

# St.Ives Local

**FREE**

JULY / AUGUST 2025 | ISSUE 63

THE ST IVES BAY MAGAZINE



## SUMMER ON A PLATE

*Long lazy days in the bay  
Beach life, food, gardens, festivals, and more*



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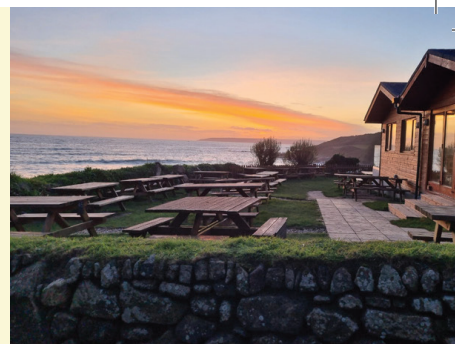
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# Welcome...

**We're waiting for summer to turn up properly as we write this. Hopefully, by now, we'll be basking in a some proper St Ives Bay sunshine!**

And aside from a paddle in the sea (is it warm enough yet?!), there's so much to do. How about paying a visit to the new-look Barnoon Inn, or having the full Abba Mamma Mia experience at the Carbis Bay Estate? Don't miss the latest news ahead of this year's St Ives September Festival. Before that, there's plenty of entertainment around the bay, as our big six-page what's on guide proves. Even our advertising manager, Nicole, is taking to the stage, with the St Ives debut of her two-hander play *The Housewives' Itch* at the Arts Club in August.

Don't forget, we deliver thousands of copies of St Ives Local to homes and businesses in the St Ives and Hayle postcode areas. Find out

## ADVERTISE WITH US

Contact our advertising manager Nicole Tesseyman to book for the next issue of St Ives Local

Call: 07791 678571  
Email: [nicole@stiveslocal.uk](mailto:nicole@stiveslocal.uk)



more on our website — [stiveslocal.uk](http://stiveslocal.uk) — follow us on Facebook, Instagram, Threads, and BlueSky, and send us your stories reports and listings. And if you visit 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](mailto:hello@stiveslocal.uk)**

**Cover art:** Gwynne Perry



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# the fish shed.

Bringing fresh, local, sustainable seafood back to the beach in St Ives. Bold and inventive flavours with a unique cocktail menu and wine list to match. Follow our social media accounts or visit our website for more information on events, opening hours and to book a table.



## Sample menu.

### Bar snacks:

- Nori salt and pepper roasted nuts - 3.5
- Porthilly oyster / nam Jim - 4.25
- Toasted focaccia Sardenara / anchovy / tomato / capers - 9
- Smoked mackerel scotch egg / beetroot ketchup - 11.5
- Cured sea trout / cucumber dressing/ white soy / wasabi - 11
- Grilled potato scone /brown crab XO butter/pickled fennel / Newlyn crab - 14
- Half shell Scallop / chilli butter /furikake crackling - 5

### mains:

- Korean fried monkfish / gochugaru slaw / Korean bbq ketchup - 19.5
- Posh fish finger sandwich/fermented chilli honey/wasabi tartare/brioche- 17
- Whole lemon sole / brown shrimp cafe de Paris butter - 22.5
- Roasted skate wing / red wine jus / samphire / capers - 24.5
- Tofu burger / Korean BBQ ketchup / gochugaru slaw - 14

### Sides:

- Crispy miso potatoes / XO mayo - 7.5
- Fries / crispy chilli / furikake -5.5
- Grilled hispi cabbage / sesame / chicken butter crumb - 7.5

### Desserts:

- Strawberry and pistachio Baked Alaska - 9
- Miso treacle tart / pastry crumb / honey + yoghurt sorbet - 9
- Moomaid of Zennor vanilla and clotted cream ice cream tub - 4.5



Porthmeor beach  
St Ives  
TR26 1JZ



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



## Local firm takes on responsibility for town waste

St Ives Town Council and Star Refuse Collection Services are working together on waste collection services across public spaces, parks, and gardens. The collaboration has seen Star take on responsibility for emptying a number of general waste, recycling, and dog waste bins in and around St Ives. There is potential to expand the service in the future.

Over the last few months, the town council has taken ownership of many parks, gardens, and green spaces, including their public litter bins. The council's aim is, wherever possible, to improve the quality of litter bins, the frequency of emptying, and making sure they are kept clean and in good repair. Star is collecting from: Trewyn Gardens, Man's Head, Palemon Best Park, Memorial Gardens, The Island, Sloop car park, Chy-an-Gweal Gardens, and Richmond Gardens. New bins designs are being rolled out, too.

## Our luxurious destination

St Ives is named as one of the world's most under-rated luxury destinations in a new study. In the list, compiled by CV Villas, St Ives ranked ninth, below Antibes, in France, and above Taormina, in Italy. Another Italian destination, Umbria, tops the poll. St Ives is the highest-placed UK spot.



## Criminals' cash loss is St Ives Pilot Gig Club's gain

**Money seized from criminals is being put to good use in West Cornwall, with St Ives Pilot Gig Club receiving £500 from local police to help fund new seating for one of its boats.**

"It's fantastic that we can use money earned through criminal activity for good, putting the money back into our community to support local people," said Police Community Support Officer Terry Webb.

"This club has been at the heart of the community for 35 years, welcoming hundreds of people on board to keep fit and learn new skills out on the sea. I'm pleased we were able to make a difference by helping to get the boat safely back in the water." The Fortitude, with newly fitted seats, raced during the annual World Pilot Gig Championships on the Isles of Scilly in May. Pete Preston, chairman of

the St Ives Pilot Gig Club, said: "As a small club with a big heart, we are open to all our local community. The funding of this much-needed equipment enables us to redirect our limited club funds towards ongoing required maintenance of our gigs, helping to ensure the future of the club in the town.

"We are extremely thankful to PCSO Webb for helping us get these funds for a new set of seats for Fortitude." Police in Cornwall continue to support groups, projects, and charities in the local area with money from the Proceeds of Crime Act fund, which contains funds seized from criminality.





## Flowertime @

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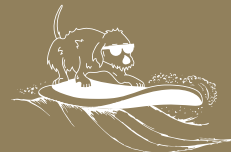
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## RUFF LIFE



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01209 482958

Tregenna Hill  
St Ives, TR26 1SE



## Box of delights: groups answer telephone call

The telephone box at the top of Tregenna Hill became a St Ives landmark in recent years, thanks to delightful, ever-changing displays created by local artist Mark Campbell.

Sadly, Mark passed away last year, but local guest house owner Robyn Calder has taken over the care of The Booth in his memory, and, since Christmas, she has invited different community organisations to decorate it in their own way each month.

In May, members of St Ives Arts Club's Crafty Corner adopted a superheroes theme with a St Ives twist, which included a seagull swooping on a super-sized ice cream. For June, Edward Hain Centre's staff and volunteers used knitted figures and a teddy bear in an EHC T-shirt to highlight the wellbeing services and community facilities which the centre offers.

Look out for more colourful and imaginative displays at The Booth in July and August.



## Be part of a creative community event

**Plans for Hayle Arts Festival are back on track, after it was postponed in June to allow more preparation time. It is hoped that the event can take place during September.**

Hayle Town Council's Engagement Manager Julie Baldwin explained that there had been issues trying to secure suitable venues for

arts-based activities, and some artists who were interested in running particular projects were not available on the festival's original June dates.

Ideas for the festival include exhibitions and displays, pop-up musical and theatrical performances, and art and craft workshops, in a variety of locations around the town.

Julie is applying for funding to support specific projects. Her message to artists is: "If you have an idea for a project that will need funding, do get in touch with an outline and a rough idea of costs, and then we can have a conversation about how it may be included. Linking in with health and wellbeing themes would be helpful. If you would like to exhibit work at the event, please do let me know."

She is asking artists who have already filled in the town council's form expressing interest in taking part to confirm that they would still like to offer the same activity. Forms are available from Julie at [julie.baldwin@hayle.council.net](mailto:julie.baldwin@hayle.council.net) for anyone who has not previously completed one.





## News from St Ives Lifeboat Station

### Drifting yacht located off Newquay

At 12.50pm on Monday 12 May, St Ives RNLI launched our all-weather lifeboat *Nora Stachura*, after a yacht was reported missing and later spotted adrift 20 miles north west of Newquay. A passing fishing vessel raised the alarm after seeing the yacht under sail but with no one visible on deck. As our crew approached, the skipper emerged from below. He was safe and well, having earlier cleared a rope from his propeller, though he still had no forward propulsion. He declined assistance and was able to manage the situation himself.

Rob Cocking, RNLI Coxswain, said: "Our volunteer crew responded quickly to what could have been a serious incident. Thankfully, the skipper was safe. We remind all boaters to maintain engines, carry enough fuel and have the right tools and spares on board."

If you're heading out to sea this summer, don't forget to download the RNLI's essential boating checklists to keep you safe on the water. Visit [RNLI.org/boostskills](https://www.rnli.org/boostskills)

### St Ives Lifeboat Station is recruiting

We are looking for volunteers to join our team and save lives at sea. To find out more visit [rnli.org/volunteer](https://www.rnli.org/volunteer)

**Launch Authority** - If you're a team player with local maritime knowledge, you could put your experience to good use as our new Volunteer Launch Authority.

**Lifeboat Operations Manager** - If you have leadership experience and are good with people, you could put your skills to good use as our new Volunteer Lifeboat Operations Manager and play a crucial part in saving lives at sea.

**Visits Team Members** - Could you spare a morning or afternoon a weekend to meet the public and show them our great lifeboat? This fun role is also a great way to raise vital funds.



Thank you to our wonderful fundraising volunteers whose May half term cake sale raised over £650!

Our RNLI shop is looking for volunteers to help open on Sundays. If you can help please pop in to find out more.



## Work begins on St Ives Bay management plan

**Hayle Town Council has been working closely with representatives of the Environment Agency, Natural England, Cornwall Council, and other organisations to help ensure that the entrance to Hayle Harbour remains safe and navigable – and in a sustainable way that minimises harm to the local environment.**

Town clerk Eleanor Giggall said: “During discussions, it has become apparent that the issues associated with the management of the sand, erosion of the dunes, and the risks of potential flooding and loss of transport links

within St Ives Bay, not only impact Hayle and its harbour, but the whole, wider area.”

A working group has been formed to address these concerns and work up a management plan for St Ives Bay.

Local MPs Perran Moon and Andrew George are involved in the discussions of the new group, to be known as St Ives Bay Management Plan Working Group.

Input is also being sought from organisations such as Sustainable Hayle, Cormac’s local beach managers, and the Marine Management Organisation.

## How Yonkers St Ives is empowering young people

**Earlier this year, a group of young musicians from St Ives seized the opportunity to spend four hours recording music they had written themselves. And in June, they had the chance to perform to friends, family, and the wider community in the beautiful setting of Trewyn Gardens.**

The project, for 16 to 25 year olds, was led by Yonkers St Ives, the youth arm of St Ives Town Council, with the help of Tom Harding, who is studying music at Penwith College, and who brought his equipment and know-how to the recording sessions, which took place at the Edward Hain Centre in February.

The performance in Trewyn Gardens also featured a line-up of guest musicians from St Ives and beyond. Mayor of St Ives, Johnnie Wells, said: “Amazing to see Yonkers St Ives empowering young musicians, both local and visiting. Creating a vibrant event for the community in Trewyn Gardens is exactly what we keep these spaces for, and it’s great to see young people getting involved.”

Rosana Cox, the town council’s youth



**Rosana Cox and Tom Harding with young musicians Joe and Cormac.**

engagement and projects officer, who led the project, said it was “a truly rewarding and enjoyable experience. As this event in Trewyn Gardens demonstrates, when young people are heard, they can make things happen.

“Yonkers St Ives is about empowering and supporting the young people of St Ives parish. If you are aged 11 to 25, or know someone who is, find out more, share ideas, or get involved. Yonkers invites you to be an active member of the St Ives community and help in a mission to ensure young people in St Ives are represented, bringing positive energy and enthusiasm to this already vibrant community.”

