of the month, at the Passmore Edwards Institute. Supporting the community with local and individual issues. If you think you can help, pop along to a meeting.
e-clubhouse.org/sites/hayle/

St Ives Jazz Club

Western Hotel, St Ives, 7.30pm. Guest bands every second Tuesday of the month. Big Kettle Jazz (line music) every other Tuesday. facebook.com/StIvesJazzClub

Phoenix Singers

Meet at St Ives Arts Club, Westcotts Quay, 7.30pm. If you feel you would like to come and have a bit of fun singing, you would be most welcome. No music experience necessary.

St Ives Tai Chi Club

At St John's in-the-fields Church, 7.30pm-9pm.
cornwalltaichi.co.uk/st-ives-tai-chi-club/

WEDNESDAYS

Little Ones on the Beach

9.30am-10.30am in term time. Fresh air and a chance to play in the dunes while making new

friends. Park at the harbour and follow the handprint signs. haylelightandlife.co.uk/little-ones

Steeple Woodland Nature Reserve

Work party: all welcome to take part in light exercise with like-minded people. Meet by the wooden gate on Steeple Lane at 9.30am. Tools and gloves provided. Wear clothing suitable for the weather conditions. Work parties also take place on the first Sunday of the month at 10.30am for one hour. More details from Giles on 07527 287543, at steeplewoods.org and on Facebook.

Christian Meditation

At St John's in-the-fields Church, 10am.
stiveschurch.org.uk

St Ives Community Foodshare Kevrenna Social Club

At St John's in-the-fields Church, 10.30am-12.30pm. A social place to chat, play board games, swap clothes, and share recipes, skills, and recycling ideas. Refreshments provided.
kevranastives.co.uk/foodshare/

Rhyme Time

At St Ives Library, 10.45am. Thirty minutes of music, singing, and stories for pre-school children.

Ukelele Group

At St Ives Arts Club, 2pm-4pm.

Brownies

At 5pm, St Ives Salvation Army, Wharf Road. Information on 01736 797746.

Theatre Group

At St Ives Arts Club, 5pm-9pm.

1st St Ives Beavers

Meet from 6.30pm-7.45pm at Ayr Field, St Ives, during term time.

Liz's Quizzes

At the Bird in Hand, Hayle, 7.30pm. Booking is advised via the St Ives Liz's Quizzes Facebook group.

Global Wednesdays

At the Western Hotel, St Ives, 8.30pm-11pm. All welcome to an evening of jams and performances celebrating global music.

THURSDAYS

Iyengar Yoga

With Lucy Aldridge at Carbis Bay Memorial Hall. 9.15am, general class; 5.30pm, beginners; 7.30pm,

general/intermediate class. To book, text 07817 968036. lucyaldridge.com

Hayle Salvation Army

Coffee, cake, and chat, 10am–noon. All welcome.

Friends of the Towans

A friendly group of volunteers carrying out practical conservation tasks around St Ives Bay, 10am–2pm. All welcome. Phone 073935 522875 or email friendsofthetowans@gmail.com. New website coming soon.

Yoga and Yoga Dance

A relaxing class which helps flexibility, designed for the over-40s. Taught by Khalid Beg in Carbis Bay, 10am. Phone 01736 757919 or visit endrian yoga.com

Coffee, Cake, and Catch-up

Second and last Thursday of each month, 10am–noon, at Lelant Village hall. Organised by Hope Community Church and Lelant Village Hall committee. All welcome.

Barnoon Arts

Draw St Ives. See St Ives in a different light, 10.30am–noon. barnoonarts.uk

CAMEO (Come and Meet Each Other)

At Fore Street Methodist Sunday School, Bunkers Hill, from 10.30am–12.30pm. Cakes, drinks, and soup, free of charge, with donations for charity.

Table Tennis for the over-50s

At the Island Centre, St Ives, 10.30am. Phone 07887 368191 or visit u3astives.co.uk

St Ives Memory Café

At Carbis Bay Memorial Hall, 2pm–4pm, on the first and third Thursdays of each month. Music, entertainment, arts and crafts, quizzes, social interaction etc. Phone 07999 239865.

Carbis Bay Scout Group

Cubs and Scouts meet at Fenton Hall, Porthrepta car park, Carbis Bay. To find out times, phone Jan White on 07776 328229 or email janmack56@hotmail.com

St Ives Community Foodshare

Pick up surplus food at St Ives Rugby Club, 5.30pm. kevrannastives.co.uk/foodshare/

St Ives Bridge Club

At St John's in-the-fields Church Hall, 6.30pm. Phone Jim Barker on 01736 794134 or visit bridgewebs.com/stives



Yoga and Yoga Dance in Carbis Bay and Hayle *Flexibility in your 40s - and beyond*

- Improves flexibility and strength • Promotes relaxation
- Relieves stress • Increases bodily awareness

Khalid has been teaching yoga since 2003, and is a member of the British Complementary Medicine Association (BCMA)

Tel: 01736 757919 / 07979 606851
www.endrian yoga.com

St Ives Arts Club

Upstairs Theatre Group

7.30pm–9pm.

Cafe Frug

Poetry, music, dance, improvisation, and more. With Bob Devereux. First Thursday of the month, 8pm.

FRIDAYS

Toddlers Group

At the Salvation Army, Wharf Road, St Ives, 9.30am. Information on 01736 797746.

Barnoon Arts

Sketchbooking St Ives. Outdoor sketching around St Ives, 10.30am–noon. barnoonarts.uk

Penderleath Community Woodland

Work session 10am–noon at Penderleath community woodland, near Crippleasease. All welcome to help carry out maintenance of young trees with a view to planting more. Park at Giew Mine, Crippleasease, and cross the road. On the first Saturday or the month the session switches to that day (2pm–4pm). No Friday session that week.

Hayle Farmers' and Craft Market

At Phillack Church Hall, 10am–1pm. Phone 07824 641267. or email gilliandawkins1@gmail.com or jackie@renfree.com

St la Parish Church

Holy Communion, 10.30am.

Coffee morning

At St Ives Arts Club, 10.0am–12.30pm.

Craft Hive

At St Ives Library, second Friday of the month, 11am–1pm, £3. Bring your work in progress and enjoy a cuppa, craft, and chat.

St.Ives Local

St Ives Salvation Army

Lunch at prayer, noon, Wharf Road. Phone 01736 797746.

St Ives Poetry Group

On the first Friday of the month, from 1pm–3pm, at St Ives Library. Admission is free and all are welcome, poets and non-poets alike.

St Ives Arts Club

Arts Group, 1pm–3.30pm.

Trencrom Ladies' Club

At Lelant Village Hall on the second Friday of each month, 2pm–4pm. Time for tea and a chat after talks — all welcome. Members £1, visitors £3. 01736 753720.

