

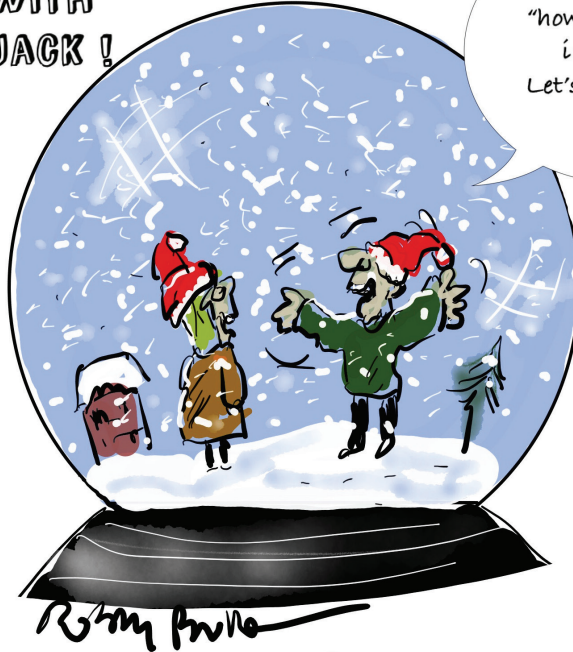
Lyskerry's

The community journal for Liskeard



Issue 4
Winter/Gwaw
—
2018

**CHILL WITH
COUSIN JACK !**



Never mind
"how did we get
in here ?"
Let's just enjoy
it !

Share your stories and get involved

Lyskerrys is a quarterly magazine dedicated to celebrating all the positive initiatives and uplifting stories from in and around Liskeard.

It is published by LAMB (Liskeard Arts and Media Body), supported by Liskeard Town Council, RIO, the Liskerrett Community Centre and Positive People. It is edited by Jackie Butler, art directed by 51 Studio and printed by Deltor, Saltash. Contributors for this winter edition include David Bray, Robby Bullen, Zac Leon, Malcolm Mort, Rod Sheaff, Sue Pike and students at Liskeard Community College.

It is delivered direct to 4,500 homes in the Liskeard area, with 1,500 more copies available to pick up at the Tourist Information Centre, the Town Council offices and many shops, cafes and other local outlets.

Please get in touch if you have a story to tell or a great image to share, a community event coming up, or if you would like to contribute to Lyskerrys magazine in any way, including delivery, if you would like to advertise, to stock copies or to discuss opportunities for content partnership.

Contact us at editor@lyskerrys.co.uk

Welcome / Dynnargh

to the winter/gwav edition of Lyskerrys in which we focus on all the events and activities you can join in to brighten up the chilliest, darkest months of the year.

The town's spectacular Cornish Christmas – or Nadelik Lyskerrys – celebrations in conjunction with the creative team at Golden Tree are back for a second year, with a white stag as its majestic theme. Turn to p15 to learn about the preparations and how you can get involved, either as a participant or a spectator. And there's a full timetable of events to keep handy.

We also talk to the team behind Liskeard's pop-up radio station, hear poignant stories from Liskeard School, experience a magical

storytelling evening, learn some Cornish winter words; keep up to date with community news.

We take a closer look at what goes on at the Liskerrett Community Centre, including their community garden, the Hub vegetarian cafe, shows and performances, as well as the wide variety of clubs, classes and groups that meet under its roof and warmly welcome new members.

We are thrilled to once again join forces with Liskeard's Studio Wallop creative studio to bring you an interactive front cover that comes alive on your phone or tablet with the aid of the AR Zappar app. Just follow the simple instructions below and prepare for a wintry surprise!

All the best / oll an gwella



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Scan the zapcode then aim at the whole image



ZAP

Watch it come to life!



Tradition is all about the family tree

Overlooking the viaduct on the outskirts of Liskeard, one family business has been gearing up for its busiest time of year. The annual trek down Lodge Hill to Santa Trees has become a sort of Christmas pilgrimage for local families.

Much time is spent walking the five-and-a-half acres inspecting 27,000 magnificent fir trees of all shapes and sizes to find the ideal specimen.

Once the perfect choice is agreed on, it is felled, shaken, wrapped in netting and loaded into a waiting car or trailer, ready to be adorned with decorations and take up a prime position in pine-scented family homes.

Eric and Margaret Dungey have been growing Christmas trees for more than 66 years now. Eric claims to be the oldest Christmas tree grower in the country – and it's not the only thing he has to be proud of.

In 2003 his 18ft entry won first prize in the annual British Christmas Tree Grower Association competition and had pride of place outside 10 Downing Street in London. Eric is entering a tree in the national competition again this year, together with two Christmas wreaths designed by his daughter, Helen, pictured with him above .

It takes about six years for a four-year-old seedling to grow to 7ft. During all that time it is producing oxygen and preventing soil erosion.



At one time Eric grew over 20 different varieties. Now he keeps to the five species that do best in this climate. *Nordmann Fir*, *Omorika Spruce* and *Lasiocarpa Fir* are best for their low needle-drop and *Lodge Pole Pine* is best for scent. And they are all fully compostable – unlike their plastic counterparts. He also grows *Koreana Fir*, which can be potted up and then transplanted into the garden when Christmas is over.

Here's Eric's advice for keeping your tree perfect during the twelve days of Christmas:

- Buy fresh, only put the tree in the house at the last moment, keep it away from radiators, keep it in water and give it about a pint of water a day.



Amateurs of the airwaves

Liskeard Radio's volunteer DJs have been tuning up their vocal cords for another year of broadcasting. You're all invited to join in the fun and enjoy some 'Moosic to your ears'

It started as a bit of a laugh, with a bunch of like-minded folk playing at being DJs in the lead-up to Christmas. Six years on, the music, chat and merry mayhem of Liskeard Radio is as much part of the festive season as holly and mince pies.