Find Yonkers on social media @YonkersStIves

Left  
LuggageFree  
Wi-Fi

Shop

Saturday 28th July • 10:00-15:00 • Free to attend

## Palemon Best Community Fun Day

A free community event to celebrate the start of the Cornwall Libraries Summer Reading Challenge, come and join in the fun - there will be lots happening! Everyone welcome.



### Rhyme Time

Wednesdays • 10:45-11:15 • Free

A weekly session of songs and stories for pre-school children



### Art Club

Saturdays • 10:00-11:00 • £6

Explore new artists & techniques each session with art teacher Peach



### Board Games Club

Saturdays • 13:00-15:00 • Free

There's something for everyone at our new weekly board games club



### Craft Hive

2<sup>nd</sup> Friday of Every Month • 11:00-13:00 • £3

Bring along your craft projects and enjoy a cuppa and a natter



### Barclays Bank Drop-in

Mondays and Thursdays • 09:30-15:30

Barclays are here to offer support and advice on your banking queries



### Citizens Advice (Bookable)

Every Other Tuesday • 10:00-13:00

Free, confidential advice around housing, debt, legal and other issues



@stiveslibrary

@visitstives

St Ives Library & Visitor Information Centre  
Gabriel Street  
TR26 2LX

Open Mon - Sat • 09:30 - 16:00

01736 796297

info@visitstives.org.uk

stivestowncouncil-cornwall.gov.uk



St Ives Town Council



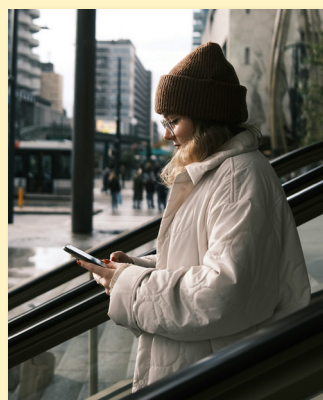
# Liz's Quizzes

**Liz Noall is back to tease you with her quiz! As well as trying these questions, you can catch Liz live every week.**

**Find out where she will be via St Ives Liz's Quizzes on Facebook, where you can also keep up with her fundraising total, from quizzes and regular online draws. She has raised more than £50,000 for good causes!**

1. What type of spicy sauce is named after a river and state in Mexico?
2. F Scott Fitzgerald's last book was titled The Last what?
3. On which continent would you find the Atlas mountains?
4. What is the name given to the person who is at the back of a tug of war team?
5. Played by the actor James Fleet, what was the Christian name of the dim but nice boyfriend of Alice Tinker in the sitcom The Vicar of Dibley?
6. A number that is equal to all of its factors is known as what sort of number?
7. What type of fruit is a Russett?
8. Which city's national palace is decorated with murals by Diego Rivera?
9. Which of the knights of the Round Table was the son of Sir Galahad?
10. Which King of England founded the Church of England?
11. Which character in Coronation Street is played by the actor Bruce Jones?
12. Abuja is the capital city of which African country?
13. Five of the original Village People had which facial feature?
14. The head of a Centurion features on which major credit card?
15. In the classic edition of Trivial Pursuit, what colour is the history category?
16. What is the name of the tropic which lies approximate 23.5 degrees south of the Equator?
17. Name any two of the four countries it runs through.
18. In which part of the human body is the aortic valve?
19. What does the first 'S' stand for in SMS, in the world of mobile phone technology?
20. Which 1999 Tom Hanks film is set in Louisiana Prison?

**Answers on page 62**



# Mamma Mia! A Show and Dine treat this summer

**Carbis Bay Estate is the place to head to this summer if you love great food and timeless pop and want to ABBA great night out!**

The Estate is hosting an unforgettable Mamma Mia-inspired spectacular throughout August. Join us for the biggest party by the beach this summer, featuring the sensational Mia Mammams tribute act. Be transported to Skopelos, Greece, as you sing along to ABBA's timeless classics from the Mamma Mia film. This exclusive, ticketed event includes a welcome drink on arrival, a delicious Greek-inspired three-course meal and the lively 'Mia Mammams' Tribute Show. Come for the music, leave with the memories!

Show dates are Wednesday-Saturday throughout August, starting on the 6th. Doors open at 6pm, and dinner is served at 6.30pm. Tickets are £60pp (under-12s £30). Tickets can be purchased by phone only, on 01736 795311.



Coming to Cornwall this summer

# “MAMMA MIA”

## Inspired Show & Dine

at Carbis Bay Estate

featuring  
**THE MIA MAMMAS**  
Tribute Act

**Show dates Wednesday - Saturday throughout August**

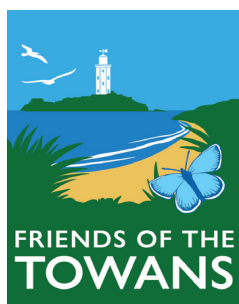
Tickets on sale now! £60 per person, under 12s £30.  
Tickets include a welcome drink, 3-course meal and show.

**PLEASE CALL 01736 795311 TO BOOK.** [www.carbisbayhotel.co.uk](http://www.carbisbayhotel.co.uk)  
Carbis Bay Estate, St Ives, Cornwall, TR26 2NP





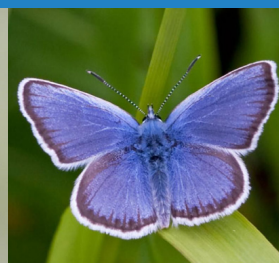




## Protecting the Towans from Hayle to Godrevy



Friends of the Towans is a registered charity which offers opportunities for people to get involved with the conservation and management of the spectacular sand dunes landscape around the town of Hayle on the eastern shores of St Ives Bay.



### Volunteer with us

Our practical conservation sessions are a great way to get some fresh air and exercise and meet new friends – all whilst doing something positive to help the local environment. In addition, we run guided walks and workshops, carry out wildlife surveying and monitoring and work with local schools.



## Towans Recording Group

We are a group of keen local naturalists who have set up a recording group, to study, survey and monitor the plant and animal life of the Towans.

No matter what your level of knowledge, beginner or expert, you will find full support whatever type of survey we are undertaking.

## Art Club



Art Club is for everyone, whether you are a beginner or a more experienced artist. You can learn techniques and ask for help, or just come to quietly draw in the company of like-minded people. It's for residents and visitors, and for people of all ages.



## Save Our Sand

Save our Sand organises monthly beach cleaning sessions throughout the spring, summer and early autumn, in various locations from Hayle to Godrevy.

By picking up litter from the shore, volunteers help to keep our seas healthier and stop marine wildlife from accidentally eating or getting trapped in marine rubbish.

### Contact

If you'd like to get involved, just phone, email, or contact via our social media.

#### Friends of the Towans



07393 522875



volunteer@friendsofthetowans.org.uk



QR scan to friendsofthetowans.org.uk

#### Towans Recording Group



recording.group@friendsofthetowans.org.uk

#### Art Club



art.club@friendsofthetowans.org.uk



#### Save our Sand



saveoursand@btinternet.com





## News from the Old Foundry Chapel

Our restoration work is finally complete, and the chapel building is back to being the heart of the Foundry. There are now meeting rooms and co-working spaces to hire, alongside our collection of Cornish shops and eateries. And we're welcoming two new businesses – The Hayle Bookshop and The Enchanted Boutique. Creative workshops and parties are bookable all summer, through Makers Boutique Studio. There is much more to discover, especially on a grey day – and even at the height of summer, we can expect a few of those! Don't forget that we have board games and Doodle Club to enjoy for free too. Be part of this lovely local community in Hayle. *The Old Foundry Chapel in Foundry Square, Hayle, is home to a wide range of specialist, artisan and vintage shops, offering art and crafts, homeware and fashion, home-cooked savouries and cakes and more.*



### POP UP PARTIES CORNWALL

Make your own...  
**Mermaids purse**

Book a session in Makers Boutique Studio for you and your friends to make and create your very own mermaids purse using fabrics, beads shells and more. Bookable every Wednesday throughout July and August at 11am, 2pm or 6pm £24 per person minimum of 4 guests. All skill levels are welcomed.



### Enchanting Lanterns

Make your own magical lantern. Fill it with lights, butterflies, newts, frogs, flowers, mushrooms and more! Sessions every mondaay in August at The Hidden yurt, St Erth 2pm until 4pm. £18 per person. Suitable for all ages. Parents and little makers are welcome to create something together.

**All bookings and enquiries email**  
[pupcornwall@gmail.com](mailto:pupcornwall@gmail.com)



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**Breakfast and Lunch**  
**Coffee, cakes, shakes, and more!**  
**Open from 8am daily**  
**Hayle TR27 4AB**

# A new family at The Balnoon Inn

It's been a busy couple of months for Jon and Gemma, new faces at the famous Balnoon Inn, on the Old Coach Road, St Ives. Not least, getting used to life with a new baby boy! Their son was born just a month after they moved into the pub, into a family with local connections in St Ives and throughout Cornwall, going back generations. The Balnoon Inn boasts a welcoming, light and airy bar and dining area, and extensive garden, with a separate freestanding summerhouse for functions and special events. There are plans to add a secure children's play area in the garden. For Jon and Gemma, it's as much about the experience as the food and drink. You're not just a visitor, you're more of a family guest, Jonny tells us, explaining that they're building the business for the long-term future. The couple pride themselves on offering top quality food and drink. From a top-rated



kitchen, the chefs turn out some meals that elevate the pub grub experience, with dishes such as buttermilk chicken burger, fish and chips, 8oz rib-eye steak, and Thai green veg curry, while the Sunday roasts have been getting rave reviews! Key ingredients – sauces, marinades, and the like – are made from scratch, from house recipes.

Mouthwatering desserts include sticky toffee pudding and strawberry Eton mess. On the bar you'll find a selection of

local beers, top quality spirits, including fine single malts, and competitively-priced wines. And you won't be pushed away at this bar if you just want to drink and chat.

The pub also boasts bed and breakfast accommodation, with seven comfortable en-suite rooms of various sizes. And those with motorhomes or caravans are welcome to pitch up for the night in the Balnoon's huge car park.

Jon and Gemma are keen to make the pub a community hub, and plan special events and music sessions throughout the summer, with ambitions to host weddings. As their family grows, they want their customers to return time and again, too. And why wouldn't they? It's a fabulous spot, perfect for relaxing, but close enough to St Ives' attractions and a base for touring west Cornwall. Drop in and see!

## The Balnoon Inn







**Great food & drink**

**En-suite rooms**

**Dogs welcome**

Old Coach Road, St Ives TR26 2JB | 01736 691983



# St Ives Farmers' Market

## What to look out for this summer



It's summer, and St Ives Farmer's Market is packed with goodies! Mark Floyd, from Pom, is a regular with his fresh fruit, veg, and deli goods, and Kyfth Kernow have jams and pickles of all kinds. There are tempting treats from the Carbis Bay-based Littlest Baker, and catch fresh from the boats from Quayside Fish. But it's not just just great food. Kate O'Shea, of Bee Happy Flowers is a new regular, and there are scents of a different variety emanating from the Little Soap Shed stall. Last, but by no means least, Margaret Barrell's art always provides colourful cheer. Other regulars include Bay Bakery, Ruby June's, Rosewarne Apiary, and Little Green Seaweed. Get along and see for yourself — the market is open weekly from 9.30am-2pm at The Island Centre.