St Ives Community Foodshare

Pick up surplus food at the Palemon Best car park, St Ives, 5.30pm. kevrannastives.co.uk/foodshare/

St Ives Girls' Skate Night

5.30pm–7.30pm at the Palemon Best Recreation Area, second Friday of the month. All wheels, levels, and ages welcome. Facebook/Instagram: @girlsskatestives

Community Mealshare

At St Johns in-the-Fields hall, 5.30pm. A free, hot, tasty community meal. Chat, meet new people, warm up, and enjoy good food. Veggie, vegan, and gluten-free options. Under-18s must be accompanied by a responsible adult. Text 07769 624410 to book.

St Ives St John Ambulance

At the Island Centre, Island Road, for adults aged 18 upwards, 7pm–9pm. sja.org.uk

Youth Club

At 7.30pm, St Ives Salvation Army, Wharf Road. 01736 797746.

SATURDAYS

FOSIL (Friends of St Ives Library)

Super Saturdays on the first Saturday of every month in St Ives Library, 10am–noon. Different theme every month. All welcome. Drinks and cakes provided.

Barnoon Arts

Draw St Ives. See St Ives in a different light, 10.30am–noon. Details at barnoonarts.uk

Bellringing

In the tower (ground floor) of St Uny Church, Lelant, 11am–12.30pm. Winter practices are on the first and third Saturdays of the month. Come and

have a taster session. All welcome, from age ten to 80-plus (children must bring a parent/guardian).

SUNDAYS

St Ia Church

Holy Communion, 8am. Sung Eucharist, 9.45am (second and fourth Sunday of the month).

St John's in-the-Fields

Morning service, 10am. Wild Church, a service for all ages, in the vicarage garden, 3.30pm.

Hayle Methodist Church

Morning service, 10.30am. Messy Church, 3.30pm, on the first Sunday of the month. All welcome.

Hope Community Church

Morning service, 10.30am, at Lelant Community Hall. Pastor Rodney Orr 01736 798530.

Fore Street Methodist Church

Morning service, 10.30am. All welcome. William Thomas 01736 799762.

St Ives Community Foodshare

Pick up surplus food at St Ives Rugby Club, 11.30am. kevrannastives.co.uk/foodshare/

OTHER EVENTS

St Ives Old Cornwall Society

Meetings are at the Memorial Hall, Carbis Bay, 7pm. Annual membership £10, casual attendance £2.

8th January

Members' evening. A quiz, and members' contributions of interest to the audience.

5th February

On Feast Monday, St Ives Old Cornwall will have their banner paraded through the town with members walking behind.

12th February

Kingsley Rickard is the guest speaker. A talk on Richard Trevithick, the local inventor and mining engineer.

St Ives Arts Club

9th January

Creative sketchbooking
A community art workshop for the national initiative 64 Million Artists, for approximately 20 people. 2pm.

26th January

World Classics, concert 45
Music of Senegal and The Gambia with Kadiyaly Kouyate(kora) and Sefo Kanuteh (balafon), 7.30pm.

6th February

Arts Club AGM, 3pm.

17th February

Kerry and Caroline art workshop.

St Ives Carers Group

26th January and 23rd February

From 2pm–4pm at Glenrowan, Wheal Whidden, Carbis Bay. Join us for a chat in a friendly, relaxed atmosphere. The group aims to give support to people caring for others, with a chance to meet like-minded people facing similar challenges. Help offered for new carers navigating their way through the health and social care system. Details: Jeremy on 07836 606464, or Dinky on 07814 574438.

Please email What's On entries for March and April to hello@stiveslocal.uk by 5th February. Keep an eye on our website — stiveslocal.uk — for up-to-date listings.

ART, EXHIBITIONS AND WORKSHOPS

Barnoon Arts

4th January

Draw St Ives

Outdoor sketching around St Ives with Peter Giles. £10.

8th, 15th, and 22nd January

Open drawing class

Sharpen up your drawing skills. For all ages and abilities. Usually held in St Ives Arts Club. £12, including materials and refreshments.

Westcotts Quay, St Ives | barnoonarts.uk

Belgrave St Ives

25th November–8th January

Winter Exhibition 2023

A mixed exhibition of prints, drawings, and small paintings by modern and contemporary artists closely associated with the gallery.

You can view the exhibitions on the gallery website, or in person by appointment (call 01736 794888 or email info@belgravestives.co.uk).

The Studio, High Bussow Farm, Towednack TR26 3BB belgravestives.co.uk

Leach Pottery

Until June 2024

First Students

Exploring the pottery's early story of creativity with a focus on some of its first students.

Penwith Gallery

2nd February–6th April

Members' Exhibition

A diverse exhibition of sculptures, ceramic, paintings, drawings, and prints from members of the Penwith Society of Arts. Preview, 2nd February, 5.30pm onwards – all welcome.

Associate Members' Winter Exhibition

A variety of sculptures, ceramics, paintings, drawings, photographs, and prints from Associate Members of the Penwith Society of Arts. Preview, 2nd February, 5.30pm onwards – all welcome.

David Moore

A solo show of paintings by Penwith Society of Arts member David Moore. Preview, 2nd February, 5.30pm onwards – all welcome.

Back Road West, St Ives | penwithgallery.com

Porthminster Gallery

10th February–23rd March

Limited Edition: Original Artist Prints

22 Fore Street, St Ives | porthminstergallery.co.uk

St Ives Arts Club

Until 5th January

Winter Exhibition

Westcotts Quay, St Ives | stivesartsclub.org

St Ives School of Painting

Thursdays

Life drawing class, 6.30pm–8.30pm.

Saturdays

Life drawing class, 10.30am–1.30pm.

19th–21st January

Painting a portrait in oils, with Kate Southwell.

22nd–24th January

Experimental figure, with Camilla Dixon

26th–28th January

Winter landscape in oils, with Andrew Barrowman

29th–31st January

Hearts and Minds: colour theory in practice, with Jill Eisele

2nd–4th February

Beginners watercolour, with Hilary Gibson

2nd–4th February

Light and landscape, with Tom Rickman

5th–7th February

Beginners oil painting, with Greg Humphries

5th–7th February

Harnessing chance in painting, with Kate Southworth

9th–11th February

Contemporary figure painting, with Gary Long

12th–15th February

The elements of art and drawing, with Hilary Gibson and Jill Eisele

16th–18th February

Abstract colour in St Ives, with Liz Luckwell

19th–21st February

After Matisse, oil and still life, with Alice Mumford

23rd–25th February

Abstracting nature, with Kitty Hillier

26th–29th February

Approaching painting, with Liz Luckwell and Marion Taylor

Back Road West, St Ives

schoolofpainting.co.uk

Tate St Ives

Until 14th January, 2024

The Casablanca Art School

Tate St Ives is the first museum in the UK to explore the intense period of artistic rebirth that followed Morocco's independence, formed by the experimental teaching methods of the Casablanca Art School in the 1960s and 1970s.