The amateur atmosphere remains, but the town's dedicated community radio station, run entirely by volunteers – and generously backed by local businesses – has become so

popular that there are plans afoot to make it an all-year-round fixture. For now they have their usual 28-day stint, which runs from November 25 until December 22, when the station is broadcasting 7am to 10pm, seven days a week on 87.7FM, as well as online via their website.

Currently based at Liskeard School and Community College, pupils have use of the equipment to broadcast in house for the rest of the year.



“We got an email which said: ‘You guys are so bad that we can’t stop listening here in Nevada!’ Ex-pats in Australia listen too.”

In 2012 a small group seized the seed of an idea from carpet shop owner Dean Moore. They bought a batch of broadcasting equipment from the defunct Radio Stroud, without a clue how to use it, then threw themselves in at the deep end, learning as they went along.

“Radio was a medium the town didn’t have. A group of about six blokes started chatting about it and wanted to give it a go,” explains Liskeard Radio stalwart Bryan Ugalde – funeral director by day, and DJ on Thursday evenings, alongside the solicitor James Outten.

“The aim was to tell people how great Liskeard is, be a voice for everything that is going on and keep people shopping in the town. We didn’t know how long it would go on for, but it’s just snowballed.

“We produce our own adverts – which are all tongue in cheek. The feedback we have is that it’s so amateurish that people just love it!”

Each year since, the non-profit organisation has managed to raise the £6,000+ needed for the RSL radio licence, which gives them access to around 60,000 music tracks to play. DJs have free rein to take their pick according to their taste.

Among the current regular crew are Methodist minister Rev Mark Pengelly – the technical wizard who knows how all the equipment works – two Cornwall councillors – Phil Seeva and Jesse Foot (pictured with Bryan), and bus driver Barry Green. Bryan’s partner, Jodie Pethick, has two evening shows this year. She loves to get in bands and solo artists to perform live and she also acts as the station’s scheduler.

● Find Liskeard Radio at 87.7FM or online at www.liskeardradio.com. Don’t forget to tune in to the live broadcast from Liskeard Methodist Church Candlelit Carol Service at 6pm on Sunday, December 16.





My Liskeard

With Martin Gilbert

Q) What's your name, age and occupation?

My name is Martin Gilbert and I'm 55. I'm a partner in our family business, Gilberts Oufitters, along with my mother, May. It has been on this site in Fairpark Road for 47 years. My sister and three brilliant nephews all help with the business. It started out as a farmers' store but we now sell all sorts, from workwear, high-vis clothing, jeans, wellies and walking boots to kits for sports teams and school uniforms for the community college. We pride ourselves on customer service – we talk to people and help them.

Q) How long have you lived in Liskeard?

I was in Pensilva for the first ten years of my life, but have been in Liskeard since then.

Q) How do you like to get involved with the town's community?

A group of us got trained in traffic management, so I'm a community traffic marshall. That means getting involved with lots of community events, including the Lions carnival, the Mayor's Parade and Remembrance Sunday. I've been the chief for the Christmas lights for a lot of years, but this year I'm taking the pressure off a bit, I hope.

Favourite event: Liskeard Show, where

I'm joint chief traffic steward with my friend Richard Wherry; we have a great team to work with. We've had some fantastic weather and great turnouts in recent years.

Favourite shops: I try to use all the local shops. I like Goldsworthy's for bits and pieces, Barnecutts and Blakes for pasties and bread and the corner shop at Addington for papers in the morning. I do my food shopping at the Co-op.

Eating place: Himalayan Spice, the Indian restaurant. I do like a good curry now and then.

Favourite clubs: The sports club, where I play pool and skittles, and do a bar shift one night a week. I'm also vice chairman at Liskeard Football Club and used to sponsor the team. I've never played, but I enjoy watching. Motorsport is another passion. A few of us from town go to Le Mans every year. I used to mechanic for Colin Higman, the stock car racing champion from Menheniot, not just locally, but all over Europe.

Walk: Siblyback Lake is nice, and I would like to do more of the coast path – I've only done Looe to Polperro so far!

Lest we ever forget...

To mark the centenary of the end of the First World War, Liskeard School and Community College students have joined in events to commemorate this important anniversary.

Year 9 students worked with scenic artist Alan Munden to create portraits of soldiers from South East Cornwall who fought in the conflict.

These then formed the backdrop for cladding on the reconstruction of a trench in a field above the Bodmin to Wenford steam railway line during the immersive theatre performance of Trench this summer.



Students then attended a matinee of the event. They dressed up as soldiers and travelled by steam train to the remote venue and took part in the trench experience, which they found very moving.

“It made me very emotional,” said Faith Adams. Megan Thomas added: “It was surprising how many soldiers died from our area. Some of the soldiers we painted had surnames we recognised; we could be related.”

Callum Simpson described the event as “like not watching the history

unfold, but actually being part of it.” Anna Rautio said: “It was a sad but positive experience. The sense of camaraderie was strong, despite there being shouting, dirt and being stuck on a hot train. We felt that.”

Freya Hills, from Year 7 was chosen to act in Hip Hip Hurray for Harleigh, one of the short plays performed before the Trench experience.

She had the part of Annie Jago, who waved goodbye to her sweetheart William Reed as he went off by train to the front line.

After one performance, a family group came up to her and thanked her. “They said that my character was their great aunt and that I had acted her very well. That made all the hard work worthwhile,” said Freya.

Students also wrote thank you letters to those who fell in the war and some were read out at the Remembrance Service on Sunday, November 11.

News from the students at Liskeard Community College



Ellie's quest for CALM

A charity concert at Liskeard Community College organised by student Ellie Brunt, raised £350 pounds for CALM – the Campaign Against Living Miserably.

With the help of staff and students, who served refreshments and sold tickets, an audience of more than 100 teenagers enjoyed an exhilarating show of dance and music.

Performers included Rosie Ugalde, Niamh Prizeman, Oliver Partridge, Elisha Fillingham-Brown, Charlotte Taylor, Izzy Smith, Beth Porter, Henry Martin, Iyla King and Imogen Early.

