

trio





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Cover Photo: Jenny Balfour-Paul - thank you

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The publisher does not necessarily hold the same views as those expressed by contributors and reserves the right to refuse or alter material supplied.

'tis a coming ...

BEWARE ... the

Grand Auction

is on its way ... so I will be visiting all and sundry to entice "gifts" from one and all.

Our professional auctioneer and his capable assistants are looking forward to auctioning literally anything and everything on

SUNDAY JUNE 23rd

at The Slipway
 PORT ISAAC ILLUMINATIONS GRAND AUCTION

Trelights Methodist Church

COFFEE MORNING

Saturday May 4th
 in the Schoolroom
 from 10am-12noon

BRING & BUY PLANTS
 PRODUCE VARIOUS STALLS

Come and meet up with friends and help raise funds for Chapel refurbishment

S.O.S. Port Isaac Village Hall

Thank You!

Another amazing month ...

COMMUNITY FUND

we have been given a grant of £8000 from the Lottery Community Fund.

CHAIRS AVAILABLE

The old Village Hall chairs will be available as soon as our new ones arrive.

Just £1 each to Hall funds.

Speak to one of the committee or call Dee on 880862.

Plus we have been chosen as one of Waitrose Truro's charities of the month for May so if you are shopping there please put your token in our box! And as well as the continuing support from the Co-op when shoppers show their community card we have also got £73.22 from our collection tin on the Co-op Book Stall.

Apparently our new chairs are delayed at sea with a new delivery time of early June but we have now replaced all the garden benches so there is something new to sit on!! Thank you once again to everyone who has donated to our chairs and benches.

Jobs wise, lots of the "little" internal jobs are now completed. And thanks to Nigel (Andrews) and Johnny (Mc) the ongoing problem of the drains is now sorted. The only way now is up!!! Watch this space.

If you can spare any time to help you would be welcomed with open arms! Give Liz Brown a call on 01208 880739. You'll get fed well!

A huge thank you

to the following businesses and organisations who are supporting us:

- B&Q, St Austell
- Bodmin Flooring
- Bodmin Concrete Products
- Doc Martin Fund
- Fisherman's Friends
- Jewsons
- National Lottery Awards for All
- Norman Family Trust
- Plumbase Travis Perkins
- Waitrose Truro
- Western Supplies
- plus the Port Isaac Co-op

LOOK OUT NEXT MONTH

Crowdfunding Campaign for Port Isaac Village Hall

On June 1st we are launching Port Isaac's very first online crowdfunding campaign in aid of our Village Hall. Our Hall is a focal part of our community and we are working hard to make it the best hall possible for everyone who uses it and preserve it for future generations to come.



THE HALL NEEDS OUR HELP!

If you're a Port Isaac resident, a second home owner or a happy visitor, we'd like to invite you all to join us

SEE NEXT MONTH'S CROWFUNDING ISSUE OF TRIO

IF YOU WOULD LIKE TO MAKE A DONATION TO THE HALL

You can make an online donation

HSBC Bank Sort code: 40-45-10

Account No: 71020447

Ref: Donation

or give a cheque to any committee member or send to

The Treasurer, Port Isaac Village Hall,
c/o 3 Trewetha Lane, Port Isaac,
Cornwall PL29 3RN
or drop into Secrets, Port Isaac

THE CO-OP BOOKSHELF

And a final "don't forget" - the used bookshelf in the Co-op supports the Hall and the Playgroup. If you have any books to donate just take them up to the Co-op and put them on the bookshelves - they are near the cash point. We have just emptied our box and collected £72.22 so this really works. Thank you Co-op

every click

www.giveasyoulive.com/join/port-isaac-village-hall

Raise FREE funds for us every time you shop online

Shop at over 4,200+ stores

next amazon M&S Expedia GROUPON OSOS

Become a member today for £1 and earn

5% for you + 1% for your community

every time you choose Co-op branded products and services.

co op

RAISE FUNDS FOR PORT ISAAC VILLAGE HALL WHEN SHOPPING IN THE CO-OP ...

COMMUNITY LUNCHES

Summer Community Lunch

Thursday June 20th

(NOTE THE CHANGE OF DATE)

Autumn Community Lunch

Saturday October 12th

after the Fish PI competition

Christmas Community Lunch

Monday December 16th in the Grotto



The PISCES Summer Exhibition,
which will open at the end of May
Bank Holiday, takes

**A Look Behind the Scenes
of Doc Martin in Port Isaac**

plus

**A Tribute to Port Isaac's
Fisherman's Friends**

Have you been an extra
in Doc Martin?

Do you have any tales or photos we
could include in our exhibition?

Also any general photos of the
filming, going right back
to Saving Grace.

**We would love to include your
memories and photos.**

We are also seeking photos of the
Fisherman's Friends, here in Port
Isaac or anywhere else you have
snapped them.

If you have anything we can use
please contact Dee at Secrets
(email: dee54@mac.com or phone
880862). We will scan your photos
for the exhibition and return the
originals to you. **Thank you.**



Time for Port Isaac to make a stand against plastics ...

Every day when I walk around the village and the harbour I pick up plastic rubbish. This picture shows a little pile collected in the harbour in just ten minutes. Most days I find plastic ice cream scoops among other rubbish along the lanes. I always think of the next bird, dolphin or whale that will die after swallowing such items.

In Devon in 2015 the town of Modbury became the first plastic-free town in England. This is from the Modbury website: "Film-maker Rebecca Hosking screened a documentary – Message in the Waves – about the devastating impact of plastic waste in a marine environment to 50 local shop owners. The retailers were stunned into silence by the film and instantly pledged to stop handing out plastic bags. Modest Rebecca, 42, said all the credit for the change in the law should lie with those in the audience that evening."