10th February–6th May

Outi Pieski

Porthmeor Beach, St Ives | tate.org.uk

Prints are stars of the show at Porthminster Gallery

The Porthminster Gallery, in Fore Street, St Ives, is opening its 2024 exhibition programme on 10th February with a show called **Limited Edition: Original Artist Prints**. It's an informative selling show, for aspiring and seasoned collectors, of affordable signed and editioned original prints by established contemporary artists. There will also be museum-quality prints by 20th century St Ives and British names.

So what is an original artist's print? Well, it's work of art made in multiple iterations, created through a direct transfer. Printmaking techniques include etching, engraving, lithography, silkscreen, linocut, and woodcut. 'Prints' are regarded, in general, as being only copies of original artworks, and not original artworks themselves. To help dispel this misconception, the gallery set out to curate this appealing and accessible exhibition to celebrate the rich diversity of traditional printmaking techniques.



The Old Stones 2023, a linocut print by Melvyn Evans

Artists featured in the show will include:

- Trevor Price: an award-winning St Ives-based artist printmaker, whose Cornish roots



January 1973, a silkscreen print by Patrick Heron

inspire masterful monochrome relief engravings, etchings, and linocut prints. Scenes of St Ives Bay and Barbara Hepworth's garden are key themes in his works.

- Melvyn Evans: one of Britain's finest printmakers, whose bold, semi-abstract linocut prints are inspired by his deep connection to landscape, and his fascination with the traces left by its ancient peoples. Even so, his works exude a 'mid-century modern' vibe.

- Sally Spens: an internationally exhibited, Cornwall-based artist and printmaker, whose exquisite, intricate etchings are influenced by the artist's designs for Japanese kimonos, and by Japanese culture.

The exhibition also features signed editioned prints by Modern 20th century names, including: etchings by Albert Irvin, Ben Nicholson, David Hockney, and Victor Pasmore; silkscreen prints by Patrick Heron and Sandra Blow; and lithographs by Barbara Hepworth, among others.

Co-curator of the new show and gallery manager, Catherine Lewin, said: "I originally trained as a painter, but I've always had a passion for prints and printmaking. They [prints] present the affordable opportunity, for young people especially, to start a collection of signed original artworks by recognised artists – without four-figure price tags – and with the Own Art 0% APR purchase scheme, there's never been a better time to start collecting!"

Limited Edition: Original Artist Prints runs until 23rd March.

Outi Pieski brings Finnish vision to Tate St Ives

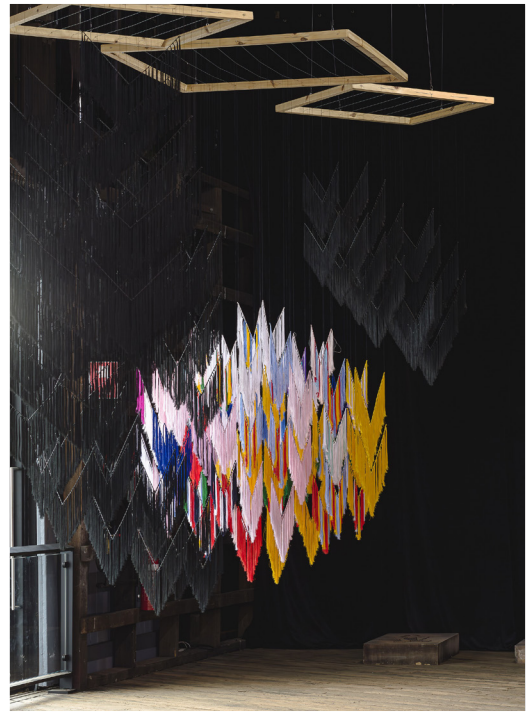
Tate St Ives is presenting the UK's first large-scale exhibition of work by Finnish-born Outi Pieski this spring. Outi is a Sámi visual artist based in Ohcejohka, Finland. This will be her first large-scale exhibition in the UK.

Pieski's paintings and installations explore several themes, including the culture and identity of the Sámi people. They live in the region of Sápmi, which now includes the northern part of Scandinavia and Kola peninsula in Russia. In many of her projects, she incorporates duodji (the traditional craft practices of the Sámi people) using materials such as wood and textiles. For Pieski, duodji is also a way of revitalising connections between past and future generations. Made in collaboration with other Sámi women, these installations, which Pieski refers to as three-dimensional paintings, destabilise the hierarchy between contemporary art and artisanal creative processes.



Details from *Rising Together II* (2021).
Photograph Tor Simen Ulstein

Through this thought-provoking show, Pieski raises important questions around ancestral return, indigenous people's rights, and the relationship between humans, animals and nature. Driven by the rugged landscape of her



Spell on You

home municipality, Pieski's work acts as a dialogue between the ever-changing natural environment and its inhabitants. The exhibition will present several of her rarely exhibited acrylic landscape paintings which capture the region's wild and transient scenery.

The exhibition at Tate St Ives will present Pieski's figurative landscapes, photographs, and prints, alongside sculptural works, including a new installation which will be made especially for the show during a residency at Porthmeor Studios this month.

Outi Pieski's Tate show is curated by Tate St Ives director, Anne Barlow, and assistant curator, Giles Jackson. It runs from 10th February until 6th May.

On 3rd March, Tate St Ives is hosting one of its Super Sunday Family Festivals, this time themed to tie on with the Outi Pieski exhibition. It's a day of hands-on art, with an opportunity for all ages to get creative. To find out more, search for Tate St Ives online and head to the what's on section.

Our magazine may be bi-monthly, but you can click

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The Cornish Lark has new songs to sing!

When Nicole Tesseyman set up her Little Lark children's singing group, she never imagined that she would one day be offered a record deal and release an album of her own songs. The album, *Oll an Gwella*, will be launched on the 16th February, and will mark the start of an exciting year for Nicole.

But what appears to be a whirlwind singing career follows years of hard work and creative experience, included theatre, street entertainment, puppeteering and poetry. And as well as Little Larks – which aims to build children's confidence and enable them to find joy through singing – Nicole also ran after school clubs, and What Larks singing sessions in care homes and memory cafes.

When the pandemic hit, Nicole continued running Little Larks via Facebook – assisted by her daughter Summer, who was then age seven – so little ones could join in from their homes. She was inspired to write a song, *Old Lockdown*, which she posted on Facebook to cheer everybody up – a light-hearted spin on the situation, and a way of letting people know that “it won't be long before we can all be together again!”

The warm reception which the song received inspired Nicole to write more. One of her first songs was a sea shanty with a singalong chorus, called *Mallios*, a reminder of a fish recipe of that name loved by St Ives folk.

Another song, *Time & Tide*, got the nod of approval from the local fishermen. Nicole says: “I'm very lucky to have inside information about fishing from my partner Richard McClary, whose fishing family have inspired my songs.”