It was a happy occasion with a solemn purpose. A family tragedy inspired Ellie to organise the event. She wanted something positive to come out of her loss.

Headteacher Alex Lingard said: “We believe that we achieve more when we work together and support each other. One of our key values is kindness. This means not just being kind to those close to us, but being socially responsible and positive citizens in our community.”

CALM works to prevent suicides in younger men and to provide support for their families. Many younger men find it hard to talk about their feelings and CALM is a charity run by men for men.

Bearing in mind that suicide is the single biggest killer of men under 45, and that some men find Christmas a very stressful time, the website www.thecalmzone.net is worth remembering to pass on to anyone who might need it.



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| | |
|---------------------------|-------------------------|
| 31ST OCTOBER 10AM-12PM | 31ST OCTOBER 2PM-4PM |
| 14TH NOVEMBER 10AM-12PM | 14TH NOVEMBER 2PM-4PM |
| 28TH NOVEMBER 10AM-12PM | 28TH NOVEMBER 2PM-4PM |
| • 12TH DECEMBER 10AM-12PM | 12TH DECEMBER 2PM-4PM • |

#MAKEITHAPPEN

Positive People are running a completely free Enterprise Club in Liskeard and Saltash on alternate Wednesdays, 10am-12pm and 2-4pm. Anyone who is currently out of work and wants to get specialised support to launch their own business can come along and learn about all things business.

Mike (our go-to business guru) is passionate about “helping people make

change that enhances happiness, fulfilment and self-esteem!”

Get your own website up and running, create your brand message, learn about networking and promoting your product or service and get advice and peer support to achieve your dreams.

This really is an opportunity not to be missed. There is no need to book in advance – just drop in.

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Share the work and the results

Community gardening with Malcolm Mort

One of the first community gardens in Liskeard was set up at the Liskerrett Centre on the site of the former Liskeard Junior School in Varley Lane, which opened in 2002. Grant funding allowed the land around the former playground to be remodelled to provide growing areas and a space for socialising and performing arts.

There are now several raised beds and borders for growing vegetables, fruit and flowers, together with a poly tunnel for bringing on young plants and for summer crops like tomatoes, peppers and cucumbers. There's work to do in the garden all year round. Jobs for the next few months include cleaning up the greenhouse and planning for next year's harvests.

Liskerrett relies on volunteers like Ted Blakemore, Richard Dorling and Zac Leon, pictured, to keep the garden growing. They would love to recruit more local people to join in on Wednesdays from 10-12 noon.

Community gardening is for all ages and it would be ideal for teenagers and younger families who live nearby to get involved and celebrate their growing successes together! Produce can be grown for personal use, for selling at the centre or for use in The Hub vegetarian cafe (see our feature on the next page).

If you're interested, pop in and see Jenny Foster at the Liskerrett Centre or call her on 01579 340307.

A passion for food

Meet the cook behind Liskeard community centre's vegetarian cafe and try her delicious recipe at home

If you call in at Liskeard's Liskerrett Community Centre your nose will probably draw you towards the enticing aromas coming from the Hub vegetarian cafe. Six days a week you'll find Cathy Ross here cooking up delicious lunches, puddings, cakes and snacks, often to a gentle soundtrack of jazz or bluegrass.

She arrived seven years ago looking for a studio, after graduating with a degree in fine art. But she couldn't escape her lifelong passion for food and cooking. Before long she had taken over the in-house cafe, turning it into the warm and welcoming place it is today.

"I wanted to do something different at Liskerrett – something you couldn't find elsewhere in Liskeard that would bring people across the car park to get here," says Cathy, who has lived in the town since 2001.

Having gained valuable experience working in the veggie cafe at Plymouth Arts Centre, and armed with a natural flair for cooking, she was well equipped for the job. Separated from her partner and with two sons at home, she set up using her own savings and a small grant.

Cathy draws heavily on her bohemian



childhood for cooking inspiration. She and her sister were brought up by their mother at Tregantle on the Rame Peninsula. They had a large garden where they grew vegetables and kept chickens, and they foraged in the surrounding countryside.

"My mum is a really good cook. There was always a lovely smell in the house. We would eat from the hedges and put flowers in our food, and she made her own bread and wine," says Cathy.

Her mother also instilled her daughters with respect for the planet.

“She made my sister and I very aware of environmental issues. We didn’t waste anything. What we couldn’t use was composted.”

This is a principle she follows in the cafe, where she uses compostable boxes and cutlery for takeaway food.



garden outside, or when customers bring in their own home produce. She has a wealth of cookbooks, but always likes to put her own spin on a dish. Her artistic eye extends to the food she puts on a plate. It not only has to taste good, it has to look good too.

Cathy still loves to experiment as an artist. Starting out creating traditional still life paintings, she is now a multimedia abstract artist, honing in on a tiny portion of a subject. You can see some of her work on the walls of the cafe.

There’s a stock of favourites on the menu, but Cathy loves to experiment, especially when there’s a heavy seasonal crop of a particular fruit or vegetable in the community

Cathy’s winter warmer: Aubergine and bean tagine

1 small aubergine, diced
2 courgettes, thickly sliced
4 tbsp olive oil
1 large onion, sliced
2 cloves of garlic, chopped
150g chestnut mushrooms, halved
1 tbsp ground coriander
1 tbsp ground cinnamon
2 tsp cumin seeds
1 tsp ground turmeric
225g salad or sweet potatoes, quartered
600ml tinned tomatoes
1 tbsp tomato puree
1 tbsp chilli sauce
75g dried apricots
400g tinned butter beans, rinsed
Salt and freshly ground black pepper
Fresh coriander to garnish



Heat the oil in a large pan. Cook onion and garlic until softened, about 5 minutes. Add mushrooms and cook until tender. Add spices and stir for 1 minute.

Add potatoes and cook for 3 minutes, then put in tomatoes, puree and 150ml water. Cook for 10 minutes until sauce starts to thicken. Add aubergine, courgette, chilli sauce, apricots and butter beans.