Towns in other countries followed this model and now, four years later, the evidence of the damage to the oceans by plastic pollution gets ever worse (unless people think that David Attenborough and 97% of climate researchers are all wrong!).

Would it be an idea to screen this film in Port Isaac and generate a discussion about how Port Isaac could become such a model for Cornwall – or at least head further in that direction?

Thank you,
Jenny Balfour-Paul (resident)

**CAMERA ...
LIGHTS ...
ACTION ...**

At the time of going to
press, the only date we
have for filming in May is
the 8th.

If you have any questions
contact Ellie Parsons on
07769 344 924, email:
elleparsons@gmail.com



Community Taxi

Due to lack of interest it has been decided not to proceed with the Community Taxi Service.



PORT ISAAC SHANTY FESTIVAL

GALA OPENING NIGHT WITH

THE FISHERMAN'S FRIENDS

PORT ISAAC VILLAGE HALL

FRIDAY SEPTEMBER 6th

7.30pm

TICKETS £25 each

email:

dee54@mac.com

SATURDAY SEPTEMBER 7th

LIVE SHANTY PERFORMANCES AROUND THE VILLAGE

ENDING AT THE VILLAGE HALL FOR LOTS OF SINGING, FOOD & BAR



SUNDAY SEPTEMBER 8th

MARE'S TAILS OPEN MIC

RAISING FUNDS FOR PORT ISAAC VILLAGE HALL



more info:

www.portisaacvillagehall.com

SEPTEMBER 6th-8th 2019



SEAGULLS

If you have a problem with seagulls on your property, contact any of the following who are all licensed seagull controllers:

George Ferris
BE-TA-PEST

georgeferris@btconnect.com
01326 376221

Alex Ashbourne
South West Bird Control
southwestbirdcontrol@gmail.com
07799 683250

Keith Perks & Sons
pest.control@gmail.com
07517 788248



Do you **SING, ACT, DANCE?**

MJUK
Music & Arts

invite you to create in a week

THE GREATEST SHOW

GREAT FUN AND SUITABLE FOR ALL AGES 7-18 years

featuring songs from the popular musicals including *The Greatest Showman*

Come to our Taster Day
Monday May 27th at St Minver School

Rehearsal week prior to performances:
Monday August 26th - Friday August 30th
Performances in Wadebridge Town Hall:
Saturday August 31st

To enrol on this great experience or find out more, please contact
singingworkshops@hotmail.com
or phone Julia Treglown on 07815 987172

COMMUNITY CAFE

please note the Cafe will not be open on **WEDNESDAY MAY 22nd** due to a long standing booking made before the cafe started



Where was JB?

Someone, NOT TRIO, cropped him off the photo in last month's Trio. Hope this 'solo' photo makes up for it John!



Art Talk

The Lamorna Artists

Thursday June 13th
Port Isaac Village Hall
Bar at 7pm
Open free event

Olive Maggs will be talking about a second generation of artists in the early 20th century who settled close to Newlyn, in Lamorna Valley, and painted bright sunny post-impressionist landscapes. The colony included 'Lamorna' Birch, Alfred Munnings, Harold & Laura Knight and others.

TRELIGHTS VILLAGE GREEN SPRING FAIR

Saturday May 25th

10am-1pm

at MILL HOUSE (opposite The Chapel)

BRIC-A-BRAC **REFRESHMENTS** **HAND & FOOT MASSAGES**
PLANTS **BOOKS & JIGSAWS** **GAMES ZONE** **RAFFLE**

Enquiries to: Roy on 880549/ n.r.birchwood@btinternet.com
or Sue on 880816/ sueandrews7@icloud.com

PROCEEDS FOR TRELIGHTS CHRISTMAS LIGHTS



FIND US ON  facebook

UPDATE ... After another successful talk on the Newlyn School of painters from art lecturer and historian Olive Maggs, with a slight technical hitch which was brilliantly resolved by David Lindsey, the group, who are now linked to the Tate St Ives 'LOOK Group' went to see the Anna Boghigulan exhibition. After meeting all the other Cornish art groups over coffee we were shown around the exhibition by one of the curators and it was fascinating to see the new work she had been commissioned to do for the Tate based on Cornish Tin mining. This was followed up by another trip to Penlee Museum and Gallery on a glorious sunny day, to see the Newlyn school of painters, plus a new exhibition 'Artists by themselves' which showed portraits of the individual members of the group. The introductory talk gave an informative insight into life at the turn of the century in the small village of Newlyn and what had attracted the artists to it.



Hopefully, if the sunny weather continues, we are looking forward to another trip to the beautiful Trelissick gardens on the Helford river on July 9th. This will be an opportunity for people to look around the Gallery, have lunch, draw, photograph or paint in the gardens or just look at the view (details below).

We have more talks planned for June 13th and August 22nd in the Village Hall. As requested these will be based on artists that people have specifically shown an interest in and requested and will be:

The Lamorna Artists - June 13th, 7pm, Port Isaac Village Hall

Women Artists working in Cornwall during 20th Century - August 22nd, 7pm, Port Isaac Village Hall

The numbers now attending the talks have steadily grown and the quality and presentation by Olive plus the discussions in the pub afterwards make for a really enjoyable evening.

Awards for volunteers at AGM

The recent Port Isaac RNLI AGM followed its normal format.. The committee were very pleased to report that £52,000 had now been raised to buy the station a new D-Class lifeboat. "The Pride of Port Isaac (Goeth Porthusek)" should be with the station in October this year.