After performing at the 2022 St Ives September Festival, Nicole was signed to Polyphony Records in Kidderminster. Over the last 12 months, she has been recording with producer Steve Carrigan, and releasing four singles, including *White Horses*, a St Ives folk song which takes us on a journey through the town, where we're never far from wild waves – the white horses of the title.



Since April last year, Nicole has been singing her own material and folk and country classics around St Ives. She has also appeared at the Cornwall Folk Festival in Wadebridge and other events, and has been described as “a young Brenda Wootton”. She loves to have people singing along with her, especially Cornish favourites like *Going Up Camborne Hill* and *Little Lize*.

Her song *Christmas is Here*, released late last year, featured children from Nancledra and St Ives junior schools – and Little Larks, who performed the song in their Christmas show, *The Grinch v Christmas Joy*.

Nicole's new album includes and folk songs, upbeat country, and sea shanties, including melodic, haunting songs based on stories about the more treacherous moments at sea. The album's title, *Oll an Gwella*, means “All the Best” in Cornish. All the lyrics were written by St Ives' very own Cornish Lark, and show her love for her native town.

Nicole's first ever gig was at the Engine Inn at Crippleasease – so what better place for her album to be launched? If you enjoy listening to her songs and would like to support her, why not come along and buy the album? And wish her *Oll an Gwella*!

Local Singer Songwriter
Nicole Jesseyman
Album Launch



Oll An Gwella

Come & enjoy a pasty & a Pint, celebrating the release of some home grown Cornish songs! Would be lovely to share this moment with you, my beauties!

Cheers

The Engine Inn Supports The Release Of "Oll An Gwella"
Friday 16th February 7pm-9pm




We are a traditional local pub between St Ives and Penzance, which serves great pub grub and offers accommodation. We have a large car park, and welcome motorhomes and campervans. We're very dog-friendly, and we have fantastic views from our large beer garden, with amazing sunsets, as you'll see from our Facebook page:

 The Engine Inn, Crippleasease.

Tel: **01736 741311**
Email: **frostiepippin@hotmail.com**
The Engine Inn, Crippleasease, Nancledra, Penzance, TR20 8NF

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Trevena Cross Nurseries diary: Making plans for the garden

by Lucy Wickes

Well, the festivities are over for another year, and for the team of Trevena Cross, lugging thousands of Christmas trees around the site will soon be a distant memory! Trevena Cross hopes St Ives Local readers enjoyed a peaceful Christmas, and would like to wish you all a very Happy New Year. We're gearing up for an exciting 2024!

To the garden – and a few ‘firefighting’ jobs may be on the agenda at the start of this year before plans for spring start to take shape. Locations right by the coast, like St Ives, can be vulnerable to having wind victims in the garden. Check that anything planted within the last year is still stable and in place. Wind rock can be a particular problem in exposed or coastal gardens; making the plant vulnerable at its roots, and allowing water to collect in the ‘socket’ where the stem moves at soil level. This can lead to fatal rotting, so if anything feels a bit rocky it won’t hurt to stamp it back into place – and to avoid



this problem in the future, try keeping things short through the autumn and winter months.

There’s still time to get some bare root bargains in the ground before the garden awakens for spring – lightweight, cost-effective trees and hedges are often available at good nurseries and garden centres now. Have a chat with staff to see if bare root could be a good option for you. It’s time to decide which seed potatoes are for you this year, and to get chitting those earlies, and it’s also time to choose onion and garlic sets, to get the grow-your-own garden off to a good start. While summer may not be on the radar yet, seasonal colour can be planned now that summer-flowering bulbs are filling the shelves and providing a glimpse of what you’ll be able to see in the garden in the months ahead.

Don’t forget our garden friends during these coldest months of the year. Buy some fat balls – or create your own – and place them in wire cages; and seed mixes in purpose-built feeders will keep birds warm and full of energy. Keep ponds and other water sources free of ice too, at least in part, so that wildlife can still drink. A dish or container of water at ground level will benefit other wildlife, too – not just birds.

The Trevena Cross team are on hand to help with any pre-spring planting enquires, and look forward to helping with any plant-based decisions – whether they relate to potatoes, bulbs, bare root, or perhaps choosing and sowing early veg seeds.

**Trevena Cross, Breage, Helston, TR13 9PY
01736 763880 | trevenacross.co.uk**

Beautiful gardens start right here...



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Grown with passion and expertise...

Big or small, your garden deserves to be beautiful, and full of thriving plants that have been grown with passion and expertise. That's how we grow, and have been growing in West Cornwall since 1976.



Less than 30mins from St Ives, TR13 9ND

01736 763880 | trevenacross.co.uk

Garden Stories: A special eco space is set to bloom at Bodriggy Academy

With lighter, longer days on the horizon, students at Bodriggy Academy are looking forward to spending time in the new wildlife garden in the school grounds which they helped to design.

The project, led by the school council, was the culmination of Bodriggy's successful bid for Eco-Schools status. The children's aim was to focus on sustainability and biodiversity, and include as many different habitats for wildlife as possible. "We started putting down ideas, and everyone's ideas got into the garden, like a pond and a bug hotel, so we all became a part of it," said Ella, one of the students. "People put their time and minds into it, and it came out really lovely."

At the official opening of the eco space, the ribbon at the garden gate was cut by Tom Carey, managing director of Hayle building company Anned, and Mark Ivey from the town's branch of Jewsons, who both worked closely with the children to bring their ideas for the garden to fruition.

Anned constructed the garden in just three weeks, free of charge. "One of the kids wrote a letter to us, asking if we could help," explained Tom. "I thought it was a way that we could bring something to the community."

Andy Byles, a senior leader at Anned, selected the plants, focussing on low-maintenance herbs and perennials. Bodriggy deputy head Tamara



Carroll said: "We were gifted £200 by the mayor for the project, and I went with Andy to Hayle Plants. I told him I would have to be back at school in 20 minutes, and I pushed the trolley while he quickly picked the plants. He was like a kid in a candy shop!"

Year 6 student Eliza added "It was nice to talk to Andy about how to make our dreams for the garden come true. And I was full of amazement when Miss Carroll told us they were going to make the garden for free. It was like a miracle!" Hayle Mayor Ann-Marie Rance said: "Being a gardener myself, I know how important gardens are in helping to combat climate change, so I was happy to give them some money from my mayoral allowance to buy the plants. In time, wildlife will find a way to the garden – frogs, damselflies, hedgehogs, butterflies and bees." The garden also includes an outdoor classroom and a pagoda, and incorporates the quiet corner which commemorates Caleb Hollow, a former Bodriggy pupil, who died in a road accident in 2012. "We said we wanted the area dedicated to Caleb to have a bird house," said Eliza.