Season and cook for 10-15 minutes until potato is tender. Dress with fresh coriander and serve with couscous, salad, tortilla chips and yogurt and garlic dip.

Tina's inspiring story of strength



my heart beating out of my chest, my hair was falling out and I was hallucinating,” she says.

Tina was transferred to a dedicated treatment centre in Cornwall after trying to commit suicide. This is where she was first introduced to Michelle from Addaction, who works on the Positive People project’.

Tina is 52 years old, originally from London and now living in Cornwall. Her journey through 30 years of drug addiction, alcohol abuse and domestic violence led her to rock bottom, where she “could not see a future ahead” that could take her away from leading a “non-conscious” life.

“My main challenge to overcome was being normal again. I had lost my identity somewhere along the way... but Addaction are helping me to find it again. I know who I am now and what I want! I was mentally, physically and spiritually broken... every day I can fight with my inner addict, but today I’ve got a life – a normal life!”

“I was brought up in an environment where addiction was considered normal,” says Tina. “It has taken me being clean for a year to realise what ‘real life’ normal is. It’s like I’m awake now, for the first time in over 30 years. I’ve missed so much of my life being an addict.”

With Addaction’s support, Tina has now become a Level 2 Accredited Mentor and is working towards her Mental Health Awareness Level 2 Award. “If I can inspire or help other women to come out the other side of addiction or domestic violence, then I’m happy with that – I will do whatever it takes to support people to overcome what they are going through and I’m hoping to do this with Positive People’s support.”

Tina spent time in a psychiatric hospital in London, before being transferred to Plymouth for detox. “I was five-and-a-half stone – so underweight that you could see

To find out more please see page 31.

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Follow the white stag and light up the town

Liskeard is gearing up for a magical lift-off for the Christmas season, glowing with community spirit, artistic flair, adventurous ideas and a generous helping of Cornish culture.

This year the town has teamed up once again with Golden Tree, the creative people behind the Man

Engine, to offer a host of immersive events that are fun for all ages. Imagery and stories of a white stag provide a focal theme for proceedings, leading the traditional Lights Up lantern procession, appearing in shop windows, and in a mini mummings play, based on the legend of Dando and his Dogs.



Last year Will Coleman and Pol Hodge (aka Bad Santa) of Golden Tree, pictured, masterminded a successful pilot, underpinned by the established handmade lantern tradition. This year they promise “a slightly better version, with knobs on”!

The fun begins with festive Cornish-themed Liskeard to Looe train rides for both children and adults on Friday, 30 November, followed by the main Nadelik Lyskerrys (Liskeard Christmas) events on Saturday, December 1.

These include a family Cornish quiz trail, the lantern parade and fireworks, a musical wild hunt around the town’s hostelrys and a free party at the Public Hall with Cornish music and dancing, as well as food and a bar.

Preparations started weeks in advance. Will and Pol have been running informal Cornish language

and song sessions in the Albion pub (last one 26 November, 7-9pm), ready for singalong performances. They have also been working with teachers from schools in Liskeard and the surrounding villages to teach children Cornish phrases to help with the trail. Meanwhile, making the lanterns is a real hands-on community affair, taking place in a series of weekly workshops. The final one is on 30 November at the Liskerrett Centre, 9am to 12 noon.

On the night community groups, as well as families and individuals, parade up to 500 lanterns through the streets, including 10 to 15 large scale ones, like the stag. “There’s something quite magical about coming out at night and lighting up the sky,” says Liskerrett’s Jenny Foster.

Cornish guise dance workshops with Carmen Hunt – ready for the party – continue on Saturdays at 10am at Liskerrett, including 1 December.

The Tick Box Bus: Ticky’s Tavern, home of the Cornish Embassy will be in town and open 11am-2pm and 5-7pm on December 1 and Children’s Hospice South West Santas on Bikes will pass through Liskeard at 1.45pm.

PLUS there’s free parking in the town’s car parks on 1 December and every following Saturday in December.



Sponsors of Liskeard’s Lights Up parade include Addaction/Positive People

FRIDAY, 30 NOVEMBER

CORNISH CHRISTMAS TRAINS: TRO TREN

There's a choice of festive fun on the Looe Valley railway branch line. In the afternoon, children and their families can meet Santa, speak some Cornish and receive a gift. In the evening, adults can join in a festive Cornish sing-song, enjoy festive refreshments, and a stopover at The Globe, Looe, before heading back.

Santa Train: Liskeard 4.41pm, return 5.15pm

Singers Train: Liskeard 6.06pm, return 7.52pm.

Cost for each: £4.40 adult, £2.20 child, under 5s free. Includes refreshments. Booking essential: rebecca.catterall@plymouth.ac.uk

SATURDAY, 1 DECEMBER

11am-1pm FAMILY CHRISTMAS TRAIL: LERGH NADELIK TEYLU

Starting at Stuart House, follow a map and clues to hunt the white stag

'*helghi di an karow gwynn*' around the town. Answer simple questions in Cornish and collect stickers, then enjoy a celebratory 'cakey tea' with the Mayor at the Public Hall.

5.30pm LIGHTS UP PARADE AND FIREWORKS: KESKERDH LUGHARN HA TANWEYTH

Leaving from the Cattle Market Car Park, the lantern parade – Close Encounters of the Illuminated Kind – weaves its way through town via Pike Street and Fore Street you can watch the firework finale from outside Webbs House, followed by...

THE WILD HUNT: AN HELGH GWYLS

An expedition around the town pubs with Dando and his Dogs, singing in the Cornish language. All welcome.

7pm PARTY: GOOL NADELIK

Free Yuletide party in the Public Hall. Music from Cornish Groove Collective and Ilow Splann, Cornish guise dancing and a performance of Dando and His Dogs. Food supplied by the Real Junk Food Project and there will be a cash bar.