Awards were then presented to retiring members of the stations operational team. John Brown has served 43 years with Port Isaac lifeboat as crew and in more recent years as Deputy Launching Authority. He has been a valuable member of both crew and shore crew and the certificate paid testimony to his participation in the lifeboat service.



James Bolton has served on both Port Isaac and Rock lifeboats for 15 years before deciding to step back. During his service at Rock and Port Isaac the lifeboats rescued 36 lives.



Bob Bulgin BEM has been the station's press officer for over 20 years and this year decided to retire from some of his duties. On presenting Bob with his award, Tom Mansell RNLI area lifesaving manager said "Bob has given guidance, friendship and constant enthusiasm and has been a fantastic press officer for this station and it's right that we recognise that with a certificate to say thank you. You are one extraordinary person." Crew and committee are delighted that Bob remains as Chairman.



After food and refreshments, courtesy of the committee and Sharp's brewery, guest speaker, Martin Brockman gave a fascinating and moving talk on the history of the Penlee lifeboats. Martin is the Volunteer Lifeboat Visits Officer at Penlee and is the Son of the late Nigel Brockman, Assistant Mechanic of the Solomon Browne and Brother of retired Coxswain Neil Brockman.



Volunteering with the RNLI is worthwhile, rewarding and requires a huge amount of dedication. Volunteer lifeboat crew members work with helm to operate the lifeboat during rescues and to ensure the safety of rescuees. As well as going out on rescues, lifeboat crew members also commit to regular training in boat handling, radio communications, casualty care, navigation and radar.

Port Isaac RNLI volunteer crew member, Ben Spicer tells us about his recent training at the RNLI College in Poole. "I attended the CEP and seamanship course (sea survival and crew course), five days in total. First two days in the amazing survival pool at the college. They have the capability of generating swell, wind and storm conditions in the dark, so much fun! Capsize drills and learning how to safely use life rafts and standard issue PPE. Then the last 3 days were afloat doing fundamental rescue drills and basic crew skills. Towing, man over boards, veering, mooring and berthing, rope work and basic navigation. The evenings consisted of awesome 3 course dinners with the rest of the crew and of course a beer or two. One of the best weeks ever! Can't wait to go back and do the command course."

Ben has now passed out as substantive crew and is on the helm development programme. There's more information here on all of the volunteer roles within the RNLI <https://rnli.org/support-us/become-a-volunteer/how-you-can-volunteer>

MAYDAY

The RNLI has launched its national annual fundraising campaign

The campaign asks people to 'do their bit, fund our kit' with and hopes to raise £700,000 to fund the crucial kit volunteer crews rely on, like lifejackets, helmets and the RNLI's iconic yellow wellies.

There are all sorts of ways to fundraise for the RNLI's Mayday. From wearing wellies to work or doing a sponsored welly walk, to holding a bake sale or doing a sponsored cycle ride. Anyone can register for a free fundraising pack by visiting RNLI.org/Mayday.

Lifeboat Summer Service on the Platt
Sunday June 9th



Lifeboat Larks on the Platt
Sunday August 18th

St Endellion performances in May



Endelienta

Friday 10 May 7.30pm **Albarosa Choir**

The chamber choir Albarosa, conducted by Timothy Ferguson, presents an evening of unaccompanied choral gems from Scandinavia including works by Grieg, Sandström and Nystedt. Albarosa comprises young professional singers from London, Latvia, the Netherlands and France. £10.

Monday 13 May 7.30pm **Poetry reading - John Greening & Penelope Shuttle**

Two of the country's leading poets give a varied and dramatic reading of a sequence from their collaborative work *Heath* and from their own individual recent collections. £6

Friday 24 May 7.30pm

Thomas Bowes - Bach Pilgrimage

A magical concert of unaccompanied violin pieces from one of the UK's most versatile and accomplished violinists, reflecting the emotional and spiritual strength of JS Bach's music. £10

Book tickets online at www.endelienta.org.uk; by email tickets@endelienta.org.uk; by phone 07787 944935; accompanied under 16s free to most concerts – please check the website.



Reach for the Stars

St Endellion Church Sunday May 26th 7pm

A special concert featuring the young singers who have applied for the 2019 Chris Treglown Award as they perform their audition on this evening

Winners will be announced at the end of the concert



Tickets £8, available online from www.endelienta.org.uk
St Minver Post Office or contact Julia Treglown on
07815 987172 email: juliatreglown@hotmail.com



SHALL WE SING? SHALL WE SING? SHALL WE SING?

2-day VOCAL WORKSHOP

with Gareth Stubberfield

St Minver Perceval Institute

Thursday & Friday July 18th & 19th
from 10am-4pm

Singers of all abilities welcome!

Price - £25 (to include lyrics & music)

For more information and to book a place
please contact

singingworkshops@hotmail.com
or contact Julia Treglown on 07815 987172



Port Isaac • Trelights • Fort Gaverne

St Endellion Neighbourhood Plan

Regulation 14/Public Consultation May 15th–24th June 2019

The Parish Council is looking for community volunteers to help us run our NDP consultation process. Your role is to help members of the public to navigate the exhibition and to make sure they know how and where to make their comments. Volunteers will be asked to read the plan, and to attend a few meetings over the next few weeks to help them in their role.

Please call David Raynor: 01208 880211

St Endellion Neighbourhood Plan Opens for Regulation 14 Consultation!

May 15th-24th June 2019

We have finally gathered all the information you have given us. Initially to find out what you care about, and then used your opinion as the basis for more detailed questionnaires and consultation. All the information was used by the planning consultants employed by the Parish Council to outline the policies for a plan which we believe will have community support.