Head teacher Daniel Simons said: "This project is about the future – but it is also a good example of what can happen when children are thinking about ways of making the world a better place, and people with a generous spirit offer to help. When Anned came forward, it got the ball rolling. The garden is a combination of their expertise and the ideas of the children. It's a really lovely thing that they have all done."





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Out on the Towans

Some welcome visitors

by Sara Dowler, Friends of the Towans Volunteer Coordinator



As we head into the new year, you'll start to see some new faces on the Towans – those of the equine variety! Conservation grazing ponies are back to make their unique contribution to the management and conservation of the special habitats of the Towans.

The ponies do this in several ways:

Grazing – by munching on a variety of grasses and plants they keep them in check and reduce the nutrients in the soil, helping to keep a greater diversity of plants.

Browsing – by stripping bark and nibbling shoots on trees and woody bushes it stops these woody plants from taking over the dune grassland.

Trampling – opens up areas and creates bare ground, which gives seeds and pioneer plants a chance to establish and areas for insects to burrow and for animals to dust bath and bask.

Dunging – providing food for insects and birds.



Gerald Babcock, the grazer, uses hardy pony breeds that are well suited to this type of grazing, and are used to a varied diet and living outdoors whatever the weather. Temporary electric fencing is used to control where the ponies graze, and Gerald, along with some amazing volunteers, goes out regularly to check on the ponies.



If you're out on the Towans near the pony grazing areas, do remember to keep clear of the fence. There are squeeze stiles where the fences cross major paths, so you can still use the paths without having to cross the fence. The ponies are semi-wild, so please give them plenty of space and walk on the outside of the group if you're passing them, so they can carry on with their important work undisturbed!

Friends of the Towans' first practical conservation session of the new year is on Thursday 4th January, when we will be helping Gerald and his team to put up two electric fenced enclosures on Gwithian Towans, on the area near the Jam Pot Cafe and chalets. Practical conservation sessions run every Thursday from 10am to 2pm, and on a Saturday or Sunday from 10.30am to 2.30pm once a month.

Over the winter months, activities include cutting down woody plants and small trees like gorse, blackthorn and privet to open up areas, encouraging the dune grassland plants to thrive and create temporary patches of bare ground. We're a friendly group, and keen to involve new people. You don't need any specific experience to join, and we provide training, tools and biscuits! How about joining one of our sessions as your New Year's resolution? You can enjoy great views and fresh air, exercise at your own pace, and socialise, all at the same time – what's not to like?

To find out how you can get involved, visit Friends of the Towans on Facebook, email friendsofthetowans@gmail.com or visit www.friendsofthetowans.org.uk

Did you plant a tree in '23? Plant some more in '24!

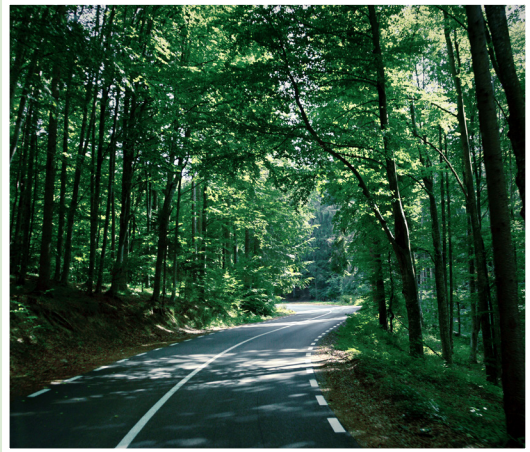
Many experts say that if you want to help fight climate change then your first step should be to plant a tree. Human activities are producing more and more carbon dioxide, causing our planet to warm, but trees absorb it – so they are our greatest friends.

Trees offer many other benefits:

1. Trees are vitally important homes for struggling insects, birds and mammals, providing food and shelter. An oak tree can support over 280 species of insect, and a common hawthorn around 300.
2. Trees filter our air. Their leaves absorb much pollution, enabling us to breathe cleaner, pollutant-free air, so protecting us from many serious diseases. Trees also give out oxygen, which is why forests are regarded as the lungs of the planet.
3. Trees filter pollutants out of groundwater, instead of allowing this pollution to run into rivers.



4. Trees provide shade, an important contributor to health. Tree shade helps to reduce our exposure to damaging UV rays which may lead to skin cancer or sight damage. It is ever more vital as summers get hotter. In summer, only about 10 – 30% of the sun's energy reaches the area beneath a tree.



Children's skins are the most vulnerable to UV damage, so playgrounds, picnic seating and school play areas should be provided with shade. Lobby your council to provide this protection, and offer to help water young trees.

5. Trees absorb water from the soil, releasing some of it as vapour through their leaves – on a hot day, a big tree may release up to a hundred gallons of it – leading to significantly cooler air beneath and around any tree.

6. Trees planted in your garden can provide shade to your house in summer reducing the need for air conditioning, and in winter they can deflect cold winds, making it easier to keep a home warm.

7. Trees reduce the effects of heatwaves. With climate change creeping up fast, we are experiencing much hotter summers, a trend is likely to increase. In urban areas, heat which is held in pavements, buildings and roads is slowly released, causing the air to heat up about 30% more than in rural areas.

Heatwaves are one of the most dangerous of natural hazards. This threats they pose are often overlooked, but the death toll can be high. Excessive heat contributes to heat exhaustion, heart attacks and respiratory problems, so planting trees is becoming ever more critical to keep us all cool.

The medical journal, The Lancet, conducted a study into deaths from heatwaves, and concluded that one in three of those deaths could have been prevented if trees had covered around 30% of urban space.

So plant a tree, to benefit yourself and our planet!

Kate Southworth

ST IVES BOOKSELLER

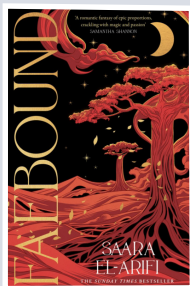
Book Review

by Alice Harandon, manager of St Ives Bookseller

Faebound by Saara El-Arifi

£16.99 (published 18th January)

Yeeran is a warrior in the elven army; her sister, Lettle, a diviner. When a fatal mistake leads to Yeeran's exile from the elven lands, they are both forced into the terrifying wilderness beyond their borders. There they encounter the impossible – the fae court, not seen for a millennium. The two sisters are thrust into the seductive fae world, torn between their loyalty to each other, their elven homeland, and their hearts.



Miss Austen Investigates by Jessica Bull

£16.99 (published 25th January)

Join Jane on her quest for justice, as she faces down danger, deceit, and scandal amidst her own friends and neighbours. Will she uncover the truth in time, or will the real killer go free? One thing's for certain – in Hampshire, nothing is as it seems...



The Women by Kristin Hannah

£16.99 (published 15th February)

When her brother ships out to serve in Vietnam, Frankie impulsively joins the Army Nurses Corps and follows his path. As green and inexperienced as the young men sent to Vietnam to fight, she is overwhelmed by the chaos and destruction

of war, as well as the unexpected trauma of coming home to a changed America. Frankie will also discover the true value of female friendship and the heartbreak that love can cause.