What's on Lyskerrys

Christmas celebrations and events are the highlight of winter, but there's also plenty going on in Liskeard in the early months of the new year. Choose from music, drama and dance, films and talks, as well as societies and clubs that meet regularly to share interests and learn new skills. See our listings below, and overleaf our guide to groups meeting at the Liskerrett Centre. For more events as they are announced see www.visitliskeard.co.uk/whats-on/



2 DECEMBER

The Alternative Christmas Present Show, Carnglaze Caverns 10am to 5pm. Hot food from midday. Bar open 12-2pm. Entry to show and gardens £2, under 16s free.

3 - 21 DECEMBER

Christmas Arts and Crafts Fair, Stuart House. Open Monday to Friday, 9.30am to 3.30pm and Saturday 9.30am-12.30pm. Free.

30 NOVEMBER

Lila Dance present The Hotel Experience at Liskeard Public Hall, 7.30pm. Enthralling modern dance from a rising young company. On the surface all is calm, but this hotel is not what it seems. Adults, £9, children £7, family (2+2) £25. Book at www.carntocove.co.uk.

1 DECEMBER

Christmas Tree Festival, Liskeard Wesley Methodist Church, 10am-12.30pm. Then open same times each Monday to Saturday until 22 December.

4 DECEMBER

Nevra Degoweth – Never Alone group for people sharing the experience of bereavement. Beech Lawn Nursing Home, Liskeard, 12-2pm. Lunch £5. Call 01872 266383.

7 DECEMBER

Liskerrett Community Cinema – Three Billboards Outside Ebbing, Missouri, (pictured, right) 2.30pm and 7.30pm – the matinee screening is sub-titled. A mother challenges the local authorities to solve her daughter's murder. Entry £4, under 16s £3. Call 01579 340307 for details.

Bingo night at The Chequered Flag Cafe on the A38. Eyes down 7.30pm.

8 & 15 DECEMBER

Santa's Grotto, RIO, 26 Fore Street, 10.30am-4pm in aid of the Help for Heroes charity.

15 DECEMBER

Liskeard Christmas Food and Craft Market, The Artisan Quarter, Cattle Market, 10am-3pm. Unique handmade crafts and all the tastiest local produce to make sure you have the best Christmas ever.



The People's String Foundation, Liskerrett Community Centre, 7.30pm. Virtuoso violinist Ben Sutcliffe and fellow founding member Zaid Al-Rikabi play original scores of world, gypsy and classical styles against projections of their customary 32-piece orchestra. For tickets see www.carntocove.co.uk.

Mad Dog Mcree in concert, Carnglaze Caverns, 8pm. Infectious blend of folk rock, pop, gypsy jazz and bluegrass. Admission £17.

22 DECEMBER

The Christmassy Christmas Show, by Squashbox Theatre, Sterts, Upton

Cross, 1pm and 3pm. Show crammed with comedy, puppets, songs and silliness. Box office: 01579 362382.

31 DECEMBER

New Year's Eve Party Dance with DJ Mike Haywood, Eliot House Hotel, Liskeard. Call 01579 342323.

8 JANUARY

Captain Cook and the Enlightenment, Liskeard Arts talk by Peter Warwick at Liskeard Public Hall, 7-9pm. Gripping account of the three remarkable voyages of Cook, and their impact on European thought, art, map-making and science. £6 for non-members. Enquiries: 01579 326180.

11 JANUARY

The Life of Charlotte Dymond, Liskeard Old Cornwall Society talk by Chris and Jill Batters, Liskeard Public Hall, 2.30 pm. Non-members welcome for a small donation.

24 JANUARY

Burns Night at Liskeard Storytelling Cafe, Liskeard Public Hall, 7.30pm. Scottish stories to honour the poet. £2 donation requested. See page 21.

20-22 FEBRUARY

13 – The Musical by Caradon Youth Theatre, Liskeard Public Hall. Times and ticket prices to be announced.

28 FEBRUARY

Irish storyteller Kate Corkery guests at Liskeard Storytelling Cafe, Liskeard Public Hall, 7.30pm, £2 donation. See page 21.

Join the gang at Liskerrett...

The Liskerrett Centre in Varley Lane, Liskeard is a hive of community activity all year round. Open each weekday from 9am-5pm, as well as some evenings, it hosts a variety of groups and classes for all ages and interests. It is also home to Liskerrett Pre-school and Nursery, which now opens from 8am-6pm, with holiday club care and provision for children from 12 months. Then there's the Family Hub, Lyskerrys youth club, the IT suite, vegetarian cafe, artist studios and rooms to hire. See what catches your eye below...

HOBBIES AND INTERESTS

Liskerrett Writers and Illustrators

Group: To support members seriously intent on having their works published professionally. Thursdays during term time, 2-5pm. Contact liskerrettwriters@gmail.com.

Watercolour Painting: Creative class with Jennie Boniface. Beginners and improvers welcome. Tuesday 1-4pm. Contact jennieboniface@hotmail.com for details.

Life Drawing Classes: With Phill Tyler in his studio in the art block, Tuesday 7-8.30pm. All welcome, beginners to advanced. Call Phill on 07506 459461.

Look Group: Like a book group, but for art lovers. Affiliated to Tate St Ives. Every third Monday, 7-9pm. Visit www.tate.org.uk/look-groups.

Liskeard Luggers: Ukulele playing group. Thursday 7-9pm. Contact Henry 07832 187172.

Sign and Sign: Learn baby signing. Thursday mornings. Contact Amy on 07710 136179.

The Wine Circle: Last Friday of the month, 7-9pm. Contact John Greenhouse 01503 263967.

DRAMA and DANCE

Wham Bam Drama Group: For ages 6 to 9, 4-5pm; ages 10 to 13, 5.15-6.30pm. Fridays in term time. Contact Nina Hills on 07930 682428.

Louise School of Dance: Classes for all ages in ballet, tap, modern and jazz. Monday, Tuesday, Wednesday, 4-9.30pm. Contact Louise Wadsworth 01579 347856.

Dance Centred: For dancers, active and older, wanting to exercise and dance to great music. Tuesdays 9.45-10.45am. All abilities welcome. Contact Lois Taylor on 07730 586306.