But Cornwall Council need to check that you agree. Neighbourhood Development Plans are strengthened by public feedback, so it's really important you have your say at this stage, and tell us if you think we have got it right or not. This is called Regulation 14, and is a formal consultation process. Over a six-week period, we will lay the plan in front of you and ask you for your feedback. All comment you make will be reviewed, and will either be absorbed into the plan or an explanation provided to justifying why it isn't. This might change the plan, or it might be that not enough people agree with you to make changes. But it is important that as many of our community as possible, across all age groups engage with the consultation. We will consult not only you, but everyone, including developers, businesses, and national organisations like the NHS.

In the next stage, the plan and supporting documents are submitted to a Public Examiner, to checks the plan reflects your opinions and also complies with both the National Planning Policy Framework (NPPF), and the Cornwall Local Plan (CLP).

Sometimes an Examiner might ask for changes to be made, but we are pretty confident that the plan complies with both the NPPF and the CLP. If the examiner agrees, then by the end of the summer Cornwall Council will put the plan to a community vote. A plan is deemed to be 'made' if 50% +1 of those who vote approve it. The plan then becomes a legally binding document, and Cornwall Council will have to comply with the policies in it when making planning decisions about our Parish.

Public Consultation Events/Feedback from

Treights Methodist Chapel

May 18th from 10am-4pm &
May 19th from 10am-3pm

Port Isaac School

May 25th & 26th
from 10am-4pm

Where you can read the NDP and feedback:

The Neighbourhood Development Plan will be available at Port Isaac Practice, Trevathan Farm, The Longcross Hotel, Chapel Café, The Golden Lion, The Slipway Hotel and The Old School Hotel.

You can read or download the plan on our website: <https://www.stendellionpc.com/> and click the feedback tab to comment after May 15th. We welcome feedback in all formats, but its easier to collate the information if you fulfil online.

Want a hard copy to read at home? Or aren't able attend any of the events or access the plan online, please ask for assistance. Call our Chairman, David Raynor on: 01208 880211 to request a hard copy, or email our Parish Clerk: stendellionpc@gmail.com and we will post you a copy without charge.

Waiting ...

As I write this we are all still waiting! We seem to have been waiting a long time. As you read this we might still be waiting. That B word, Brexit! Our frustrations at waiting begin at an early age, when my children were young and more recently my grandchildren, when told to wait their faces showed an expression verging on panic. I am sure I was the same at that age.



Our 21st century world does not help, all around we encounter the encouragement not to wait, to have what we want now. Our credit- driven society urges to have things we want now, no need to wait. Our 24/7 culture says do not wait for tomorrow have it today. We have become accustomed to immediacy and swift action. All of which means that when we are made to wait, we feel uncomfortable, not in control, irritated, frustrated. We used to be so good at queuing as a nation!

One of the many problems of feeling like this is that we become so obsessed with the future that we forget to live in the present. We lose the joy of the now as we worry about what is to come. We need to relearn waiting and how to do it in a positive active way, not just be passive. To relearn how to live deeply and truly in the present moment so that we can linger in our lives and not be forever looking forwards, striving onwards to the next goal.

My faith tells me that I am living in the now but not yet world that Christ promised, the work started at that first Easter but will not be fulfilled until he returns again. I am waiting and in that time I have to find fulfilment and not be frustrated or irritated but wait in hope in active anticipation, just like the first disciples waited in those 50 days between Easter and Pentecost.

The Welsh Christian mystic and poet R.S Thomas closes his poem "Kneeling" with the words:-

Prompt me God;
But not yet. When I speak,
Though it be you who speak
Through me, something is lost.
The meaning is in the waiting.

May we all find meaning in our waiting, no matter what we are waiting for, be active, live in the present whilst looking to the future.

David Elliott

Church Diary Dates

Sunday May 5th

9.30am: Morning Worship,
St Peter's Church, Port Isaac
11am: Sung Eucharist, St Endellion Church

Sunday May 12th

9.30am: Holy Communion,
St Peter's Church, Port Isaac
11am: Sung Eucharist, St Endellion Church

Sunday May 19th

9.30am: Morning Worship,
St Peter's Church, Port Isaac
11am: Sung Eucharist, St Endellion Church
6pm: Taize, St Endellion Church

Sunday May 28th

9.30am: Holy Communion,
St Peter's Church, Port Isaac
11am: Sung Eucharist, St Endellion Church

Taizé Service at St Endellion Church

6pm on May 19th
a peaceful end to the
day with Taize chants,
readings, prayers and
silence by candlelight



Churchwardens from St Leonard's Church in Sheepstor, Devon, Richard Bayly and Caroline Jennings visited St Peter's recently. Their church is a small 15th century moorland church, which can seat about 90. Like St Peter's Church, St Leonard's receives a lot visitors, and although they already have an audio welcome system, they want to install a visual exhibition.

They met with Barbara Hawkins of PISCES and Chapel Warden Pat Pearson to look at the PISCES exhibition. They have decided that the interactive screen would be ideal for their church and would enhance the experience of visitors.

REFLECTIVE DAYS

Animals as Ciphers & Symbols of Spirituality

Endelienta
REFLECTIVE DAYS
at
St Endellion

Led by Julia Grigg and Dr Jenny Gashke

**Saturday 18 May, 10am-3pm
ST. ENDELLION CHURCH**

Cost £10. Bring a picnic lunch.
Please book via www.endelienta.org.uk
phone box office on 07787 944935
or contact Judith Pollinger by phone or email:
tel: 01208 880181 email: judithpollinger262@gmail.com

A guided observation of the portrayal of animals as symbols and ciphers of spirituality in works of art and on the significance of dogs in myth and literature.