## Belgian Bar & Brasserie

A hidden gem awaits... Tucked away in the St Andrews St Hideaway Quarter, escape the hustle and bustle of St Ives and retreat into a Belgian oasis by the Cornish Coast. Belgium is famed for its incomparable brewing traditions, continuous flow of beer and exquisite wholesome cuisine. Here at the family run Bier Huis, our guests can expect to indulge in these authentic dining and drinking rituals, brought to you in splendid surroundings, by a dedicated and passionate team. You can choose from the largest Belgian Bier collection in Cornwall, with over 75 bottles, 9 draught varieties. & an ever changing "guest bier" board. Takeaway Bier available. On Sundays, expect live music from local artists, 2-4pm, to accompany your journey of Belgian discovery. Feel free to rock up and we'll do our best to seat you! Check out our opening hours at [bierhuisgrandcafe.co.uk](http://bierhuisgrandcafe.co.uk)

**01736 797074**  
[info@bierhuisgrandcafe.co.uk](mailto:info@bierhuisgrandcafe.co.uk) | [www.bierhuisgrandcafe.co.uk](http://www.bierhuisgrandcafe.co.uk)  
 16 St Andrews Street, St. Ives TR26 1AH






  
 Scan me

St Ives

## Farmers' Market



**Every Monday at the**  
**Island Centre, 2 The Ropewalk,**  
**St Ives, TR26 1SY**  
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## Recipe

# Garlic and chilli beef flatbread

**Resident St Ives Local chef Daniel Rouncefield, of The Inn For All Seasons is back with a new recipe. "This is a beautiful, easy summer dish that includes a home-made flatbread, with just two ingredients. he says. "We currently have it on our menu at The Inn For All Seasons, but if you want to make it yourself to impress your friends and family, this is how!" Serves four.**

### INGREDIENTS

**For the flatbread**  
400g Greek yoghurt  
450g plain flour  
**For the tzatziki**  
200g Greek Yoghurt  
1 cucumber  
50g fresh mint  
1 lemon

### For the garlic and chilli butter

100g softened butter  
50g parsley  
2 red chillis  
4 garlic cloves

### For the topping

2 steaks of your choice —  
I use 8oz sirloin  
100g rocket  
2 red peppers

### METHOD

Firstly, make the flatbread. In a large bowl, mix the yoghurt and the flour with a pinch of salt until you form a dough. You may need to add a little extra flour if the mix is too sticky. It should form a ball and come clean off your hands. Split into 4 equal portions. On a floured



surface roll out each dough ball to the size of your frying pan. In a pre-heated frying pan, drizzle a little olive oil and fry each flatbread for roughly 2-3 minutes each side, before flipping drizzle a little oil on the flatbread, this will help with the chard crispy bits.

Next, make the tzatziki. Slice down the length of the cucumber and remove the seeds. Dice and mix with the yoghurt, chopped mint, black pepper, lemon zest, and juice.

Make a butter with the chopped garlic, finely sliced chillies, and parsley. And prepare the steak and peppers by slicing both finely and putting them in a bowl.

In a large hot frying pan — or two smaller ones — heat some olive oil until shimmering. Add the steak and peppers and fry for 4-5 minutes, depending on how you like your steak. Halfway through, add the garlic and chili butter and let it melt all around the pan. Once cooked, take off the heat and allow to rest. This will make the meat more tender.

Lay your flatbread on the plate with dollops of tzatziki and spoon the beef and peppers over the lot, using all the juices from the pan. Top with fresh rocket and enjoy!

**ST IVES  
SEPTEMBER  
FESTIVAL**

**2025**

**Sept 13th—27th**



**STEVE KNIGHTLEY, FASCINATING AIDA,  
ROO PANES, MARTIN SIMPSON, TERRY REID,  
MARTHA TILSTON, THE COUNTRYMEN,  
THE UNRAVELLING WILBURYS,  
THE EMERALD DAWN, MIRANDA SYKES,  
JIM CAUSLEY, COMEDY CLUB**

**This Flight Tonight's Songs of Joni Mitchell**

Just Like Clay, Will Keating and John Dowling, Bryher's Boys, Molly Hocking, Bailey Tomkinson, Alex Hart, Karnos Brass Band, ARKangel, Celtic Male Ensemble, Joanna Cooke, Richard Trethewey Trio, Rudi's Message, John Dummer, Boilerhouse, Seamus McKenna, Nigel Price Ensemble, Martyn Barker's Tea Band, Dave and Dee Brotherton, Djazz Celtica, Nicole Tesseyman, Josh Frost, Lowender, Not The Beatles and more...

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INFO AND TICKETS AT [www.stiveseptemberfestival.co.uk](http://www.stiveseptemberfestival.co.uk)





## St Ives September Festival| Here's



**Momentum is building towards the 2025 St Ives September Festival, with a stellar array of performers unveiled since the last edition of St Ives Local.**

Fascinating Aida, celebrating 40 years as Britain's greatest cabaret trio, are coming to St Ives Theatre on Saturday 27th September – the final night of the 15-day festival of music and arts – for a fundraising show in support of Kidz R Us theatre company. On their last tour, Fascinating Aida played more than 100 sell-out shows in the UK, including three nights at both the London Palladium and Royal Festival Hall. They have also sold out The Hall For Cornwall, and tickets are flying out for their St Ives show.

Rock legend Terry Reid – described by Aretha Franklin as “the best England had to offer” in the Beatles and Rolling Stones era – is also appearing at the theatre, following a long- career which included tours with Cream, Jethro Tull and Fleetwood Mac – and performing at Mick Jagger's wedding!

Two great tribute acts, The Unravelling Wilburys and This Flight Tonight, with their Songs of Joni Mitchell, are also part of St Ives Theatre's programme, along with award-winning St Ives rock art band The



**Coming to St Ives September Festival. Clockwise, from top right, are Stephanie Sandercock and Julie Moselen; comedians Laura Lexx, Patrick Monahan, and Rich Wilson; The Unravelling Wilburys; Bailey Tomkinson and The Locals; Molly Hocking, and Fascinating Aida.**



# a fabulous line up for one and all

Emerald Dawn, and a Comedy Club Live night featuring TV laughter merchants Laura Lexx, Patrick Monahan and Rich Wilson. All these join previously announced performers Steve Knightley, Martin Simpson, Martha Tilston and The Countrymen.

St Ia Church has announced a nine-night music line-up, headed by British singer-songwriter Roo Panes, ahead of a European tour which will take him to Portugal, Poland, Switzerland and Austria. Also going to church are St Ives singers Molly Hocking, 2019 winner of ITV's The Voice, and Bailey Tomkinson with her band The Locals. There will be St Ia debuts for Just Like Clay, the Karnos Brass Band, and Not The Beatles, with shanty singers Bryher's Boys, ska band Rudi's Message, and the Celtic Male Ensemble choir all returning.

Lowender, a Community Interest Company which champions Cornwall's culture and living traditions, is bringing a Night of Cornish Song to St Ia. Hireth, a four-part harmony vocal group sing in the Cornish language, Kernewek, and offer a mix of striking original works and traditional Cornish songs. Also singing in Kernewek is Elizabeth Freeborn, a Cornish-born singer-songwriter with a passion for the magic of nature, and Fest Da Lowr, a fiddle and guitar duo who bring the old sounds of Cornwall to life. Their music weaves Kernewek into stories that emerge from, and speak of, Cornish landscapes and folk traditions, celebrating and exploring the culture that is so meaningful to them.

Music and the arts come together at Penwith Gallery in Back Road West, where Boilerhouse with Annamaria Murphy, and Djazz Celtica, plus artist Jason Lilley's free Penwith Archive talk complement five shows: the work of Vincent Wilson; the Lanyon exhibition; the Summer Members' Show; Stephanie Sandercock and Julie Moselen's Wishes On The Wind; and Glyn Macey's exhibition.

Tregenna Castle Hotel will be the venue for an Art Exhibition and Evening, including dinner, with renowned artist Susan Fowler, in support of the Motor Neurone Disease Association, while St Ives Library has a varied daytime programme of music, talks, poetry and workshops.

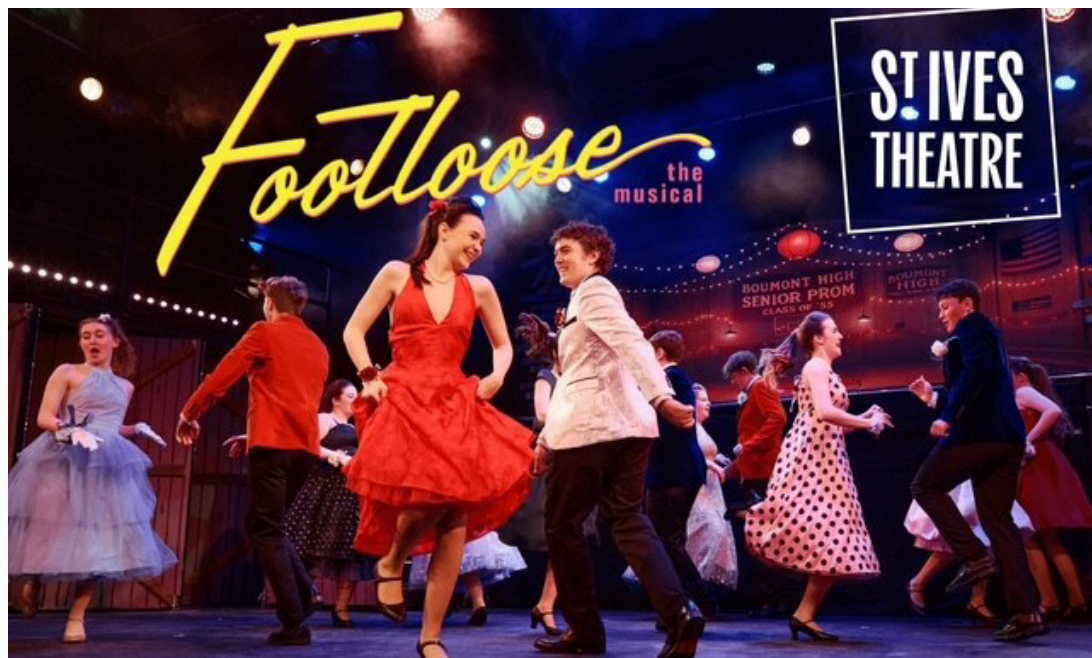
For the latest Festival information and to book tickets, visit [stivesseptemberfestival.co.uk](http://stivesseptemberfestival.co.uk)





# St Ives Theatre

## Curtain rises on an exciting summer



Our opening night back in April seems like an age away. It was a great success, with a mesmerising performance of *The Wizard of Oz*. Since then, our theatre has been buzzing with laughter, applause and standing ovations, and it's all thanks to you – our amazing audiences.

We are now starting to build a year-round programme of shows at St Ives Theatre to entertain you. In June, we welcomed the hilarious Johnny Cowling for a fun night of comedy and music. Going forward, we have a stellar line-up of shows coming your way, from musicals to gala nights to festival favourites. Throughout the summer holidays, we'll be performing two shows, when the stage will come alive with the magic of *The Wizard of Oz*

### By trustee Danny Strickland

and the unstoppable energy of *Footloose* – musicals brought to life by our award-winning Kidz R Us youth theatre company.

Following that, we have a variety of great acts performing in the theatre as part of St Ives September Festival, including Steve Knightley from *Show of Hands*, and on the final night of the festival, our headline act is *Fascinating Aida*.

Our stunning St Ives Theatre bar is open and ready to welcome you for pre-show and interval refreshments. Whether you're meeting friends, soaking up the atmosphere, or simply enjoying a drink before the performance, our gorgeous new bar is the perfect place to start your evening. Mark

your calendars, grab your tickets and join us for a season packed with unforgettable entertainment. For our What's On programme and to book tickets please see [www.stivestheatre.co.uk](http://www.stivestheatre.co.uk) or use the QR code opposite.

For those lucky holders of the St Ives Gold Card, there is a 20% discount for tickets you purchase in person at the theatre box office.

And remember, every time you buy tickets, all the money is reinvested straight back into the theatre and Kidz R Us, keeping this community asset open for all to use.

*We're always on the lookout for people to join our volunteer front of house team. If you fancy joining our dynamic crew, welcoming audiences into our theatre and watching great shows, then please get in touch.*

**THE WIZARD of Oz Footloose**  
the musical

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# The Housewives' Itch

## Sometimes you just have to scratch!

**The Housewives' Itch is a new play which tells the story of Louise and Emma, and a friendship which begins in the school playground, and continues through teenage nights of dancing and drinking, followed by marriage and motherhood.**

But what happens to the close bond between the two women when one of them remains content with the familiarity of family life, and the other yearns for new adventures? Will she scratch the housewives' itch? And will this be a fork in the road for the friendship of Emma and Louise?

These are the questions which Nicole Tesseyman explores in *The Housewives' Itch*, a two-hander in which she stars with her friend Kay Theodore, which will be at St Ives Arts Club in August.

"The play was written for Kay and me to act in," says Nicole. "The idea came from our frank and funny conversations during our long-standing friendship. Life has its ups and downs, and a true friendship can see us through. There is humour in honesty, and the conversations and situations we find ourselves in – sometimes when we least expect it – that people can relate to. I worry that people feel they need to live up to images of the perfect life they see on social media. It's OK not to have a perfect life!"