Shallal Dance Theatre: Inclusive community dance theatre group. Thursday 10.15am-12.15pm. www.shallal.org.uk.

Farah Dance: Bellydancing for beginners 18+. Fridays 7-8pm. Contact Amanda 07779 616088.



For mind, body, spirit

Ki-Aikido is a fascinating, dynamic practice, emphasising calmness in movement, complete relaxation, increased awareness, confidence health and wellbeing. Anyone can take part regardless of age, gender, size or ability. The Setsudo group meets on Thursday evenings 7.30-9.30pm at Liskerrett.

Contact Sensei Anthony Waters (pictured above centre) – a 1st Dan – on 07765 103504 or just come along and have a go.

FITNESS

Pilates: With experienced, qualified instructor Tessa Hayes. Wednesday 12-1pm and 2-3pm. Call 07900 347388 or 01579 343349.

Tai Chi, Qigong and Somatics: *For balance, posture and wellbeing.* Wednesday 9-10am, 10-11am and 11-12 noon. Contact Kath Revell 01579 340591 or 07729 907056, Ninjagranny20@gmail.com.

SUPPORT GROUPS

Liskeard Conversation Group: For people who find talking difficult after a stroke. Monday, 10.30am-12pm. Contact Maurice on 01579 340472
Next Step: Informal social group for people recovering from strokes. Monday, 1.30-3.30pm. Contact Jackie on 01503 220105.

Liskeard AA: Monday, 7-9.30pm.

Cocaine Anonymous: Tuesday 7-8pm. Call 07760 632986.

South East Cornwall Breathers Group: For all people living with COPD and other long term conditions. Tuesday 1-3.30pm. Call 01579 340307.

Liskeard Macular Support Group: For anyone affected by central vision loss. Last Tuesday of every month (except December), 1-3pm. Contact David Free 01752 851304.

MATE: A men's support group for those who want to develop an improved sense of self. Wednesdays, 7pm. Contact Buds, budsyourmate@gmail.com or 07765 916379.

Liskeard Oasis: For parents and carers of children and young people with additional needs or disability. First Thursday 9.30-11.30am. Contact liskeard.oasis@gmail.com.

Artworks Social Group: For adults with mild learning difficulties. Thursday, 2.30-4pm. Contact Chris Sutton on 01579 340307.

Free drop-in sessions for a better future

Positive People are at the Liskerrett Centre in Liskeard every Wednesday 10am-2pm to offer completely free support and advice to get you moving in the right direction.

There's free coffee or tea, and our specialised Change coaches will be on hand to help anyone who is out of work and over 18 to ace your CV, brush up on your job searching skills

or help you stand out from the crowd with a great cover letter. That's not all... if you haven't yet heard about our completely unique programme and what it can offer you, to support you on your journey to a better future, just come along and discuss what you want to achieve and where you want to be.

No matter what your background, or what barriers may be standing in your way, we can advise on how the project can help you.

To find out more about Positive People, please see page 31.

More Soup to support town's projects?

Liskeard Soup is a simple and highly successful micro-granting initiative which supports community projects by bringing people together over a soup supper. Organised by RIO (Real Ideas Organisation), it has helped many new ventures to get off the ground and boosted existing ones.

Previously grant-funded, Soup is now looking for new sponsors from the business community for its monthly events where three entrants bid for the main £500 prize by presenting their case to the gathered audience.

Everyone pays £5 per head for their soup – provided by the Real Junk Food Project – and the surplus goes into the pot for second and third prizes.

A recent success story is Emma Selby, who says: "I was really passionate about running a baby sling library in Liskeard to help parents.

"Winning soup enabled me to buy the things needed to turn my idea into reality. I've been able to help so many people because of it."

If you might be interested in sponsoring Liskeard Soup, please contact edward.hart@realideas.org. For more information visit www.liskeardsoup.org

Come and hear a cracking good yarn or two...



by Zac Leon

Imagine families around a fire, gripped on the words of one speaker, perhaps a Cornish 'droll-teller'. He would recount tales of trials, of wealth lost and found, of hard times and sweet, of love and lust and violence, good men and selfish men, of spells and strange creatures, of family names, characters that ring through whole sagas, and of simple Jacks in unknown lands. Some are sweeping dramas, others bawdy and amusing, but all a respite from the harshness of real life.

Much of Cornish culture was uprooted by the Industrial Revolution, folk stories along with it. With information and entertainment now on tap, it all seems far away. And yet the art of oral storytelling has not died out.

At Liskeard Public Hall, every fourth Thursday at 7.30pm, phones are turned off and enthusiastic tellers of all ages, both professional and amateur, stand up to capture minds

with the simple rhythms of a good yarn. You can tell your own tale, or just come and listen.

It is one of only two groups in Cornwall. Begun by local storyteller and writer Liz Berg in 2012 as a writing collective, it later became Liskeard Storytelling Cafe. These days the group is run by a committee which includes storyteller and musician Mike O'Connor, pictured.

Over time they have hosted noteworthy storytellers including Bulgarian folk tales from A Spell in Time, and Michael Dacre and Steven Yate's performance of The Saragossa Manuscript, with accompanying Spanish guitar. I can only describe these performances as virtuosic and a great night out. Other nights play host to local tellers, cheaper but no less fun, with more variety and the odd basic joke.

Come along and let the stories do the talking! See What's On pages for details of forthcoming evenings.



Guiding young people on the road to employment

A five-year project to support young people in Cornwall who are furthest from the workplace comes to an end in December, having helped more than 600 individuals in the county to overcome barriers to employment.

Talent Match is a national programme from the Big Lottery Fund, run in Cornwall by RIO – the Real Ideas Organisation.

Whilst to tourists Cornwall can appear idyllic, to young people trying to start their lives and careers here it can be really tough, and they can face difficult and complex situations.

Of the 200+ members based in East Cornwall alone, 5.57% have faced homelessness, 6.84% are young parents and 7.48% have experienced mental health issues, all of which impact their ability to find and keep work.