The Underground Sea by John Berger

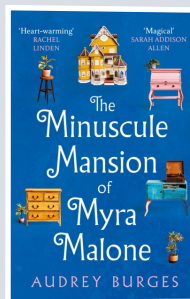
£18.99 (published 4th January)

This is a succinct, urgent collection of writing from John Berger's archive. It brings together for the first time his work on mineworkers and the miners' strikes, and has been edited as a set of actions for today. Publication of The Underground Sea marks the 40th anniversary of the 1984-85 strike, at a time when people are rediscovering the necessity, power and possibilities of collective action.

The Minuscule Mansion of Myra Malone by Audrey Burges

£9.99 (published 18th January)

A charming and magical debut novel, with a love story at its heart, woven across multiple periods and perspectives. It is about a mystical doll's house which links two people, how they discover each other, and the stories entwined about them.



Ellie and the Pony Camp Mystery by Esme Higgs

£7.99 (published 1st February)

Excitement is on the horizon – news of a half-term pony camp reach the gang, and they're all keen to attend! Along with new faces, horses and activities, there's a mystery to be solved. Will super-sleuth Ellie and the rest of the gang be able to get to the bottom of it before the end of camp? Full of fun, friendship and mystery, this is the much-anticipated third book in the Starlight Stables Gang series.

St Ives Bookseller, 2 Fore Street, St Ives, TR26 1AB. The shop is open seven days a week. Books can be ordered, and are often delivered in 24 hours. Tel: 01736 796676; email: stivesbookseller@mabecronbooks.co.uk; Twitter: @stivesbooks



Welcome to your local independent Optician

There has been an Opticians in Carbis Bay for many years but what many of you may not know is it was taken over by Independent West Country group Noakes Habermehl & Kerr five years ago.

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The group have also introduced their extensive range of innovative spectacle lenses to the practice along with a huge range of contact lenses and the kind of high quality frames one would expect from a local independent practice. With the recent introduction of Colorimetry assessments, a type of therapeutic Optometry developed to help with undiagnosed reading difficulties, Optical dispenser Jason and receptionist Pamela proudly state "We love our practice because it offers a friendly welcome, unique level of service and a truly viable alternative to the big chains".

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Pilates: In 30 sessions, you could have a completely new body!

Pilates is not some new-fangled fitness fad – in fact, it has been around for almost a century. It is named after its founder, Joseph Pilates, a former circus performer, boxer and self-defence instructor.

Born in Dusseldorf, Germany, in 1883, Pilates moved to England in around 1912. During the First World War, he was interred alongside other German nationals living in the UK. He used this time to develop his physical fitness and trained fellow internees. Towards the end of the war, he was given a role in a hospital, working with patients who were unable to walk. Joe Pilates adapted their beds and added springs and pulleys to allow exercise and build muscle strength. In 1926 Joe and his wife Clara emigrated to the United States and opened a fitness studio in New York City.

Joseph Pilates based his exercises on six founding principles: breath, concentration, centring, control, precision, and flow. These principles are still applied almost 100 years later, and the style of equipment that Joseph invented is still used today. He is quoted as saying: “In 10 sessions, you feel better, 20 sessions you look better, 30 sessions you have a completely new body.”



Modern Pilates studios will offer either mat Pilates or reformer apparatus Pilates. Performing a structured set of moves on a mat relies on your body weight to provide resistance against gravity, and requires full control of your body. A reformer is a piece of equipment, much like Joe Pilates' original invention. It consists of a narrow bed with a sliding carriage and pulleys with varying resistance. The reformer is designed to support your body when you perform Pilates, it can be used to target specific areas or full body strengthening. Pilates studios may also offer classical or contemporary classes.


Joe Pilates died in 1967, but his original set of exercises were passed down to 'elders' and are still used today. These are considered the classical moves, and they generally require a posterior tilt, when your pelvis is tilted forward. Contemporary Pilates is a loose definition for everything that came after this classical approach. It has allowed instructors to add their own moves and stretches, whilst adhering to the founding principles.

Pilates is a whole-body conditioning workout. It strengthens muscles and elongates your frame, giving you flexibility, improving your mobility, and refining muscle tone. It gained popularity in the 1990s, with Gwyneth Paltrow and Madonna as loyal advocates for the regime. Pilates had had a recent resurgence in popularity, and new Pilates studios are opening across the UK, making it an industry worth approximately £800m and employing around 16,000 instructors.

No doubt the increased accessibility to classes has helped Pilates gain a new audience of younger devotees – but it also encourages people of all ages to try a class. Why not contact your local gym or studio and discover the benefits of Pilates for yourself?

Emma Russell

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LIFE SOUNDS GREAT 

St Ives Archive: When the town was a place of safety for wartime evacuees

by Wendy Grove

Eighty-five years ago, at the outbreak of the Second World War, the British government began an unprecedented evacuation programme to remove civilians to places of safety.

Twelve-year-old Gladys Fuke lived in the East End of London, next to the Royal Victoria Docks – a high-risk target – and in June 1940 she arrived in St Ives. Evacuation brought personal protection, but it was also a displacement which brought emotional distress. Gladys' two sisters were sent to Cheshire, and she was separated from them for five years.

In 1997, Gladys talked to Janet Axten at the St Ives Study Centre (which later became St Ives Archive) about her memories of her time in St Ives. Here are some extracts from their discussion:

"We got on the train and it was a whole day's journey. I had never been away from home before on my own. When we arrived, we were put in the Stennack School and Mr and Mrs Davies had me. They lived in Bedford Road, number 37. Mr and Mrs Davies did not have children. She had a sister, Mrs Noall, who lived in Wesley Place.

"To start off with we could not go to school with the local children. I don't know why. So we spent our time on the beach swimming (Porthminster). We went to the hall at the Wesleyan Chapel for schooling and then the girls went to the cookery section of the Stennack School. I did try to run away once. I only got as far as Carbis Bay. It was getting dark and I was afraid. Then two people who knew Mrs Davies recognised me and walked me home. My parents came like a shot and told me to behave myself. I could not go home because of the heavy bombing and after that I stayed so I must have been happy.



"We made camouflage nets at Hampton's. I made two or three a week in the evenings. We made knitted vests for the troops. I left (school) at the age of 14. There was a job at the International Stores in Tregenna Place. I was asked to do a few sums and then got the job. After a year or so I joined the Wesleyan Choir and their Choral Society. We had our concerts in The Guildhall. I went to the Palais, to dance. Mr and Mrs Davies were very strict. They said the Commandos were too rough and the Americans too fast! I joined the Girls Training Corps. We marched all round town. I discovered that they were doing useful things but by that time it was too late. Some of them did rock climbing with the Commandos but by that time I had given it up. I would have loved to do that."