Opening into Silence

A day using poetry and music as an aid to reflection

Led by Victoria Field and Eduard Heyning

Endelienta
REFLECTIVE DAYS
at
St Endellion

**Saturday 22 June, 10am-3pm
ST. ENDELLION CHURCH**

Cost £10. Bring a picnic lunch.
Please book via www.endelienta.org.uk
phone box office on 07787 944935
or contact Judith Pollinger by phone or email:
tel: 01208 880181 email: judithpollinger262@gmail.com

Showing music as an aid to reflection, contemplation and prayer in the morning and a more interactive session in the afternoon.

Both days cost £10. Bookings and further details on www.endelienta.org.uk or from Canon Judith Pollinger judithpollinger262@gmail.com or 01208 880181.

For news about Rock, Polzeath, St Minver, Trebetherick & Wadebridge follow this link www.stminverlink.org



Open Studios Cornwall

2019

Saturday May 25th - Sunday June
2nd

Following the largest number of artists taking part last year we are happy to announce that the fifteenth annual *Open Studios* will see Cornish artists and craftspeople throwing open the doors to their studios once again this year. This is an opportunity to meet the artists in their place of work, many of which are not usually open to the public.

Port Isaac has three artists taking part:

- 1 **Caroline Cleave**
- 2 **Louise Green**
- 3 **Lyndsey Bradbury**

Their studios will be open all week.

Following on from last year's success they will be having another local 'safari' preview with drinks & snacks (donations to Fishermens Mission) on Friday May 24th meeting at 6pm at the Valley Studio (no1) and then visiting the



Port Isaac Practice – service/appointment adjustments

General practice across the country is facing unprecedented challenges in workforce recruitment with increasing complexity and demand for primary care. Changes in workforce at a national and local level have an impact on the way primary care is run. Following recent changes in clinical staffing at Port Isaac Surgery, we have undertaken a review of how we can continue to deliver services to our patients in a safe, sustainable way.

The practice will be moving to a new model of providing care, adopting systems widely used across the country. The aim is to ensure that we are able to provide efficient care tailored to our patient's different needs. For example, urgent and acute illnesses compared to routine, long term care and follow up.

Main Points:

- **Care will be provided using a range of clinicians including**
 - o Doctor
 - o Nurses
 - o Pharmacists
 - o Specialist paramedics
- **Reception Team**
 - o Have been trained in ensuring that patients see the right person at the right time,
 - o Rely on information provided by patients to facilitate this.
 - o Where this information is not available, we will be unable to ascertain what appointment type is required and will offer the next available routine appointment.
- **Routine Appointments**
 - o Still be available to be booked in advance (up to two weeks).
 - o Will be either face to face or by telephone, at a time and location that is convenient.
 - o Patients with very specific requirements may find they need to wait longer before a suitable appointment becomes available.
- **Urgent care requiring on the day assessment**
 - o Will be under the care of an acute clinician.
 - o May be dealt with over the phone, or at one of our surgeries
 - o We may not be able to offer a choice of clinician or surgery site.
- **Appointment Booking:**
 - o To ensure fair and equitable access to booking appointments, we will no longer be able to take bookings at the reception desk.
 - o or online, and we will be improving access and accessibility to booking appointments in this way.

The improvements to our service that are outlined above are aimed at ensuring a safe and sustainable future for Port Isaac Surgery and our patients. We strive to provide a modern, efficient primary care service.

We would appreciate the support and feedback from our patients in this process, comments please to **letters@portisac.nhs.uk** or **letters@nhs.net**

Thank you

 JUK Music & Arts

Chef Lanyon's Chic & Grown-up Chocolate cake!

Well the sun is out (Ed: it might have been when you wrote this Mr L but it is definitely not now whilst I am putting it into Trio!), winter coats, hats, scarves and gloves are in the cupboard ... hopefully! And our thoughts turn to sunny times, holidays, diets and bikinis (and that's just the fellas!). So while you are all counting calories by the bucketload, you'll need a little pick-me-up ... and this is one of my favourites.



chocolate and olive oil make surprising bedfellows in this ultra-moist and easy cake recipe

Chocolate Olive Oil Cake

METHOD:

- Heat the oven to 180C/Fan 160C/Gas Mark 4.
- Butter and line the base of a 20cm round spring form tin.
- Break chocolate into pieces and put in a heat proof bowl over a pan of simmering water and melt.
- Once melted whisk in the olive oil in a steady stream and two-thirds of the sugar.
- Remove from the heat and stir in the ground nuts, a pinch of sea salt flakes and egg yolks.
- Put the egg whites into a CLEAN bowl with about a third of the remaining sugar and whisk until the egg whites are no longer clear. Then add another third of the sugar and continue whisking until the egg whites have increased in volume. Then add the remaining sugar and whisk until you get medium peaks (for medium peaks read firm with tips that droop slightly!).
- Using a metal spoon, loosen the chocolate mixture by mixing in a tablespoon of the egg whites. Fold in gently and continue until all mixed together.
- Scrape batter into a tin and bake for 40 minutes - test by piercing the centre of the cake.
- Leave to cool in the tin. It will deflate and crack but that is good!
- Once cool put on a plate and dust with icing sugar before serving.

INGREDIENTS:

- 200g plain chocolate (70% cocoa solids)
- 125ml strong flavoured extra virgin olive oil
- 200g caster sugar
- 2tbsp ground almonds or hazelnuts
- 3 large eggs, separated

BONUS POINT: THIS CAKE IS GLUTEN FREE!

This is a chic, grown up cake and goes brilliantly with a dollop of creme fraiche

Kim's Low-Cal Grown-up Jelly

This is a lovely dessert that looks great, can be made in advance and served up at the end of a dinner party. It's light and low calorie so great after a "posh" dinner ... especially in the Summer (Ed: might be nice served with Mr L's grown-up cake?)