Writing *The Housewives' Itch* was a new venture for Nicole, a singer-songwriter known as The Cornish Lark – and our advertising manager here at St Ives Local. But she is not new to drama, having begun her acting career playing a clown in a St Ives Infants School play, and then playing the lead in *Mary Poppins* and *Grease* in junior and senior school productions. Nicole studied performing arts at Cornwall College and she later joined St Ives' Boathouse Theatre.

Back in her schooldays, Nicole arranged a work experience placement at the Acorn Theatre in Penzance, so it was appropriate that the Acorn was the venue for the first performance of *The Housewives' Itch* in April, a sell-out which attracted a standing ovation, and audience comments such as "relatable, funny and emotional".

"Kay and I were both overwhelmed by the audience's reaction as the play came to an end," says Nicole. "It's a memory we will both cherish forever. It was a shock, as we had never performed the play to anyone before, except Eddie, our sound technician and photographer, and we had no idea it would have this wonderful reaction."



Photo: Ed Norbury

*The Housewives' Itch* is at St Ives Arts Club on Saturday 2nd and Sunday 3rd August at 7.30pm. Tickets are £10 and are available from [stives.ticketsolve.com](https://stives.ticketsolve.com) or by scanning the QR code. Nicole will be singing at several venues during the St Ives September Festival.



St Ives Arts Club Present

# The Housewives' ITCH

Be careful what you wish for, is family bliss really enough?



A play by Nicole Tesseyman

**Saturday 2nd & Sunday 3rd August 7.30pm**

Be drawn into this warm and familiar friendship between two very different women (Nicole Tesseyman & Kay Theodore) Taking you on a journey of emotions that reflects how important friendship is in a world where you never know what's around the corner!

**Tickets £10**

Scan the QR code or go to [stives.ticketsolve.com](https://stives.ticketsolve.com) to book





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# ST.IVES MUSEUM

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## FIND US

**BY CAR:** Island Car Park - 3min walk via Burrow Road / St Eia Street

**BY TRAIN:** St Ives Train Station - 15min walk via The Warren and Wharf Road. At the end of Smeaton's Pier, turn left onto Sea View Place and the Museum will be ahead of you above Bamaluz Beach.



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[schoolofpainting.co.uk](http://schoolofpainting.co.uk)  
01736 797180



# ST IVES ART TOURS

## GUIDED ART TOURS EXPLORING ST IVES



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# ST IVES BOOKSELLER

St Ives Local

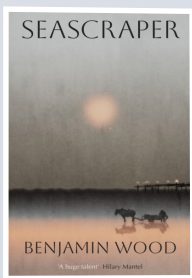
## Book Review

by Alice Harandon, manager of St Ives Bookseller

**Seascraper** by Benjamin Wood

£14.99

Thomas lives a slow, deliberate life with his mother in Longferry, working his grandpa's trade as a shanker. He rises early to take his horse and cart to the grey, gloomy beach to scrape for shrimp; spending the rest of the day selling his wares, trying to wash away the salt and scum. But it is the 1960s and when a striking visitor turns up, bringing the promise of Hollywood glamour, Thomas is shaken from the drudgery of his days and begins to see a different future. A mesmerising portrait of a young man confined by his class and the ghosts of his family's past, dreaming of artistic fulfilment.



**The Secrets of Harbour House** by Liz Fenwick

£9.99

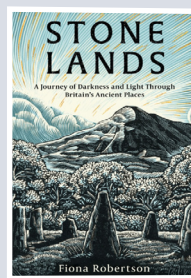
When Kerensa is sent by her father's auction house to catalogue a neglected house overlooking the sea in Newlyn, it's a welcome escape. Captivated and intrigued, Kerensa finds herself piecing together the enigma of Bathsheba Kernow, a fiercely talented young artist who left St Ives almost a hundred years before, eager to escape a society that wouldn't understand her, and her sweeping journey from the underbelly of Paris to the heady luxury of Venice, where a chance encounter would change her life for ever, drawing her into the most dangerous and forbidden of love affairs.

**Stone Lands: A Journey of Darkness and Light through Britain's Ancient Places** by Fiona Robertson

£25

Journeying across Britain, from West Penwith

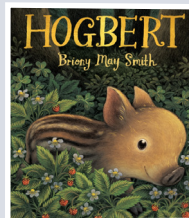
and Avebury to the Lake District and Orkney, Stone Lands uncovers the magic and rich history of our incredible prehistoric standing stones. It conveys the delight that lies in tracking them down, as well as the solace these ancient places offer in times of darkness.



**Virginia Woolf** by Maria Isabel Sanchez

£9.99 (published 7th August)

The latest in this bestselling illustrated biography series for children introduces the life and works of Virginia Woolf to younger readers.



**Hogbert** by Briony May Smith

£12.99 (published 31st July)

One day, Mummy Pig decides it's time for her babies to leave the nest for the first time – but they must remember to stick together ... because the Big Bad Wolf could be about!

But when Hogbert sniffs out

a super-tasty trail, he forgets Mummy Pig's words and finds himself all alone.

Luckily, he meets some new animal friends along the way – whom sharp readers may recognise from some of their favourite fairy tales! Can Hogbert learn to follow his nose and lead his new pals back to the safety of their families?

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](mailto:stivesbookseller@mabecronbooks.co.uk); X: @stivesbooks



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**Top left and bottom left: The Princess Royal pays a visit to St Ives National Coastwatch Institution (NCI) and goes on to a reception at the Tregenna Castle. The Princess is royal patron of the NCI. Top right: one of 12 fine venues participating in the Lelant Secret Gardens event. Proceeds from tickets, and the sale of magnificent teas and cakes, went to the upkeep of Lelant Village Hall. Bottom right, a bustling Food and Drink Festival on Porthminster Beach, and, bottom centre, St Ives School of Painting's open air life drawing session at the festival. Centre: celebrating blue flag awards for local beaches — that's Porthminster, Porthmeor, and Carbis Bay beaches. And, top centre: a pint of delicious Adit IPA at Mine Brewing Co's first open weekend of the year at Consols.**





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# What's On July and August

## MONDAYS

### Little Ones at the Bridge Toddler Café and Baby Café

At The Bridge, Penpol Terrace, Hayle.  
Toddler Café runs from 9.30am–10.30am in term time. Baby Café runs from 10.45am–11.45am and is also free.  
[haylelightandlife.co.uk/little-ones](http://haylelightandlife.co.uk/little-ones)

### Beachfit

Outdoor fitness sessions on the beach, Hayle, 9.15am. [beachfitcornwall.com](http://beachfitcornwall.com)

### Pilates

Carbis Bay, 9.30am, £7. Suitable for beginners and those struggling with pain or long-term conditions. Email [sheryl@beachsidephysiotherapy.co.uk](mailto:sheryl@beachsidephysiotherapy.co.uk) or phone 07376 601061.

### Iyengar yoga

In the Greta Williams Room, St Ives Library, 9.30am–11am. Drop-in session, all levels welcome. £10.

### St Ives Farmers' Market

At the Island Centre, 9.30am–2pm. See feature elsewhere in the magazine.

### Barnoon Arts

Open drawing class in St Ives Arts Club, 10am–noon. [barnoonarts.uk](http://barnoonarts.uk)

### St Ives Arts Club

Monday Art Group, 1.30pm–4.30pm. Check with the club for spaces.

### Hayle Memory Café

At Hayle Rugby Club, first and third Mondays of the month, 2pm–4pm. For people with memory problems, their families, and carers. Activities, plus 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. £3 per session (includes tea and biscuits). For more information, call Graham on 01736 762512 or visit [carbisbaybridge.co.uk](http://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/](http://kevrannastives.co.uk/foodshare/)

### St Ives Camera Club

St Anta Church Hall, Carbis Bay, every other Monday, 7.30pm. From September to April. For a programme of events, visit [stivescameraclub.co.uk](http://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](http://stiveschurch.org.uk)

### Local Vocalz

At Hayle Methodist Church, 7.30pm. A friendly, 45-strong mixed four-part choir singing popular songs, from classics to pop. No audition necessary. First month free. Email [pluing@tiscali.co.uk](mailto:pluing@tiscali.co.uk) or call 01736 754225.

### Stammtisch German-speaking group

Meets once a month (not always on the same Monday) at West Cornwall Golf Club. For details, phone Birte Hosken on 01736 798408 or email [birtehosken@yahoo.co.uk](mailto:birtehosken@yahoo.co.uk)

### **Towednack Church**

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

## **TUESDAYS**

### **Beachfit**

Outdoor fitness sessions on the beach in  
Hayle, 6.45am. [beachfitcornwall.com](http://beachfitcornwall.com)

### **Wild Tiddlers**

Baby and toddler group 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](http://stiveschurch.org.uk)

### **St John's in-the-Fields**

Morning prayer, 9am.  
[stiveschurch.org.uk](http://stiveschurch.org.uk)

### **Friends of the Towans**

A friendly group of volunteers carrying out  
practical conservation tasks around St Ives  
Bay, 10am–2pm. All welcome.  
[friendsofthetowans.co.uk](http://friendsofthetowans.co.uk)

### **St Ives Community Orchard and Nature Reserve**

Volunteer to help look after 30 acres of land,  
10am–noon. [stivesorchard.co.uk/volunteer](http://stivesorchard.co.uk/volunteer)

### **Barnoon Arts**

Watercolours. Weekly standalone class,  
10.30am–12.30pm. [barnoonarts.uk](http://barnoonarts.uk)

### **St Ives Community Foodshare**


Pick up surplus food at The Core, St Ives  
Community Orchard, 12.30pm.  
[kevrannastives.co.uk/foodshare/](http://kevrannastives.co.uk/foodshare/)

### **St Ives Knitting Group**

Café Art, Royal Square, St Ives, 3.30pm–  
5pm. Come along for a knit and a natter —  
all welcome. Refreshments available.

### **Salvation Army**

Meal and worship at the Wharf Road base,  
5pm. [salvationarmy.org.uk/st-ives](http://salvationarmy.org.uk/st-ives)



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### **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](http://sja.org.uk)

### **1st St Ives Cubs**

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

### **St Ives Bay Community Choir**

Rehearsals from 6.30pm to 8.30pm at  
Carbis Bay Memorial Hall. New members  
are always welcome. No auditions  
required, just enjoy singing. For more  
information, phone Lynda on 01736 796832  
/ 07871 805526, email [sichoir@btinternet.com](mailto:sichoir@btinternet.com)  
or visit [stivescommunitychoir.org.uk](http://stivescommunitychoir.org.uk)

### **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/](http://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 (live music) every other  
Tuesday. [facebook.com/StIvesJazzClub](https://facebook.com/StIvesJazzClub)

## **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.  
[haylelightandlife.co.uk/little-ones](http://haylelightandlife.co.uk/little-ones)



### Beachfit

Outdoor fitness session on the beach in Hayle, 9.15am. [beachfitcornwall.com](http://beachfitcornwall.com)

### Pilates

Carbis Bay, 9.30am. See Monday.

### 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. More details from Giles on 07527 287543, at [steeplewoods.org](http://steeplewoods.org) and Facebook.

### Artisan Market

At The Island Centre, 10am–4pm.

### Barnoon Arts

Sketchbooking St Ives. Outdoor sketching around St Ives, 10.30am–12.30. [barnoonarts.uk](http://barnoonarts.uk)

### St Ives Community Foodshare Kevrenna

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. [kevrannastives.co.uk/foodshare/](http://kevrannastives.co.uk/foodshare/)

### Rhyme Time

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

### DDMix

At Carbis Bay Memorial Hall, 11.45am. An aerobic workout using dance styles from around the world. To book, phone 07719 700993 or email [diversedancemix.martha@gmail.com](mailto:diversedancemix.martha@gmail.com)

### Ukulele Club

At St Ives Arts Club, 1pm–5pm. Email Steve at [swmlither@btinternet.com](mailto:swmlither@btinternet.com) if you're interested in learning the ukulele.

### St John's in-the-Fields

Welcome Wednesdays, 2pm–4pm. A warm, safe space to come to.