Gladys worked at the International Stores for seven years, leaving in October 1948 to be united with her family in London. She never forgot her time in St Ives, and returned regularly to see the friends she made as an evacuee.

St Ives Archive has an extensive collection of material about the Second World War. See stivesarchive.org for more information.



St Ives Archive is based at Wesley Methodist Church, St Ives Road, Carbis Bay, St Ives, TR26 2SF. For information about current opening hours, phone 01736 796408, email admin@stivesarchive.org, or visit www.stivesarchive.org. The Archive opened in 1996 and is staffed by volunteers. We are always looking for people to join our enthusiastic team – there are opportunities to learn new skills, carry out research, assist visitors and take part in fundraising events. We offer a valuable service for anyone wishing to obtain historic information about the town. The Archive holds over 35,000 photographs and numerous documents covering fascinating subjects such as art, maritime heritage, tourism and traditional customs, and we also have extensive resources relating to the history of St Ives families. Why not come and visit us?

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Home improvement trends for 2024

The new year offers creative and innovative ideas for transforming your home. Here are the details of three exciting trends we can expect to see.

1. Bringing the Great Outdoors indoors

Biophilic design is about creating a human space that embraces nature. The concept recognises our innate need to connect with the natural environment where we live, work and socialise. This philosophy is increasingly influencing interior design to promote well-being, reduce stress and improve cognitive function.

Creating an indoor garden or a living wall is one way to embrace this trend.

- Choose the right spot in your home, with plenty of natural light.
- Go for indoor-friendly plants which will thrive in your home's conditions.
- Use shelving units or plant stands to create different layers and heights.
- Regularly water, trim and maintain your plants.
- Use good quality soil and fertiliser.
- Keep an eye on the temperature and humidity levels.
- Create a frame for your living wall.

2. The rise of multi-functional spaces

With more people working from home, rooms are having to be more versatile. A living room might have a fold-down desk, or a spare bedroom could double as a home gym. Modular furniture which can adapt to different needs is the way forward.

- Get savvy with soundproofing – use shelves full of books as makeshift barriers, or fit some proper acoustic panels.



- Ergonomic chairs and desks which look after our backs are in high demand – it's even better if they can tuck neatly away at the end of the day.
- With more tech in the house, we need places to stash it. So furniture with built-in charging stations, cable management systems, and even integrated speakers are becoming more readily available.

- Storage solutions are key to keep work clutter out of sight once you've logged off – think clever shelving, hidden compartments and handy nooks and crannies.

3. Vintage reimaged

Upcycling classic vintage pieces is all about retaining the charm and character of the old, while giving it a new lease of life with the convenience and functionality of the latest tech.

- Got an old radio gathering dust? You can retrofit it with Bluetooth and stream your Spotify playlists from your phone without messing up its classic look.
- Fancy a side table that charges your phone? Drill a hole in the back of a vintage nightstand and fit a USB or power lead.
- Give an old lamp a makeover by popping in a smart bulb. You can then control the light from your phone, set timers, change colours, and even sync it with your music.

Why not give one of these trends a try when you tackle your next home improvement project?

Caroline Buist


Property: Market ‘green shoots’, and an interesting project up the coast


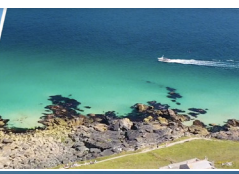
In an uncertain world, there are signs that the property market is showing green shoots of recovery as a new year begins. UK house prices rose a modest 0.2 per cent month on month in November. Although they’re down two per cent compared to a year ago, there’s optimism among economists that they are set to rise further in 2024.



For home owners looking to move, and those looking to take their first step on the property ladder, interest rate movements over the next few months are key. “There has been a significant change in market expectations for the future path of [the Bank of England interest rate] in recent months which, if sustained, could provide much needed support for housing market activity,” said Robert Gardner, chief economist at Nationwide.





“In mid-August, investors had expected the Bank of England to raise rates to a peak of around six per cent and lower them only modestly (to circa four per cent) over the next five years. By the end of November, this had shifted to a view that rates have now peaked (at five and a quarter per cent) and that they will be lowered to around three and a half per cent in the years ahead.”



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Concern remain that not enough is being done for first-time buyers, youngsters who want to get on the property ladder close to their home communities. But could Padstow, up the north coast from St Ives, be a torch bearer for a new way of thinking about local housing?

A 55-home estate has been built on the edge of the town comprising only shared ownership and social rent housing. A partnership between Cornwall Council and respected regional developer Poltair Homes, the properties are available only for those with a local connection. Cornwall Council is using funding from its Housing Revenue Account ‘council housing’ programme, to deliver all 55 homes as affordable housing. On social media, many St Ives folk commented that it would be a good scheme for the town, which has housing problems not dissimilar to those of Padstow.

“Cornwall needs more homes - both to rent and to buy - and we want to provide a range of homes to improve choice for local residents and to meet their housing needs,” said Olly Monk, Cornwall Council’s cabinet member for housing and planning. “We want to deliver many more homes like these and are continuing to work with partners across the housing market to achieve this.”

Liz's Quizzes

Liz Noall is back to tease you with her quiz. As well as trying these questions, you can catch Liz live every week. On Mondays, she's at the Castle Inn, St Ives, at 8pm; on Wednesdays, she teasing the teams at the Bird in Hand, Hayle, at 7.30pm; on Thursdays, it's the Lifeboat Inn, St Ives, at 8.30pm; and on Sundays, the Royal Standard, Hayle. Book via St Ives Liz's Quizzes on Facebook. As well as offering big prizes, the quizzes also generate lots of money for charity. At the time of going to press, Liz's charity total has reached just under £27,000!



1. In which capital city would you be able to see the Mona Lisa?
2. How many lines are there in a limerick?
3. The sporting trophy The Calcutta Cup was made in 1878 from melted-down what?
4. The word Ginnochio is Italian for what part of the human body?
5. A duck and a flea is a bingo call for what number?
6. Which popular British TV presenter and actor, born in 1960, played football for Barnet FC at the same time as Jimmy Greaves?
7. Bangor, Cardiff, and Swansea are all communities in which Australian state?
8. In the USA, what is the name of the river that cuts through the Grand Canyon?
9. Because it is considered disrespectful to the Monarchy, which film is reportedly banned in Thailand?
10. Onslow, played by Geoffrey Hughes, was the brother-in-law of the main character in which BBC sitcom?
11. What are there approximately 187,888 of in Finland?
12. A man called Winston Smith is the main character in which George Orwell novel?
13. Which 1992 western won the best picture Oscar?
14. Currently at seven, which country has won the Eurovision Song Contest more than any other?
15. Websites ending with the letters CH are from which European country?
16. Which late composer famously became deaf towards the end of his life, but carried on creating music?
17. What is Champagne mixed with to make Buck's Fizz?
18. MN is the atomic symbol for which chemical element?
19. What was the name of Lady Gaga's second UK number one?
20. Halcyon is a poetic name for what type of bird?