- 1 x punnet each of Strawberries, Blueberries and Raspberries
- 2 x sachet strawberry no-sugar jelly 1 x sachet gelatine

- Line a 2lb loaf tin with cling film so that there is plenty overlapping the sides,
- Make up the Jelly to a pint and a half adding the gelatine as you make (this is less water than the packet says but you want it solid to hold the fruit). Leave to cool as you put the fruit in the loaf tin.
- First wash and check the blueberries and add them spreading them out so they make a layer, then wash and check the raspberries and add them onto the top of the blueberries, then wash and check the strawberries and add them - these can be sliced to keep the top as flat as possible.
- Pour the jelly into the tin over the fruit and put in the fridge to set. I would give it a few hours or make the night before for an occasion.
- When set turn out onto a plate so that the blueberries are at the top and peel off the cling film. You now have a lovely summer fruits terrine that can be served in slices to your guests, if you don't care about calories can be served with clotted cream (after all we are in Cornwall).

This can be a bit expensive depending where you get your fruit from, but if you don't care what it looks like you can make with a bag of frozen mixed berries and still get a pretty good summer dessert.

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Bernard Stanley Gladwin 1930-2019

The youngest of Stanley & Violet Gladwin's
two children, Bernard was born in Deptford,
South East London on September 30th 1930.

On leaving school he went to Lewisham
Technical College and from there went on to
work as a Draughtsman at a company called
Oertlings. It was here that he met a young
lady who was working in the office but
Bernard, being a shy man, actually asked his
boss to tell this lady that Bernard would like
to take her out to dinner. That was the first of nearly sixty years of
dinners as the young lady was Shirley Collings from Port Isaac. They
married on a beautiful sunny day on August 11th 1960, honeymooning,
of course, in Port Isaac. It was the first of many trips down, initially
travelling by motorbike and sidecar - Bernard always providing Shirley
with a hot water bottle to keep her warm, getting it refilled en route
when they stopped at a transport cafe for a cup of tea!



It was on one of these holidays that Bernard & Shirley spotted a house
for sale on Coastguard Hill ... Bernard quickly found himself a job as
Works Manager at Nelson Stokes in Camelford and they moved to Port
Isaac.

Their life was made complete with the adoption of their daughter Toni.
From the moment Bernard first set eyes on her she was "Daddy's Girl"
and there was nothing her Dad would not do for her. The icing on the
cake was the arrival of grandson Max. Bernard was so incredibly proud
of Toni and Max.

Although a quiet, reserved and modest man, Bernard became involved
in village life and was, for many years, a Governor of Port Isaac School.

In his younger days Bernard was very much into motorbikes and was a
member of a London bike club. He and Shirley spent many Sundays
racing round the track at Brand's Hatch. He was also a great fan of the
Grand Prix and loved watching football and rugby. At one point he
joined the local Darts Team and although he wasn't the best player his
ability to keep the score was very much appreciated.

Once living in Port Isaac holidays moved further afield, first to Tenerife
and then to Cyprus where lots of family memories were made. And of
course there were trips back up to London to see family and with
Bernard's love of driving there were always day trips to some place or
another. He liked nothing better than going off somewhere in the car ...
Bernard was probably the only man who boasted of his high-mileage
cars!

He was always happy to support Shirley in her pursuits particularly in
his latter years when his health began to decline. But he still loved to
drive and after they moved to Trelights he chauffeured Shirley about,
driving her to her Gulls practice every Wednesday night, nipping home
for a bit of time in control of the TV remote control, and then coming
back to collect her ... and ending up taking a car full of Gulls home!

Shirley and Toni thank the staff at Port Isaac Surgery, especially Dr
Barfield, for their care and attention throughout Bernard's difficulties
and also thank family, friends and neighbours for all their kindness and
support.

Donations in Bernard's memory were made to Cornwall Air Ambulance.

"a gentle man and a gentleman ... one who will be greatly missed"



Scott Mann's update from Parliament

I was pleased to be back in the constituency after a difficult few weeks in Parliament following the recent votes on how Britain should leave the European Union. There are several matters that I am taking care of in North Cornwall in addition to meeting many of you to discuss your issues.

There is some fantastic news regarding our accessibility with the rest of the country, with Great Western Railways proposing to build a new platform at Bodmin General. Reconnecting Bodmin General with the mainline is something my constituents have called for since I was first elected in 2015, so I am delighted to have been a part of delivering this new feasibility study from GWR. This will be the latest part of a scheme to upgrade North Cornwall's rail infrastructure and will be the first time since the Beeching cuts that North Cornwall will have a direct link to the main line, going hand in hand with the new Intercity Express Trains running from Cornwall to London.

In addition to the new platform being implemented at Bodmin General £35,057 of funding has been allocated to North Cornwall Railway play areas. The funding is hoping to breathe new life into the play area while promoting the heritage of Camelford Station. As the play area in Enfield Park is in dire need of refurbishment, the Town Council thought it would be a wonderful opportunity to breathe new life into the play area while promoting the heritage of the Station, which was once part of the North Cornwall Railway line. This will be achieved by installing a train play structure and incorporating all thirteen station signs (from Halwill Junction to Padstow) into a new adventure trail.

I was proud to support World Parkinson's Day in April. Parkinson's is a serious neurological condition in which two people every hour will be diagnosed in the UK. UK Parkinson's campaign, which launched on World Parkinson's Day, aims to shatter public misconceptions about the condition by highlighting the reality of everyday life for those living with it and their families.