### Brownies

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

### St Ives Sailing Club

Meet 5.30pm at the sailing pen (Sloop car park). Dinghies available for experienced sailors. Novices welcome. [stivessailingclub.com](http://stivessailingclub.com)

### Quay Kitchen

Street food Wednesdays at Quay Kitchen, Hayle. Book at [quaykitchenhayle@gmail.com](mailto:quaykitchenhayle@gmail.com) or call 01872 713815.

### 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

At Carbis Bay Memorial Hall. 9.15am, general class; 5.30pm, beginners; 7.30pm, general/intermediate class. To book, text 07817 968036. [lucyaldridge.com](http://lucyaldridge.com)

### Pilates

Carbis Bay, 9.30am. See Monday.

### 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](http://endrian yoga.com)

### CAMEO (Come And Meet Each Other)

10am–12.30pm at Fore Street Methodist Church, St Ives. Free refreshments (donations to charity).

### Barnoon Arts

Draw St Ives. See St Ives in a different light, 10.30am–noon. [barnoonarts.uk](http://barnoonarts.uk)

### Table Tennis for the over-50s

At the Island Centre, St Ives, 10.30am. Phone 07887 368191 or visit [u3astives.co.uk](http://u3astives.co.uk)

### St Ives Memory Café

At Carbis Bay Memorial Hall, 2pm–4pm, on the first and third Thursdays of each month (but not 2nd May). Music, entertainment, 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](mailto:janmack56@hotmail.com)

### St Ives Community Foodshare

Pick up surplus food at St Ives Rugby Club, 5.30pm. [kevrannastives.co.uk/foodshare/](http://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](http://bridgewebs.com/stives)

### Meor Voices

Meeting Thursdays during term time at The Western Hotel, St Ives, 7–8.15pm. A female choir singing a mixed repertoire of alternative, indie, and folk songs. Contact Toni on 07976 704979.

### St Ives Male Voice Praise Choir

The choir meets at Hellesveor Chapel, 7.30pm. They would welcome men interested in singing Christian music.

### Café Frug

A variety of performers and formats, compered by Bob Devereux, first Thursday of the month. 7.30pm (doors open 7.15pm). £4 (£2 members) on the door.

### Alternative Folk Thursdays

8.30pm–11pm in the Kettle 'n' Wink bar of the Western Hotel, St Ives.



## LELANT VILLAGE PRODUCE ASSOCIATION

79<sup>th</sup> Annual Show  
Lelant Village Hall  
Saturday 26<sup>th</sup> July 2025

Doors open at 12:30pm  
Prizes presented at 4:00 pm by  
Councillor Johnnie Wells

Join us to view the wonderful  
entries and see who won!  
Tea, coffee, homemade cake and  
raffle prizes!

### SCHEDULE OF CLASSES OPEN FOR THE SHOW

FLOWERS – FRUIT – VEGETABLES –  
HANDICRAFTS – PHOTOGRAPHY –  
HOME PRODUCE – ART – FLORAL ART –  
JUNIOR CLASSES – FAMILY CLASS

Schedules can be collected from The Badger Inn,  
The Watermill, Dobbies Garden Centre, Hayle  
Plants or in pdf by emailing :

[lelantvillageshow@gmail.com](mailto:lelantvillageshow@gmail.com)

## FRIDAYS

### Beachfit

Outdoor fitness sessions on the beach in Hayle, 9.15am. [beachfitcornwall.com](http://beachfitcornwall.com)

### Pilates

Carbis Bay, 9.30am. See Monday.

### Toddlers Group

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

### Penderleath Community Woodland

Work session 10am–noon at Penderleath community woodland, near Crippleasease. All welcome. Park at Giew Mine, Crippleasease, and cross road. On first Saturday of 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 01736 755005 or email [gilliandawkins1@gmail.com](mailto:gilliandawkins1@gmail.com) or [jackie@renfree.com](mailto:jackie@renfree.com)



### Coffee morning

At St Ives Arts Club theatre, 11am–12.30pm. Third Friday of each month. Open to all members and their guests.

### 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.

### Friday Arts Club

At St Ives Arts Club, 1pm–3.30pm. £1.50 per session — members only.

### 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/](http://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

### St Ives St John Ambulance

At the Island Centre, Island Road, for adults aged 18 upwards, 7pm–9pm. [sja.org.uk](http://sja.org.uk)

### Youth Club

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

### Songwriters' open mic Fridays

8.30pm–11pm in the Kettle 'n' Wink bar of the Western Hotel, St Ives.

## 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. [barnoonarts.uk](http://barnoonarts.uk)

### Bellringing

In the tower (ground floor) of St Uny Church, Lelant, 11am–12.30pm.

Practices 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). More info: 01736 793201.

### St Ives Tennis Club

Free beginners' and improvers' sessions for members, and non-members with a TR26 postcode, between 2pm and 4pm (weather permitting). Rackets available. Call 07413 449338 for further information. [clubspark.lta.org.uk/StIvesTennisClub](http://clubspark.lta.org.uk/StIvesTennisClub)

### St Ives Sailing Club

Meet 12.30pm at the sailing pen (Sloop car park). Dinghies available for experienced sailors. Novices welcome. [stivessailingclub.com](http://stivessailingclub.com)

## SUNDAYS

### St Ia Church

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

### St John's in-the-Fields

Morning service, 11.15am. Wild Church, a service for all ages, 3pm.

### 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. Community hymn singing on the harbour front on 1st and 15th June.

### St Ives Community Orchard and Nature Reserve

Volunteer to help look after 30 acres of land, 11am–1pm. [stivesorchard.co.uk/volunteer](http://stivesorchard.co.uk/volunteer)

### St Ives Community Foodshare

Pick up surplus food at St Ives Rugby Club, 11.30am. [kevrannastives.co.uk/foodshare/](http://kevrannastives.co.uk/foodshare/)

## OTHER EVENTS

### Classic Car Cornwall

#### 5th July and 2nd August

Meeting at the Bird in Hand, Hayle, 6pm.

**Lelant Village Produce Association**  
**26th July**

79th annual show at Lelant Village Hall, from 12.30pm. Prizes presented at 4pm. Schedules from the Badger Inn, Watermill, Dobbies Garden Centre, Hayle Plants or by emailing [lelantvillageshow@gmail.com](mailto:lelantvillageshow@gmail.com)

**Cornwall Wildlife Trust**  
**27th July**

Trelan, on Wharf Road, Lelant TR26 3DU, open, 2-5pm. A fabulous garden with a tropical feel and towering echiums. £6 (children free). More details at [cornwallwildlifetrust.org.uk/events](http://cornwallwildlifetrust.org.uk/events)

**St Ives Arts Club**  
**2nd and 3rd August**

The Housewives' Itch, a play by Nicole Tesseymann, 7.30pm. See article on page 26.

**St Ives Bay Community Choir**  
**12th July**

Garden Party at Carbis Bay Memorial Hall, noon-4pm.

**10th June**

A combined concert at St Buryan Church with St Buryan Male Voice Choir, 7pm.

**St Ives Jazz Club**  
**22nd July**

Lotus Code

**12th August**

Pete Cantor Quartet  
There's jazz every Tuesday at the Western Hotel, St Ives. Doors open at 6.30pm, and music starts at 7.30pm. Entry is free (pay what you can).

**St Ives Theatre**  
**28th and 29th July, and 6th, 7th, 11th, 12th, 20th, 21st, 25th, and 26th August**  
The Wizard of Oz, 7.30pm

**30th and 31st July, and 4th, 5th, 13th, 14th, 18th, 19th, 27th, and 28th August**  
Footloose, 7.30pm.  
Visit [kidzrus.net](http://kidzrus.net) to book.

**Penwith Guild Weavers.**

Meetings are at Carbis Bay Memorial Hall, 2pm.



Contemporary Gallery & Classes  
Westcotts Quay, St Ives TR26 2DY  
[www.barnoonarts.uk](http://www.barnoonarts.uk)



**What's on in St Ives Bay?**

Our guide is online and updated constantly, including a live music guide

Entries are free!  
visit [stiveslocal.uk/whats-on](http://stiveslocal.uk/whats-on)

For a what's on listing in the next magazine, get your details to us by Thursday, 5th June  
Email [hello@stiveslocal.uk](mailto:hello@stiveslocal.uk)




Join us for stunning panoramic views of **St Ives Bay** from the terrace of our restaurant & bar



- Coffee & Cake
- Breakfast Lunch Dinner
- Sunday Carvery
- Weddings
- Functions & Events
- Under 5's Soft Play

**01736 808754**

For prices & opening times, please see [www.coastbeachside.co.uk](http://www.coastbeachside.co.uk)



**WELCOMING NON-RESIDENTS**

Soft play drop-in sessions  
Wednesdays 9am to 1pm  
Senior lunch club  
Fridays 12pm to 3pm

Coast Kitchen-Bar-Terrace,  
Beachside Holiday Park,  
Hayle, Cornwall, TR27 5AW



# **NEXT TIME...**

## **It's the big September Festival issue!**



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**Email: [hello@stiveslocal.uk](mailto:hello@stiveslocal.uk)**

**Phone: 07444 199081**



# Art

## An inspirational homecoming for a young Penwith artist and mother

**A Soft Landing is a new body of work by Esme Lansdowne coming to the Penwith Gallery this summer. It was created during a transformative chapter of returning to her homeland of Cornwall and entering motherhood.**

**Lanyon Quoit**



The exhibition marks both a creative and personal homecoming – a full-circle moment shaped by early artistic influences, deep emotional roots, and an evolving relationship with the land she calls home. Created amid the quiet intensity of early motherhood, these works reflect a shifting sense of time, identity, and place.

Drawing on her material-led practice, Esme uses natural earth pigments sourced from the Cornish landscape to create abstract works that respond to the elemental forces and textures of place. These works are reflections on belonging and the grounding pull of home.

Raised in St Ives and shaped by the legacy of artists like Barbara Hepworth and Peter Lanyon, Esme continues this lineage of experimentation and deep connection to material and landscape. After years of travel and exploration, she returns to Cornwall to raise her family and create work that weaves together the inspirations gathered

along the way. A Soft Landing invites viewers into an emotional and sensory engagement with the land.

A place where past and present converge, and where the gestures of paint and pigment become offerings

to heritage, motherhood, and the notion of home. It is an invitation to pause, reflect, and land softly.

An emerging artist with a growing reputation, Esme has exhibited widely in the UK and internationally. Her most recent exhibition, *Intertwined Narratives*, showing at TwentySix Gallery, Wellington, marks her debut in New Zealand and features works created during her residency at Driving Creek Pottery in the Coromandel. Her work has been featured at galleries such as Anima Mundi in St Ives and the Tyler Gallery in Mousehole.

Esme's practice reflects her commitment to the land and the stories it holds, creating art that resonates with a sense of history and connection. A Soft Landing opens at the Penwith Gallery on 18th July and runs until 18th August.



**Esme Lansdowne**



## Ceramics

# Busy summer ahead for Leach team

**For over a century, the Leach Pottery has been a site of training and learning – weaving people, pots, ideas, and cultures together. Its early spirit was experimental: a small studio exploring clay, firings, and forms. Over the decades, the pottery's wares and focus shifted, evolving into a communal studio of craftspeople.**

A new exhibition, opening on 20th July, tells the story of a small number of the Leach Pottery's students; from 1923 when they began to arrive, to key points such as 1938 with the start of the Leach Apprentices, and their more formal training, that was reinvigorated in 2014. The Leach has also trained countless student-apprentices, and delivers workshops supporting many community learners.

The intriguing collection of pots from the Leach Studio and individual potters – some made at the Leach Pottery, some in the potter's own studios – gives a sense of how potters respond to their time there; some adopting, developing or even rejecting the



aesthetics and ideas. Students Over a Century opens on 20th July and runs until 31st October in the Cube Gallery.

Muchelney Pottery: 60 Years Strong is open in the Shop Gallery and runs until 20th July (it will be online from 18th August until 14th September). It features Muchelney Kitchenware alongside selected individual pots by John Leach, Mark Melbourne, and Nick Rees.