Working from the Talent Match hub at 26 Fore Street, Liskeard, as well as bases in St Austell and Redruth, the team has provided one to one and group support to young people aged 16-24, to help them kickstart their careers and get back on their feet.

Paul's story

Originally from Bristol, Paul lived in north Wales and Scotland before settling in the Cornish town of Liskeard.

Paul has dyslexia and was struggling to find work, when he attended his first Talent Match Friday breakfast. It was a meal that changed his life.

He says it took a lot to get him through the door. "I was very, very nervous going into it. But everybody's nice and friendly and invites you in to the group. You're soon one of the people who go there regularly."

Despite his nervousness, 12 months on he's now a regular at the weekly meetings, which give young people the chance to meet others in a similar situation, build friendships, contacts and confidence.

Paul has also learnt how to drive a hovercraft, taken driving lessons and taken part in painting and singing groups.

Despite his dyslexia, which he says

he feels holds him back when he's communicating, Paul now works in a customer-focused job at Wetherspoons in Liskeard.

Paul says his lack of self-confidence had previously made finding employment very difficult: "It's quite hard. I wasn't as confident as I am now. Now I can get a job, I got one, I'm proud of myself and I can do it. It's changed my life for the good."

RIO's Jayne Goddard encouraged Paul to join Talent Match and says she's seen a huge change in him.

"I remember when I first signed him up he was nervous, introverted and very quiet. But in the past year he's really grown. Everything he said was a barrier at the beginning, he is now addressing and overcoming."

While this programme has come to an end, RIO continues to provide FREE support for marginalised young people in Cornwall.

If you know a young person, or are a young person who needs support in overcoming barriers to employment visit www.stepupyourgame.co.uk or call 08458 621288 to find out more.



NATIONAL
LOTTERY FUNDED



European Union
European Social Fund

TALENT MATCH
CORNWALL

Learn Kernewek with Rod Sheaff —

Gwav/Winter

There is a Cornish proverb: 'Yn hav, porth kov gwav'. Well, now winter is come again. The mornings are dark, *gorthugher* too. But the darkness makes possible the 'Lights Up' festival with many a *lugarn* made by the people, especially children, of Liskeard and the places around. Look out for the *karow gwynn* there and in the Liskeard shops!

Also in winter there is the *Dons Montol* and Festival at Penzance, and Tom Bawcock's Eve in Mousehole with its well-known song. In east Cornwall, and at Luxulyan, the miners used to celebrate Picrous Day (called Chewidden Thursday in west Cornwall), a festival in honour of the first *stenor*.

If you're strong enough you can join the groups *ow neuvya* in the sea on Christmas Day, for example at Bude. Then, if you survive that, the Mummers' day at Padstow follows. There will be a *keyywi* or two for both children and adults, especially on New Years Eve. And there is Christmas itself, with its presents, holly, *idhyow*, mince pies, Christmas pudding and *kowlennigow*. *Nadelik Lowen ha Bledhen Nowydh Da* to you!

Cornish to English

Bledhen Nowydh Da! – A good New Year!

Dons Montol – Montol Dance
gorthugher – evening

idhyow [say: 'ithyo'] – ivy

karow gwynn – white stag

keyywi [say: 'kev'owwi'] – a party

kowlennigow – Brussels sprouts

lugarn – lantern

Nadelik Lowen! – Happy Christmas!

ow neuvya [say: 'owe nerya'] –

swimming

stenor – tinner

Yn hav, porth kov gwav – In summer, remember winter.

Klassa Kernewek/ Cornish language classes take place Wednesday evenings in Callington. Complete beginners welcome. For details please contact Maureen Pierce: mpiercekernow@btinternet.com.



Hall has a major makeover

An extensive refurbishment is well on the way to making Liskeard's Public Hall and rooms a lot brighter, better equipped and more accessible for all. Plans are on track for work to be complete by the end of the year.

Since opening in 1890, the building has become home to many of the town's clubs and societies, as well as being a venue for all kinds of events, including the Lions Club pantomime, lectures and conferences, children's parties, wedding receptions, music and dance performances and family get-togethers.

Following a public survey in 2017, Liskeard Town Council's Facilities Committee identified a need to improve the building's interior. Designs were worked up and budgets agreed and work began in August on the most extensive alterations and enhancements for 30 years.

Out goes the old stair lift and in will go a wheelchair-friendly lift to take visitors from the foyer to the Main Hall and the Council Chamber. An additional lift will give access to the main stage area.

A major innovation is a "Changing Places" accessible toilet facility, which offers a much larger than standard space for wheelchair users and others and will have a height adjustable wash basin, changing bench and a portable hoist.



Catering facilities are being upgraded, with a new kitchen on the first floor giving direct access to the main hall – ideal for larger functions. The main areas are getting new flooring, decoration and lighting, and the Refreshment Room has been redesigned to make it a more useable space.

The building's fire alarm system was upgraded last year and now more than 30 new fire doors are being fitted.

If you are thinking of holding an event in 2019, visit www.liskeard.gov.uk and click on 'Hire The Hall' or call 01579 345407 for more information.

The page turns towards a new chapter at Liskeard Library

Plans have been submitted by RIO – the Real Ideas Organisation – who are proposing to take over the day to day running of the Library Service in Liskeard, keeping provision in the town centre.

The hope is to create a contemporary library for Liskeard; an engaging space, open to everyone and with broad appeal. RIO's plans show the ground floor renovated into a flexible library and reading space, for children and adults alike, with the development of outdoor seating, as well as a kitchen to cater for events and individual users in the space.

The first floor will be designed for co-working, offering offices, breakout space and shared facilities for local businesses as well as for community learning.

The 20th century alterations to the library will be removed to allow the architectural integrity of the heritage building to take centre stage. Any new additions will be simple and elegant and sympathetic to the original building.

RIO hopes to offer flexibility and opportunity for individual library users as well as local groups who

have expressed a wish to use the library for a broad range of community activities.