I'm also pleased to see that the first review of parish and town councils since the 1970's are now taking place. With the review being prompted following an assessment of Cornwall Councils electoral arrangements by the Boundary Commission who have in turn made changes affecting twenty-nine parishes. Cornwall Council has already written to all parish, town and city councils across the Duchy to set out the process the review will take. Now the authority is asking for submissions from councils and residents from across the Duchy to hear what changes they would like to see made and why. To learn more about the changes and to recommend a submission for your community, check out their website online.

If you would like to hear more about what I have been doing both in Parliament and around North Cornwall then please follow my Facebook and also feel free to check out my website at www.scottmann.org.uk

WEBSITES OF THE MONTH

The season got off to a good start over the Easter holidays with some wonderful weather. Even though the water was cold enough to freeze your toes, it was great getting in the sea again. Cornwall is looking wonderful with all the flowers out and the birds singing and this month I thought I would explore what we have online about Cornwall. There are many sites that list what is happening in the coming months and they are certainly worth a look, but I thought I would start with Cornish Stuff, an online newspaper for Cornwall that I hadn't looked at before <https://cornishstuff.com>

The site includes Cornish politics, Arts and Culture, and Cartoons. The Cornish politics section has some interesting articles, ranging from what our MPs are up to in Parliament to local issues on, for example, mental health funding. The arts and culture section has interesting stories as well. One I liked was about a free film show at The Royal Cornwall Polytechnic Society showcasing local filmmakers. It also features John Austin, a 72-year old Lanivet pensioner who will follow the footsteps of pilgrims throughout the ages in a trek from St Jean Pied de Port to Santiago completing a mammoth challenge to raise funds for a community minibus. The cartoons are also a good giggle, all about Cornwall and Cornish life and drawn by locals. The website was set up a couple of years ago and they say it is an independent online newspaper for Cornwall and they are not affiliated to any political party or movement, and do not endorse any.

One article that took my eye was about social prescribing – doctors can prescribe social activities and these have been found to be very good medicine. The article was about funding for this scheme for projects across Cornwall amounting to nearly £1m <https://tinyurl.com/y32wjj8u>. The story has some really nice videos explaining the scheme and what is on offer. One of the projects that is mentioned is Cornwall Neighbourhoods for change based down in the west of the county <https://www.cn4c.org.uk> and their aim is to work with communities to improve people's lives. They have a particular focus on inequality, and how unfair this can be. The website is very nicely organised and you can see what work the project has been doing and also the people involved. One such project, PortEden, a mental health support service, has received some airtime recently as one of its workers is doing a 300 mile charity walk <https://tinyurl.com/PorthEden> and you can find them on Facebook <https://www.facebook.com/Portheden/> It has a community café for drop in discussions and support.

In our own neighbourhood as you can read in an earlier edition of *Trio* www.portisaacheritage.co.uk/downloads/trio/2017-04.PDF about Richard Hambly's efforts - he did a run for a defibrillator, and it was recently installed in Trewetha, outside the Blacksmiths's Shop as you can see in the photographs. Instructions are on the kit, but if you want to read about how to use one you can find helpful advice on the FLEET website <https://fleet.org.uk>

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East Cornwall Hospital (Bodmin) - 01208 251555

Derriford Hospital (Plymouth) - 08451 558155

Local Dental Helpline - 01872 354375

Police (non-emergency) - 101

PC Amy Honeywill,
Neighbourhood Beat Manager - 07889 704150 (only when on duty), email: amy.honeywill@devonandcornwall.pnn.police.co.uk

Civil Enforcement Parking Team - 0300 1234222

Rev Judith Pollinger - 01208 880181

St Peter's Church - Marion Larkin - 01208 880492

Harbour Master - Tom Brown - 07837 514246

RNLI Operations Manager - Chris Bolton - 01208 880256

RNLI Chairman - Bob Bulgin - 01208 880765

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Cornwall Council - 0300 1234 100

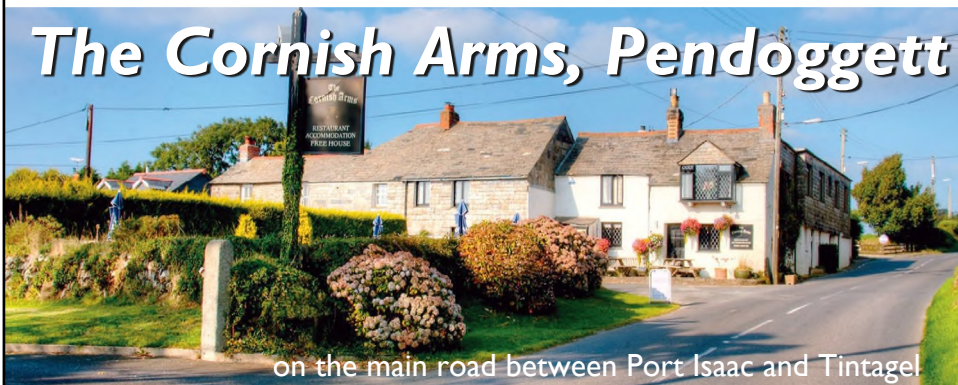
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www.thisisnorthcornwall.co.uk

We are here to make sure that upon arrival your guests are not greeted by unsightly rubbish bags. Make use of our convenient rubbish removal service.

If your property is not located near a rubbish collection point, or the local collection day doesn't coincide with your changeovers, we can simply and conveniently remove any rubbish bags left by your guests. This means that you don't have to worry about any unsightly bags left around the property or stored in a utility, until collection day.



Collection

We will collect your rubbish bags before your new guests arrive.



Cleaning

We wash your bin and line with a fresh bin bag as required.