Muchelney Pottery was established in the heart of the Somerset Levels, in 1965, by John and Lizzie Leach. John, the eldest grandson of Bernard Leach, designed the iconic Kitchenware range of 'toasted' wood-fired stoneware for use: from oven-to-table cooking, to serving and drinkware.

## West Cornwall tea time

The Leach Pottery: One & All celebrates creativity across today's Leach Pottery and runs from 12th July until 1st November. The exhibition features individual potters from the Studio alongside colleagues across the Leach Pottery, including some freelance tutors. The eclectic selection of pots tell of the pottery's creative diversity and the potters' love of clay. Every week in August, the Leach will be touring West Cornwall towns with workshops making the constituent parts of a tea set: tea bowls, sugar bowls, jugs, and milk pourers. Sessions will take place at: The Exchange, Penzance (5th August); Hayle Recreation Ground (12th August); Camborne Library (19th August); and the Butter Market, Redruth (26th August). For details of these sessions, and other Leach Pottery activities, visit [leachpottery.com](http://leachpottery.com)



**Bernard Leach, Bottle, 1970**

## ART, EXHIBITIONS, WORKSHOPS

### **Anima Mundi**

**Until 12th July**

Agnes Treherne: With the Breathing of the Wind

Jarno Vesala: Lepo

**Street-an-Pol, St Ives |**  
**animamundigallery.com**

### **Leach Pottery**

**Until 6th July**

Mark Griffiths: Half a Century — Full of Craft

**21st June-20th July**

Muchelney Pottery: 60 Years Strong

**20th July-31st October**

Students Over a Century

**12th July-1st November**

The Leach Pottery: One and All

**Higher Stennack, St Ives |**  
**leachpottery.com**

### **New Craftsman Gallery**

**Until 18th July**

Neil Davies: Out & About  
Yukihiro Akama

**26th July-9th August**

Theo Crutchley-Mack: New Works

**24 Fore Street, St Ives |**  
**newcraftsmanstives.com**

### **Penwith Gallery**

**Until 14th July**

Rod Walker and David Kemp: Keep On Keeping On  
Lydia Corbett (née Sylvette David): The Muse  
and The Loving Minotaur

**Until 18th August**

Members' Summer Exhibition

**18th July-18th August**

Esme Lansdowne: A Soft Landing  
Associate Members' summer exhibition

**22nd August-22nd September**

Vincent Wilson

Lanyon and Friends

**22nd August-27th October**

Members' Autumn Exhibition

**Back Road West, St Ives |**  
**penwithgallery.com**

### **Porthminster Gallery**

**25th June-31st July**

Peter Blake: Venice Suite

**2nd August-6th September**

Martyn Perryman and Jenny Hirst

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

### **St Ives Society of Artists**

**Until 4th July**

Emily Woodard

**Until 5th July**

Hani Mroz and Friends

**5th-11th July**

Sharon Reeves

**12th-18th July**

Heather McAlpine

**19th-25th July**

Julie D Cooper and Susan Grey: Edge of Colour

**26th July-1st August**

Female of the Species

**2nd-8th August**

Jo Brabham-Smith

**9th-15th August**

Chris O'Reilly

**16th-22nd August**

Tanya Krzuwinka

**23rd-29th August**

Meg Stewart

**30th August-5th September**

Seb West

**Until 5th September**

Summer Members' Exhibition

**Norway Square, St Ives | stisa.co.uk**

### **St Ives Arts Club**

**Until 4th July**

Sharon Reeves and Simon Coslett

**5th-11th July**

Davina Embers

**12th-25th July**

Chris O'Reilly and Chris Dawe

**26th July-1st August**

Caroline Ward

**2nd-8th August**

Sam Reese

**9th-15th August**

Tom Cowen

**23rd-29th August**

Rich Hall

**9th-15th August**

Susi Gutierrez

**Westcotts Quay, St Ives |**  
**stivesartsclub.org**

### **St Ives School of Painting courses**

**Until 23rd September**

Gary Long: Figure on a Rock (online)

**4th-6th July**

Artist Retreat Weekend

**7th-10th July**

David Webb: Seascape Impressions in  
Watercolour

**10th and 24th July, and 28th August**

Hilary Jean Gibson: St Ives in Line and Wash

**14th-16th July**

Camilla Dixon: Looking for Colour

**16th July**

Iona Sanders: Instinct and Still Life

**17th July**

Marion Taylor: Keeping It Simple

Continued on page 44



# Neil Davies, Out & About once more

**Neil Davies has revisited his favourite locations on the Moorlands and coastline of west Cornwall for his new exhibition, Out & About, at St Ives' New Craftsman Gallery.**



After Neil's one-year sabbatical from exhibiting in order to refurbish his studio, above St Ives, he has turned his attention back to painting, getting 'out and about', looking for changes in the rural landscape, with the hope and prospect of chancing upon the unexpected.

Following the landscape through seasonal extremes in weather, from storms and heavy rainfall to hot summer droughts, these works present images of familiar places with a difference, viewed by the artist in a new light or from a new angle. They also explore the interplay between agriculture, land management, and nature in our rural landscapes, such as the recent introduction by the National Trust of grazing ponies to west Cornwall, and the resulting alterations to its ancient terrain.

This much anticipated collection continues Neil Davies' talent for powerful compositions, high-energy brushwork, and the distinctive and deeply dramatic palette that has made him one of Cornwall's foremost landscape painters.

Out & About is at the New Craftsman Gallery, St Ives, now, and runs until 18th July.

## **17th July and 7th and 21st August**

Liz Luckwell: Love Drawing Landscape

## **23rd and 30th July**

Liz Hough: Abstraction on the Beach

## **24th July and 14th and 27th August**

Camilla Dixon: Mixed Media Landscape

## **25th-27th July**

Kitty Hillier: Abstract Coastline

## **25th July**

Camilla Dixon: Coastal Colour and Collage.

## **28th-30th July**

Hilary Jean Gibson: Barbara Hepworth's Garden

## **31st July and 13th August**

Roger Towndrow: Kickstart Your Drawing

## **31st July**

Steve Buckler: Oil Painting Essentials

## **1st August**

Laura Kent: Expressive Painting

## **1st-3rd August**

Emily Roberts: Still Life in Oils

## **4th-6th August**

Greg Humphries: Painting the Coast Path

## **6th August**

Steven Buckler: Everyone Can Draw

## **7th August**

Marion Taylor: Keeping It Simple

## **8th-10th August**

Keiron Styles: Changing Tides

## **8th, 15th, 22nd, and 29th August**

Kids' Summer Art Class

## **14th and 28th August**

Emma McClure: Lino Cut Postcards

## **15th-17th August**

Steven Buckler: Expressive Landscapes in Mixed Media

## **18th-20th August**

Hilary Jean Gibson: Capturing St Ives

## **20th August**

Steven Buckler: Oil Painting Essentials

## **21st August**

Emma McClure: Vibrant Florals

## **22nd-24th August**

Camilla Dixon: Observation and Abstraction

## **25th-27th August**

Jill Eisele: Dynamic Landscape in Oils

## **Thursday evenings and Saturday mornings**

Life Drawing

## **Tate St Ives**

**Until 2nd November**

Liliane Lijn: Arise Alive

**Until 5th October**

Liliane Lijn: Arise Alive

Emma Critchley: Soundings

**Porthmeor Beach, St Ives | [tate.org.uk](http://tate.org.uk)**

# St Ives Archive: Alfred Wallis Child Pauper to Artistic Luminary

A new in-depth biography by Matilda Webb

Alfred Wallis is one of St Ives best-loved artists. His paintings greatly influenced Britain's early Modern Art scene and are enduringly popular today. He was born in Devon to Cornish parents whose ancestors were firmly rooted in West Cornwall and the Isles of Scilly. He returned to his native land as a young teenager, having survived an impoverished childhood in the slums of Devonport.

Such resilience was to aid Wallis in times of hardship, particularly in battling great storms on the Atlantic Ocean in small, topsail schooners. Not long after these harrowing experiences, Wallis gave up life at sea and settled in Penzance with his wife, Susan Ward, and her five children.

In 1882 Wallis and his family moved to St Ives where he ran a marine stores business in the building which is now the Lifeboat Inn. But as the sea would flood the ground floor of the business at especially high tides, they soon moved to the top of a steep lane in Downlong, and eventually to a large premises on the Wharf.

Wallis would set out around the town with a cart pulled by his donkey Neddy, and later his pony Fairyfoot, while he called out "Rag-a-bone! Old Iron! Old Iron! Rag-a-bone!". People took to calling him Old Iron, and as nicknames were an important feature of St Ives society, it shows that although Wallis was not a St Ives man, he had become part of the town.

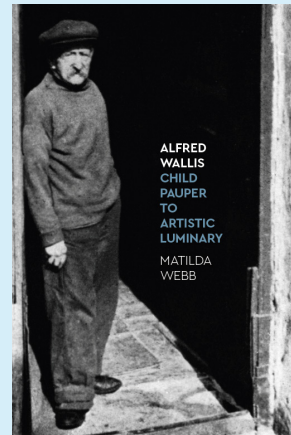
Wallis and his wife retired to a small cottage in Back Road West. It was here he took up painting as a hobby in 1925, at the age of 70. Three years later he sold some of his work to two young artists, Christopher Wood and Ben Nicholson, after which he went on to paint prolifically. He sold most of his work to friends and patrons of these two artists, all of whom were prominent writers, critics and collectors in the British Modern Art world.

Despite the acclaim he received both at home and abroad, Wallis made very little money from his paintings. In 1941, destitute and gravely ill, he was taken to the workhouse, which by then had been renamed Madron Public Assistance Institution. After his death on 29 August 1942, his family funeral at Barnoon Cemetery was interrupted part-way through by his admirers, who then organised a private grave and second funeral, described as "a queer little ceremony". Wallis's grave lay bare and unmarked for a year and a half until the potter Bernard Leach suggested he make a set of decorative tiles to cover it. Thus Leach created a beautifully unique and fitting memorial for Wallis that can still be seen today.

In Alfred Wallis Child Pauper To Artistic Luminary, author Matilda Webb brings together a wealth of newly discovered information about both the life and works of this fascinating figure. She reveals Wallis's turbulent life story and challenges the prevailing narratives surrounding his interactions with the 'real artists' who championed his work. St Ives Archive has played a significant role in providing access to original source material about the town of St Ives in Wallis's day, for which the author is extremely grateful.

Alfred Wallis painted autobiographical events close to his heart. The key to understanding his paintings is to understand his life, and this richly illustrated biography offers many new insights to do just that.

Alfred Wallis Child Pauper To Artistic Luminary is available to purchase from [www.alfredwallis.co.uk](http://www.alfredwallis.co.uk) and St Ives Bookseller.



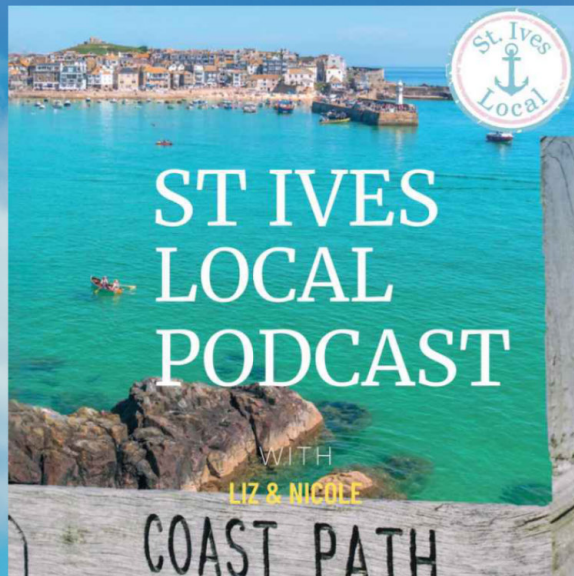
St Ives Archive, established in 1996, holds over 35,000 photographs and thousands of documents covering family history, maritime heritage, mining, industries, art, tourism, customs and more. We welcome visitors by appointment. Varying fees are charged for research, which you can conduct yourself or have our volunteers assist you. Please find our charges at [stivesarchive.org/price-list](http://stivesarchive.org/price-list). Our volunteers conduct research, and support much-needed fundraising.