Answers on page 46



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Coffee Time Puzzles

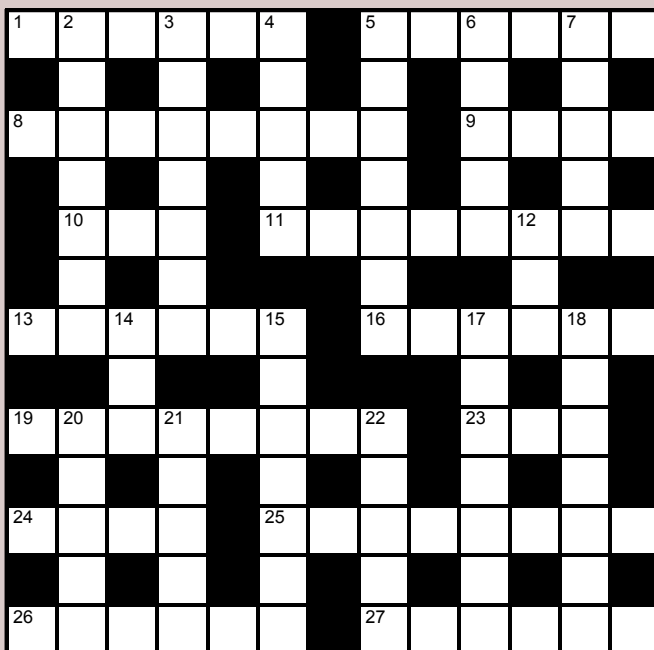
Quick Crossword

Across

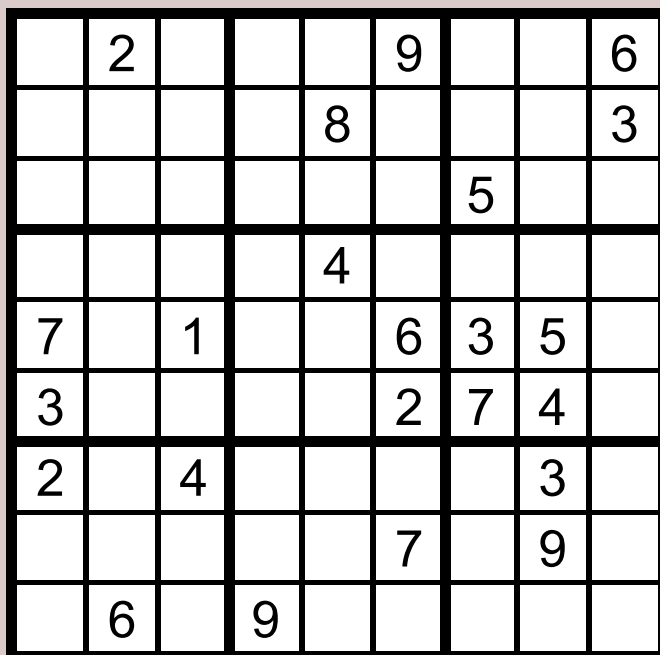
- 1 Slice of bacon (6) 5 Packet (6)
 8 Private feud (8)
 9 Defence organisation (1,1,1,1)
 10 Unfavourably (3)
 11 Malady (8)
 13 Forgiveness (6)
 16 Worn on a necklace (6)
 19 Adolescent (8)
 23 Quick-fire talk music (3)
 24 Increase in size (4)
 25 Gesture of approval (6,2)
 26 Die from lack of food (6)
 27 Make more intense (6)

Down

- 2 The New World (7)
 3 Nestled together (7)
 4 Charges (5)
 5 Space surrounding an altar (7)
 6 Argument (3-2)
 7 Vows (5)
 12 North American deer (3)
 14 Cereal grass (3)
 15 Bedtime lingerie (7)
 17 Responsive to drugs (7)
 18 Marry (7)
 20 White heron (5)
 21 More recent (5)
 22 Circular (5)



Sudoku



All Answers on page 46

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Crossword Answers

1	R	A	S	H	E	R		5	C	A	R	T	O	N			
	M		U		A				H		U		A				
8	V	E	N	D	E	T	T	A		9	N	A	T	O			
	R		D		E		N				I		H				
	10	I	L	L		11	S	I	C	K	N	12	E	S	S		
		C		E				E				L					
13	P	A	14	R	D	O	15		16	L	O	17	C	K	18	E	T
			Y			I						U		S			
19	T	20	E	E	21	N	A	G	E	22	R		23	R	A	P	
		G		E		H		O			A		O				
24	G	R	O	W		25	T	H	U	M	B	S	U	P			
		E		E		I		N		L		S					
26	S	T	A	R	V	E		27	D	E	E	P	E	N			

Sudoku Answers

1	2	8	3	5	9	4	7	6
4	7	5	6	8	1	9	2	3
6	3	9	2	7	4	5	8	1
9	5	2	7	4	3	1	6	8
7	4	1	8	9	6	3	5	2
3	8	6	5	1	2	7	4	9
2	9	4	1	6	5	8	3	7
8	1	3	4	2	7	6	9	5
5	6	7	9	3	8	2	1	4

Liz's Quizzes, answers

1. Paris; 2. 5; 3. Rupees; 4. Knees; 5. 23; 6. Bradley Walsh; 7. New South Wales; 8. Colorado; 9. The King and I; 10. Keeping Up Appearances; 11. Lakes; 12. 1984; 13. Unforgiven; 14. Ireland; 15. Switzerland; 16. Beethoven; 17. Orange Juice; 18. Manganese; 19. Poker Face; 20. Kingfisher.

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Morva Koffi

Quay Kitchen

Slimming World

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St Ives Footcare

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Carbis Bay Holidays

Cornish Riviera Holidays

Homes and Gardens

CTG Windows

D&S Roofing

Hayle Plants

Trevena Cross

Wootton Improvements

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Wills and Estate Planning

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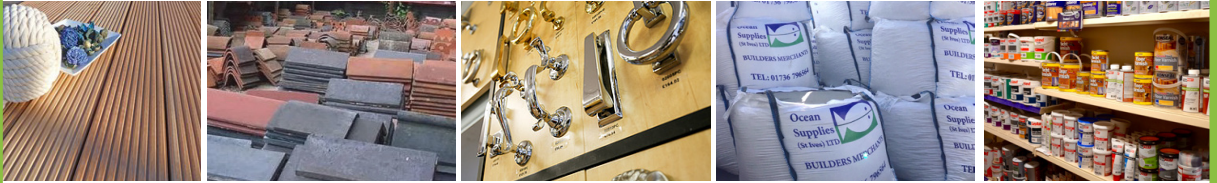
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