Disposal

As a licenced refuse collector we will dispose of your bags at a designated licensed tip.

WE'RE OPEN

6 days a week - 9am until 5pm

The Office at Studio 1, 73 Molesworth Street, Wadebridge PL277DS

01208815060 or 07814 934978

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10% LOCAL DISCOUNT AS A THANK
YOU TO ALL OUR LOCAL SUPPORTERS

Wednesday May 1st

The Wednesday Morning Pop-up Cafe
in the Village Hall - 10am-12noon

Tuesday May 7th

Roadside household recycling
collection - bags out by 7am

Wednesday May 8th

The Wednesday Morning Pop-up Cafe
in the Village Hall - 10am-12noon

Friday May 10th

Albarosa Choir - unaccompanied choral gems
from Scandanavia in St Endellion Church

Monday May 13th

John Greening & Penelope Shuttle
poetry reading at St Endellion Church

Wednesday May 15th

The Wednesday Morning Pop-up Cafe
in the Village Hall - 10am-12noon

Saturday May 18th

St Endellion Neighbourhood Plan
consultation - Trelights Methodist
Chapel - 10am-4pm

Sunday May 19th

St Endellion Neighbourhood Plan
consultation - Trelights Methodist
Chapel - 10am-3pm

Tuesday May 21st

Roadside household recycling
collection - bags out by 7am

Friday May 24th

Thomas Bowes - Bach Pilgrimage,
magical unaccompanied violin - at
St Endellion Church

Saturday & Sunday May 25th & 26th

St Endellion Neighbourhood Plan
consultation - Port Isaac School -
10am-4pm

Saturday May 25th

Trelights Village Green Spring Fair at
Mill House (opposite the Chapel),
10am-1pm

Sunday May 26th

Chris Treglown Fund Award Audition
Concert at St Endellion Church

Wednesday May 29th

The Wednesday Morning Pop-up Cafe
in the Village Hall - 10am-12noon

Friday May 31st

Fisherman's Friends on the Platt - 7.30pmish

Sunday June 9th

Port Isaac RNLI Lifeboat Summer
Service

WHAT'S ON

Wednesday June 12th

Jim Carey - Riots & Lobsters, created for
Kneehigh at St Endellion Church

Thursday June 13th

The Lamorna Artists - art talk in Port Isaac
Village Hall - 7pm

Friday June 14th

Fisherman's Friends on the Platt - 7.30pmish

Thursday June 20th

Summer Community Lunch in the Village
Hall - 12.30pm

Friday June 21st

Bristol Madrigals at St Endellion Church

Sunday June 23rd

Christmas Lights Grand Auction at The
Slipway - 3pm

Tuesday July 9th

Art Trip to Trelissick Gardens

Wednesday July 10th

Dante Quartet at St Endellion Church

Friday July 12th

Fisherman's Friends on the Platt - 7.30pmish

Friday July 26th

Fisherman's Friends on the Platt - 7.30pmish

July 30th-August 9th

St Endellion Summer Festival

Thursday August 8th

St Breward Silver Band on the Platt - 7.30pm

Friday August 9th

Fisherman's Friends on the Platt - 7.30pmish

Tuesday August 13th

St Endellion & St Peter's Port Isaac Garden
Fete at St Endellion Rectory - 2pm

Thursday August 15th

St Breward Silver Band on the Platt - 7.30pm

Sunday August 18th

Port Isaac RNLI Lifeboat Larks

Thursday August 22nd

Women Artists working in Cornwall during
the 20th century - art talk in Port Isaac
Village Hall - 7pm

St Breward Silver Band on the Platt - 7.30pm

Thursday August 29th

St Breward Silver Band on the Platt - 7.30pm

Saturday August 31st 2019

PORT ISAAC CARNIVAL

September 6th-8th

PORT ISAAC SHANTY FESTIVAL

Friday September 13th

The Endelienta Ensemble at St Endellion Church

Saturday October 12th

Fish PI(E) Competition followed by the
Autumn Community Lunch in the Hall

December 14th - December 30th

The Village Hall Christmas Festival

Saturday December 14th

Santa's visit to the Grotto in Port Isaac
Village Hall

Monday December 16th

Christmas Community Lunch in Santa's
Grotto in the Village Hall 12.30pm



REGULAR EVENTS

Port Isaac Stay & Playgroup - every
Tuesday from 10am to 12noon in the
Village Hall. Contact Lucy on 07784
657921 or Cherry on 07900 527610

Yoga - Mondays, during term time, in
the Village Hall from 10.30am-12noon.
Contact Tracey on 01208 880215

Port Isaac Chorale - Every Tuesday
from 7.30pm-9.30pm in Port Isaac
Village Hall. Contact Janet Townsend
on 01208 880505

Golden Circle - the second Thursday
in the month from October to April from
2pm- 4.30pm in Port Isaac Village Hall.
Contact Annie Philp on 01208 880262

Mobile Post Office - in the Main Car
Park - every Wednesday 12.30pm-1.30pm

Church Services

St Peter's Church, Port Isaac

First & Third Sundays in the month -
Morning Worship at 9.30am and
Second, Fourth & Fifth Sundays in the
month - Holy Communion at 9.30am
Every Monday at 9am - Morning Prayer

Trelights Methodist Church

Sunday Service at 6pm

TRIO COPY DATES 2019

MONTH	COPY DATE
June	May 25th
July	June 24th
August	July 25th
September	August 24th
October	September 24th
November	October 25th
December	November 29th

THE CAFE WILL NOT
BE OPEN ON
WEDNESDAY MAY 22nd

Port Isaac Village Hall
Community Cafe
every Wednesday 10am-12noon  everybody welcome 