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St Ives Archive is at Wesley Methodist Church, St Ives Road, Carbis Bay TR26 2SF. We're open Tuesday to Friday, 10 am to 1:30 pm. Email [admin@stivesarchive.org](mailto:admin@stivesarchive.org) to book a visit and let us know your interests.

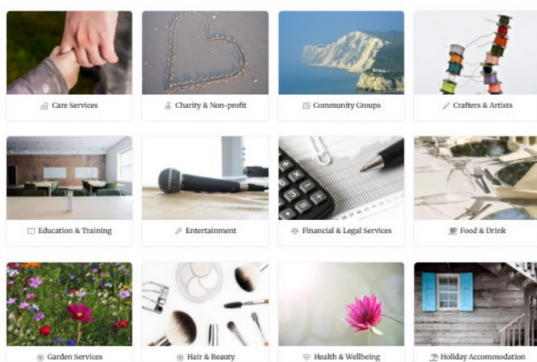
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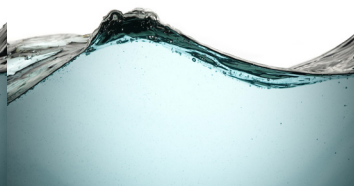
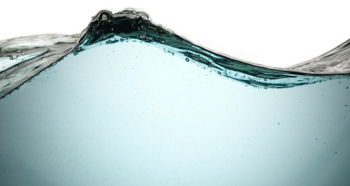
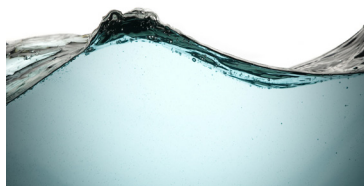
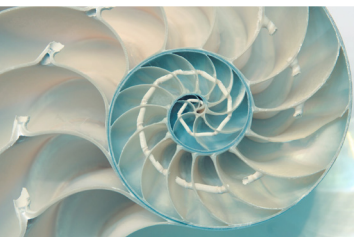
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# Kelvin Storey — chiropractic care at the Copperhouse Clinic, Hayle

**Kelvin Storey DC MChiro brings 18 years of chiropractic experience to The Copperhouse Clinic in Hayle, offering appointments every Tuesday and Friday.**

Having worked across Hampshire and Wiltshire in both private practice and NHS musculoskeletal services, Kelvin has helped thousands of people with a wide range of issues — from back and neck pain to sports injuries, postural tension, and joint stiffness.

His approach is hands-on and practical, combining spinal manipulation, soft tissue therapy, and dry needle acupuncture to relieve pain, improve movement, and support recovery. Treatments are tailored to each person, with time taken to understand the specific demands of their



lifestyle, work, or sport. “I’ve worked with office workers, tradespeople, gym-goers — and the thing most people want is to move more freely and get back to doing what they enjoy without pain holding them back,” says Kelvin.

His sessions focus on the body, but he also understands

that how someone thinks about their pain can influence recovery. With additional training in sports massage, health coaching and NLP, he brings a well-rounded view to supporting clients — especially those dealing with long term or recurring discomfort.

Now living in Redruth with his partner, Kelvin chose to work at The Copperhouse Clinic because of its ethos of integrity, care, and professionalism. “It just felt like a clinic that aligned with how I’ve always practised.”

Kelvin is now welcoming new clients across Hayle, St Ives, and the surrounding areas — offering personalised, physical care.

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Kelvin Storey, a Chiropractor of 18 years integrates dry needle acupuncture into his chiropractic care for a well-rounded, hands-on approach to treatment. Outside the clinic, Kelvin is a passionate endurance athlete with several Ironman and ultramarathon completions under his belt. He enjoys cold water swimming and Hyrox to stay sharp in both mind and body.



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## Trevena Cross Nurseries diary: Sub-tropical splendour in the summer sun

By Katie Besford

**Summer's long, warm days are the perfect time to refresh your garden and outdoor space. Here at Trevena Cross Nurseries, we're passionate about helping you get the most out of the season, with vibrant planting, exciting new additions to our outdoor living range, and fresh, home-grown food.**

Right now, our nursery is full of colour and life, with plants at their seasonal peak. Whether you're an experienced gardener or just starting out, you'll find a wide variety to suit every taste and space. From cheerful bedding plants to hardy, long-lasting perennials, we're here to help you bring your garden to life.

If you're after something with real impact, take a look at our range of large, exotic specimen plants. From mature palm trees to established olive trees, these impressive plants add a sub-tropical feel to any outdoor space. Sourced sustainably from trusted growers in Spain and Italy, and imported just once or twice a year, these specimens are certified pest- and disease-free, and offer instant structure – and that wow factor.

We've also expanded our outdoor living collection this year. Whether you're looking for a classic metal bench, a cosy companion set, a traditional arbour, or a relaxing swing seat, you'll find something here to enhance both the comfort and style of your garden.



There are lots of bargains to be had, too, with half-price plant benches outside the front of the shop promising plenty of regularly –changing treats and tempting buys.

While you're here, be sure to stop by the Palm Tree Bistro, which makes the most of fresh ingredients grown right here on site – especially in our daily specials, which change with the seasons and whatever is looking at its best each day. It's all about keeping things fresh, local, and full of flavour, with a real connection to the nursery just outside the kitchen door.

If you're after something quick and casual, our newly-opened Tiki Hut has already become a customer favourite. Offering takeaway drinks and light bites, it's ideal for enjoying on the go, or in our outdoor undercover seating area.

Whether you're planning a full garden transformation, adding a new feature piece, or simply looking for a peaceful spot to enjoy a coffee among the plants, we'd love to welcome you to Trevena Cross this summer. With friendly advice, top-quality plants, and a setting full of inspiration, we're here to help you make the most of the season. And don't forget to relax and enjoy your garden!

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The loss of 97% of our wildflower meadows since the 1950s, has contributed to a massive 60% decline in our insect population in the last 20 years, (Research by Wildlife trust and Buglife).

There was a time when windscreens would be covered in dead insects after a single journey, no longer. We have a problem!

We need insects to pollinate our crops, so our food supplies are stable. We need wildflowers which evolved alongside our insects to provide food for those insects.

All our much-loved garden plants have been bred from native flowers, and sadly in some cases features that so benefited our wildlife have been lost in that process.

There is so much to appreciate in our wildflowers, and that includes the gloriously bright and cheerful dandelion, often known as the fairy clock, valued for its beauty, and seen as a symbol of hope, healing and resilience in many countries. Dandelions are amongst the very best nectar plants.

Dandelion seeds were even carefully taken by the early settlers to America. Why? Because of their health-giving properties. We now understand that many of the ailments' dandelions helped to treat were the result of a lack of vitamins and minerals in the diet.

As recently as the nineteenth century families grew them in vegetable patches as nutritious greens.

Dandelions are highly nutritious, yes, you can eat them...raw young leaves in salads and stir fries, steamed if older, but only eat unsprayed leaves, picked away from roads!

They provide more goodness than most of the vegetables in your garden, more vitamin C than tomatoes, also iron, calcium, potassium, magnesium, zinc, and many of the major vitamins. In some countries dandelion greens are more expensive than lobster, or steak!

But they also provide huge benefits for wildlife. They are a major part of the diet of butterflies, bees, birds and moths, especially in urban areas, providing rich nectar and pollen which is easy to access, from very early in the year to autumn. They will attract around 100 differing pollinators to their golden blooms. Quite something!

On top of this, the main tap root of a dandelion is usually around 30cms long but can reach over 4 metres deep! These long roots tap into rich nutrients deep in the soil and pull them up, feeding themselves and other surrounding plants, a natural fertiliser! Further, as the roots push through even the toughest most compacted soil, they loosen, aerate and break it up, increasing pockets of oxygen within the soil, so improving plant growth.

Birds love the seeds, especially finches.

Control is simple if needed, remove some of the seed heads, if the finches don't mind! Never use chemical sprays.

You could remove all of these glorious flowers. Then again, you could decide that some of them would so help wildlife, your soil, your plant diversity, as well as brighten up your lawn or flower beds, that you won't. Have a think, what matters most? Maybe let some dandelions stay to save our struggling and fast declining insects.



# SAVE THE PLANET WILDFLOWERS

BY KATE SOUTHWORTH



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# Gardens

## A tropical paradise in the heart of Lelant

**The lush garden of Trelan delighted guests with its tropical atmosphere when it opened its gates for the Secret Gardens of Lelant in early June, and later in the month for the National Garden Scheme. Artist and gardener Nick Williams will once again be welcoming visitors on 27th July, this time in aid of Cornwall Wildlife Trust.**

The garden's special features include a natural swimming pond, a beautiful Italianate sunken garden with a lemon tree, two massive *Trachycarpus Fortunei* trees, and huge banana plants. Trelan also has a fern garden, numerous young trees and countless *Echium Pininana* plants, plus a newly-planted



wildflower meadow beside the house.

Trelan is one of 10 gardens chosen to be part of Cornwall Wildlife Trust's Open Garden season, which began in mid-April and continues until 14th September. Each of the gardens is a showcase for wildlife-friendly gardening and a demonstration of creative ways to adapt to a changing climate.

As well as exploring these hidden gems, visitors can indulge in home-baked cakes, cream teas, and refreshments, thanks to the generous support of sponsors Roddas, Boddingtons, Cornico,

Cornish Scone Company, and Cornish Orchard. Over the past 12 years, Open Gardens has raised more than £150,000 to support Cornwall Wildlife Trust's vital conservation work.

Trelan is in Wharf Road in Lelant, and parking is available at the Dynamite Quay car park. Entry to the garden is £6, with no charge for children under 16. There is wheelchair access to most of the garden, and dogs on leads are welcome. For more information, visit [www.cornwallwildlifetrust.org.uk/events](http://www.cornwallwildlifetrust.org.uk/events)

## Seven decades caring for a great estate

The National Trust is marking 70 years of ownership of Trelissick, the spectacular 300-acre estate situated on its own peninsula in the Fal Estuary, with a new exhibition digging into its archives.

A villa was first built on the site near Truro in the 1750s, and the estate had several different owners before Ida Copeland gifted it to the Trust 100 years later. Today's visitors can explore beautiful gardens and rolling parkland, and take in stunning coastal views from the ground floor rooms of the main house. The exhibition, *Trelissick 70*, features archive images of the estate, including some from the Second World War, and tells the

story of Ida Copeland and her husband, Ronald, and their influence on the garden.

For a second exhibition, *Your Trelissick*, visitors are being invited to share their memories of the estate by creating a postcard-sized piece of art or writing to be displayed in the house. The deadline for submissions is 10th August. Blank postcards can be collected from visitor reception and the house.

*Trelissick 70* is open daily from 11am to 4pm until 15th September. It is free for National Trust members and included in normal admission prices. For details, visit [nationaltrust.org.uk/visit/cornwall/trelissick](http://nationaltrust.org.uk/visit/cornwall/trelissick)



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# Property

## Is it time to ditch the carpet for a hard floor option?



**There are some parts of the home that are ideal for carpet, such as bedrooms and up stairways, but in your main living area they may not necessarily require that knowing sensation of cushioning underfoot.**

Increasingly, open-plan living spaces are becoming the norm, whereby the lounge and diner are one big room instead of two small separate ones. It's a space that suits an interior solution that looks great and cleans up well.


In many cases, the best solution is to ditch the carpet altogether and swap it for a hard floor alternative. Summer is a good time to make the change as you may need to move some furniture outside while you clear the room. Plus, you can make the most of no longer having to scrub grass stains off that cream-coloured carpet!

Another benefit of hard floor is it modernises the space, making it feel fresh and roomy. And if you really can't do without the feel of something soft and warm underfoot, there's always the option of rugs, which are far easier to clean in the event of spillage.


Made from solid wood planks, hardwood flooring is known for its durability and natural beauty. These floors can be sanded and refinished multiple times, extending their lifespan significantly. However, they are easily scratched and are known to be sensitive to temperature change. They're also a more costly option which you'll want to get the pros in for. Laminate flooring is an affordable alternative to hardwood, offering a similar appearance but at a lower cost. It consists of a high-density fibreboard core with a top layer that mimics wood, stone, or tile. It's affordable, versatile, and easy to install, but it is easier to damage and cannot be refurbed like actual wood.