Lindsey Hall, Chief Executive of RIO said: “We’ve had overwhelmingly positive feedback to our vision to create a vibrant, sustainable Library, along with some brilliant ideas from local people as to how the Library could support their aspirations, both personally, for their families and for the town.

“This planning application is about the fabric of the building, not about what books go where, but we look forward to getting on to the detail of the interior design subject to planning permission being granted by Cornwall Council.”

RIO is hoping to receive a decision by the end of 2018. Subject to planning consent, RIO hopes to begin works to update and improve the Library in early 2019.

To view the planning application either visit www.planning.cornwall.gov.uk and search for application no PA18/09302 or visit Liskeard Library where a paper copy of the application is available to the public.



Businesses reap benefit of free advice on the doorstep

by David Bray

Businesses in Liskeard have tapped into the help offered by a Pop-up Innovation Centre during its three-month presence on the high street.

Part of the Acceleration Through Innovation (ATI) project, the centre opened in September with a free networking breakfast at the Eliot House Hotel. Since then the organisation has signed up nine new businesses to the programme and four existing companies have been using the facilities. These include specialist business advice and networking opportunities, as well as hot desks, meeting rooms and complimentary wifi.

Other support agencies, such as Growth Hub and Oxford Innovation, have also taken advantage of the Liskeard centre.

“Virtually every day there has been a booking or someone walking in to use the facility,” says business innovation advisor Cath Parnall, pictured above.

ATI is a three-year £3 million ERDF project which aims to support business innovation across Cornwall and the Isles of Scilly. It is led by the University of Plymouth, in partnership with Cornwall Innovation. The advisors are all Institute of Innovation & Knowledge Exchange practitioners and ATI is the only support programme to offer that accreditation.

Liskeard Town Council is delighted by the pop-up’s success. Town Clerk Steve Vinson says: “It’s been brilliant for the town as it’s brought first class advice and support for local businesses. I hope they will continue to use it in the future.”

This winter Cath Parnall will be available to help Liskeard businesses one day a week at the Liskeard Library. To get in touch please phone 07703889580 or email: catherine.parnall@plymouth.ac.uk. Website: <https://aticornwallinnovation.co.uk>

Meet your town's councillors

Rachel Brooks (West Ward)

The thing I most enjoy about being on the Town Council is working with a very wide variety of people and organisations to get things done. Things like setting up this magazine and the town websites to publicise the good things going on in Liskeard. Also, I enjoy coordinating events, including the Man Engine Day in 2016, Liskeard Unlocked and A Cornish Christmas.

My family and I moved to Liskeard in 2005 and my son attends a local school. Aside from the council, I have a lot of fun working with a like-minded group to organise the 3 Bags Full Wool Market and Woolly Workshops. I relax by knitting and crocheting quite well, and doing Tai Chi quite badly.



Simon Cassidy (West Ward)

I am a relative newcomer to Liskeard, although a frequent visitor in the past to see family. Originally from Cumbria, I was taken aback by the warm welcome and support I received from all the people I met in the town. Finding some spare time on my hands, I wanted to repay that debt and give something back.

I've worked in the rail industry in the South West for 19 years and now manage operations across Devon and Cornwall. I have two boys aged 11 and six, and the youngest attends school in Liskeard. I'm an avid supporter of Liskeard Looe Rugby and currently serve as the club's vice chairman.

I am passionate about improving both community engagement and economic development to support the growth of Liskeard and to ensure future prosperity for all.



For details of all your Liskeard Town councillors and how to contact them, please visit www.liskeard.gov.uk/meet-your-councillors/councillors

A big, warm hello, Liskeard!

We are Positive People, and we offer a completely unique programme to anyone who is unemployed and over 18 throughout Cornwall. Our bespoke work is funded by the European Social Fund and the National Lottery, through the Big Lottery Fund and we would love to introduce ourselves to you!

Positive People offers a lifeline to people who are not in work, no matter what the reason. We believe that no individual barriers should stand in the way of what you want to achieve. If you join our programme, we can provide you with one-to-one support to tailor your individual plan and secure the future you want!



So, what can we really help with and why is it worth getting in touch? Maybe you're a full-time parent but want to work towards getting back into employment, education or training? Or maybe you feel isolated and want to meet new people?

Do you have caring responsibilities and need some support for yourself? Maybe that's a new direction or self-employment, taking up a new hobby or improving your health? Are you ex-military and looking for support on your 'civvy-life' journey? Or looking for a new direction after ill health? Or maybe you just feel like you're stuck in a rut – we've all been there!

Take a new path with Positive People

We're not here to rush you into work. If you need to address anxiety or isolation, access to benefits, housing, financial or other health issues, we can provide FREE specialised support to help overcome those barriers.

Please don't be afraid to pick up the phone, or drop us an email. We really look forward to hearing from you!
Call 0800 334 5525

Email: info@positive-people.org.uk
Find out more about how we can help you: www.positive-people.org.uk



Take a walk on the wild side



There's nothing like a good walk to freshen the mind, body and spirit on a brisk winter's day.

Our photo shows a stunning seasonal sunset at Caradon Hill, on the edge of Bodmin Moor – the perfect place for a robust ramble, and just a short drive or bike ride from Liskeard.

This sprawling swathe of countryside offers a unique landscape of spongy common grazing land, disused mines, Neolithic rocky outcrops – like The Hurlers and the Cheesewring – indigenous wildlife and roaming livestock.

The way-marked, on-road, 17-mile Caradon Trail, to the north and west of the town, uses the Cornish lanes

and hedgerows to explore the area, taking in the sweeping views across moorland and river valleys, encompassing thousands of years of local history. It can be completed in bitesize chunks if you are walking, as well as by cycle or on horseback.

As one of just two towns in Cornwall to be accredited by the Walkers are Welcome initiative, Liskeard has a wealth of different routes on the doorstep, some easy and accessible for pushchairs and wheelchairs, and others more challenging.

Leaflets and maps can be downloaded from www.visitliskeard.co.uk/discover/liskeard-walks/ or picked up at the Tourist Information Centre on Pike Street.