Vinyl is a cheap and varied option. Available in sheets, vinyl flooring is ideal for a kitchen or bathroom space as it is water-resistant. However it does lack the premium feel you might want in a lounge area.



Tiling is another versatile option. There is such a huge array of styles and you can go as premium or budget as you desire. Water resistant and hard wearing, it's again worth calling in the experts if you're at all unsure.



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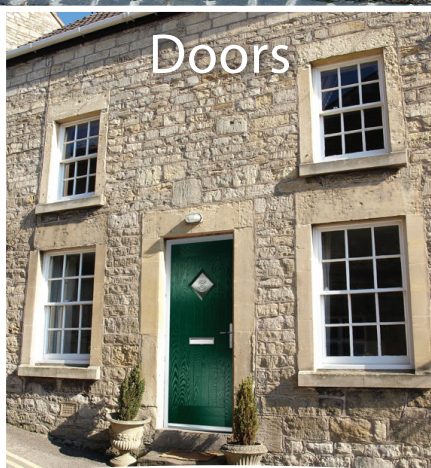
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Just like us humans, pets need a whole new grooming regime for summer. Sure, they don't wear sunscreen, trim their bikini lines or work on their abs, but there are certain vital steps that will vastly improve the warmer months, making the sunny season as glorious for them as it is for us!

### **Coat**

If you've got a no-moult breed of dog (eg. A shih tzu or poodle), you will already be familiar with the process of getting regular grooms to keep everything clean and tidy.

Yet in the summer, most furry pets will require a little extra care, so invest in a good brush from your local pet shop to keep coats silky and knot free; and whether you've got canine, feline or rabbit, regular care with both a flea comb and spot-on or oral treatment, along with checks for ticks, are super important in warm weather.

### **Paws**

Keeping your little one's claws trimmed is essential in any season, but should a nail grow into the skin during warm months when infections are more likely (due to more time spent outdoors and higher temperatures), your pet pal could be in real trouble.

So buy some clippers if you feel confident doing it, or pop down to your vet for a quick trim. This is especially important in anxious pets as it's easy to cut an animal who won't sit still.

And while you're maintaining paws, be on the lookout for grass seeds which get embedded, causing all kind of chaos.

### **Face**

When the weather gets warmer, clear eyes and ears in dogs are essential. Fur around or inside can cause havoc, leading to infection and general icky, stickiness.

Trim hair around eyes with specialised scissors that have curved ends, or see a groomer who can do it for you; gently wipe eye gunk regularly and use a cotton ball with warm water to gently clean inside the ear (but never a cotton bud!).

If there are any peculiar smells or discharge a visit to the vet may be your best bet.

### **Insides**

Oral flea, tick, lungworm and tapeworm treatments are vital all year round, but especially so in summer months. Not only do pests and viruses such as these thrive in humid weather, they're also easier for pets to pick up. For example, that dubious looking puddle that your pup just drank from, or a discarded festival hot dog all have potential to make even the hardiest hound feel ruff. Some pet foods now include probiotics which offer an extra level of tummy protection.

As with most things pet-wise, you, as owner, will know the signs best, so be sure to act on them.

## **Pawsome Summer**

**Breeze through the summer months with your pet by following some essential grooming guidelines.**



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## Coffee Time Puzzles

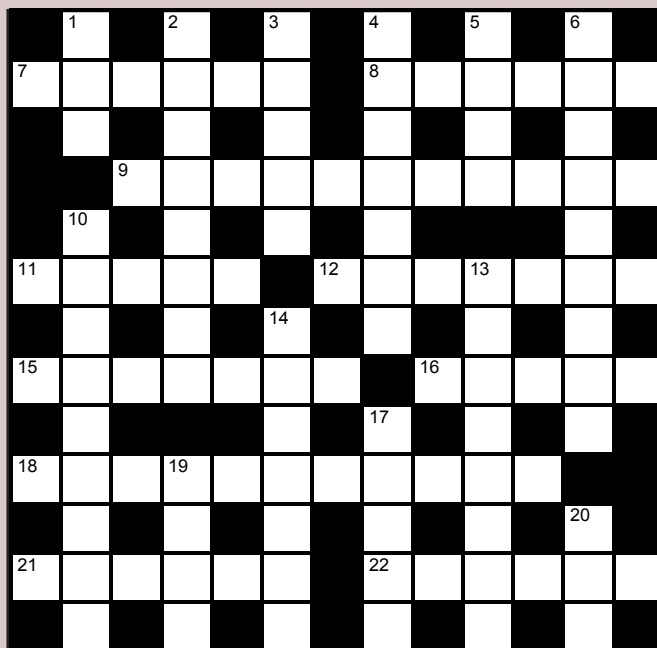
## Quick Crossword

### Across

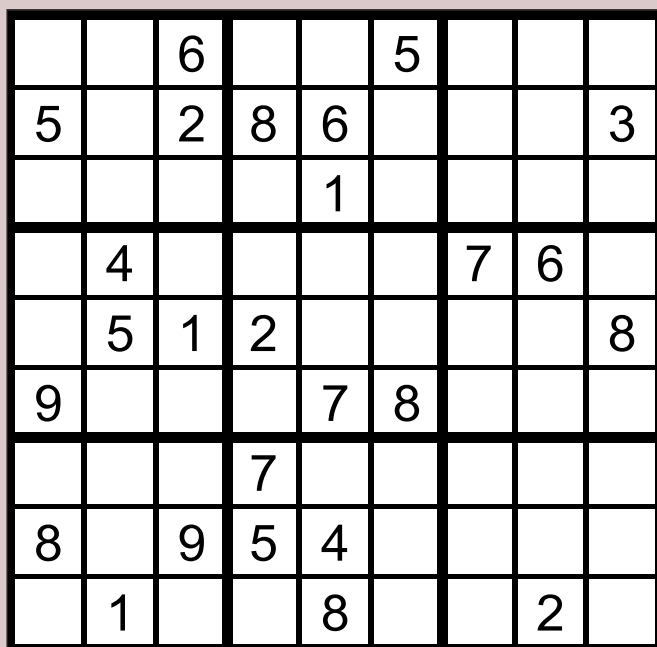
- 7 Incomparable (6)  
8 Tidy (6)  
9 Small wind-powered vessel (7,4)  
11 Watch over (5)  
12 Tract of grassland (7)  
15 Elaborate dance party (7)  
16 Tender (5)  
18 Tube (11)  
21 Reflecting surface (6)  
22 Agriculturist (6)

### Down

- 1 Besides (3)  
2 Flight formation (8)  
3 Trades (5)  
4 Trap (7)  
5 Paint unskillfully (4)  
6 Kinsfolk (9)  
10 Genuine (9)  
13 Foot soldiers (8)  
14 Source of bacon (7)  
17 Snug (5)  
19 Nobleman (4)  
20 Northern hemisphere constellation (3)



## Sudoku



All Answers on page 62



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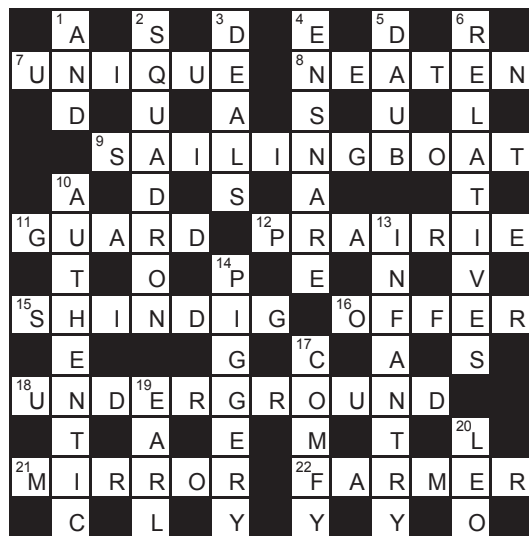
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## Crossword Answers



## Sudoku Answers

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

### Liz's Quizzes, answers

1. Tabasco; 2. Typhoon; 3. Africa; 4. Anchorman; 5. Hugo; 6. Perfect Number; 7. Apple; 8. Mexico City; 9. Sir Galahad; 10. King Henry VIII; 11. Les Battersby; 12. Nigeria; 13. Moustaches; 14. American Express; 15. Yellow; 16. Capricorn; 17. Australia, Chile, Brazil, South Africa; 18. Heart; 19. Short; 20. The Green Mile.

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### Happy Home Cornwall

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### Trevena Cross

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### CVC Solicitors

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### Ceremonies by Melanie Jane

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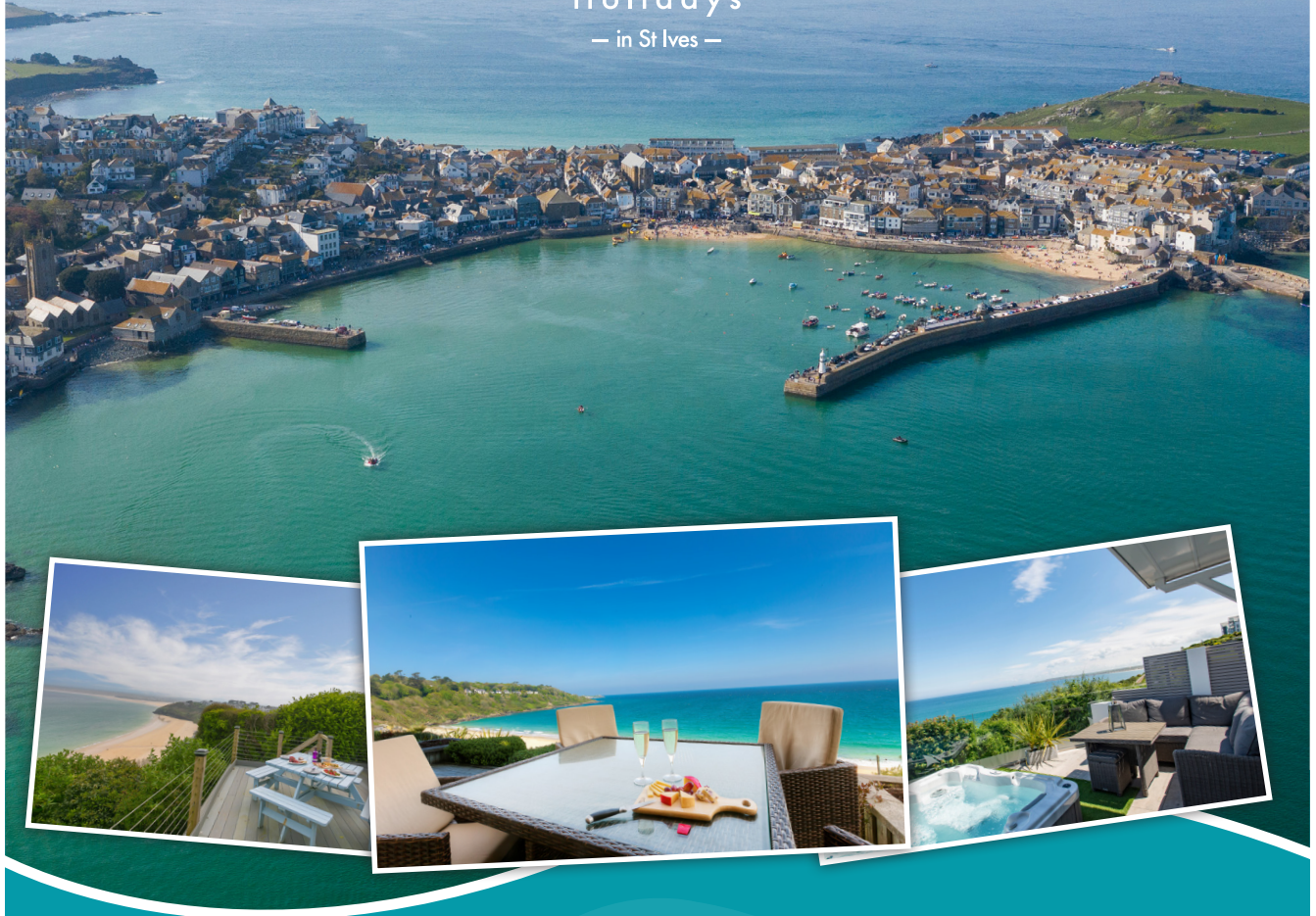




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