

The **STITHIANS TIMES**

An Termynnyow St Stythians

FREE



September-November 2026 No.245

FROM THE EDITOR

Welcome back after a shortish pause! We hope that you enjoy the new edition of the Stithians Times, which will now be produced on a quarterly basis, roughly around August, November, February and May. I've really enjoyed putting this edition together and it's fantastic to see the support that the publication enjoys amongst residents. If you would like to contribute future articles/photos, or let us know about any events that you would like publicised, then please get in touch at the email address below.

We hope that you have enjoyed the long summer and the many events within the village which have been so well supported. We have articles and pictures on Stithians Show, The Scarecrow Trail and the Party in the Park to name a few, as well as regular contributions about events in the village. Thank you to all our contributors and readers!

Nicola

Important Information

Stithians Surgery - 01209 860170

Buses that serve Stithians - 36 and 42 Visit: www.transportforcornwall.co.uk for details

WHO'S WHO?

Editor:
Nicola von Wurzbach

Advertising:
Jane Richards

Editorial Team:
Sophie Cotton
Jane Richards

Finance:
Jane Richards

Distribution:
Our Team!

Cover Image:
Stithians Show Day by
Alfie Star

ABOUT THE MAGAZINE

The Stithians Times is your community magazine, lovingly put together by volunteers under the guidance of Stithians Parish Council. Our goal is to celebrate the people, stories and events that make our parish such a special place to live.

The magazine is delivered free to homes throughout the village and made available at central collection points.

We hope you enjoy reading The Stithians Times as much as we enjoy creating it. We'd love to hear your thoughts, ideas, or stories - just drop us an email!

DEADLINES

Our next issue is
November - January 2027

Deadline for content:
19th October 2026

Email:
stithians.times@stithiansparishcouncil.org.uk

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Stithians Scarecrow Festival 2026

4th and 5th July 2026 | Theme: "Occupations"

by Sophie Cotton

What a wonderful weekend! On the 4th and 5th of July, the sun shone on Stithians as scarecrows of every shape and profession popped up across the village for this year's Scarecrow Festival, themed "Occupations." The creativity on display was fantastic, with entries ranging from the whimsical to the wonderfully ambitious. Visitors made their way around the village and along to the playing field, following the trail and casting their votes.

This year's top prize went to the Emergency Services entry, a showstopper complete with a papier mache helicopter and a team of scarecrows abseiling up the cliff face. A very worthy winner! In second place were the Movie Makers with a fabulous tableau that caught everyone's eye. Third place went to the Deep Sea Divers, who did battle with a loud and very scary shark and fourth place went to Burglar Bill and Burglar Betty.

We are delighted to report that the festival raised a profit of £1,342.12. This will be shared equally between our two chosen causes, with £671.06 going to Stithians Junior Cricket Club and £671.06 to the village's Public Access Defibrillator Fund. Thank you to everyone who took part, voted, and dug deep to support these two brilliant local causes.

Our thanks go to The Stithians Showground for supporting the Scarecrow Competition, and to all the willing volunteers who gave their time to make the weekend such a success. It simply would not happen without you. Keep an eye on the Christmas edition of the Stithians Times, where we will announce the theme for next year's festival. We hope to see even more scarecrows joining the fun in 2027!



STITHIANS SHOW 2026 – WHAT A DAY!

by Claire Watters - Show Secretary

In the weeks since the Show, I'm still being overwhelmed by the comments, photos and stories that I'm being sent about people's experiences of Show day.

Blessed with glorious weather (thank goodness for the breeze!), the day was a wonderful celebration of agriculture, rural life and our local community and businesses. From livestock and equestrian competitions to the horticulture, crafts, cookery, trade stands, steam and vintage, food and entertainment, there was something for everyone to enjoy and with so much to see, you could really make a day of it.

Our main entertainment area was a huge hit, with Johnny Cowling commanding the stage to make sure everyone who rested a while at the seating area was entertained (even if you did run the risk of being picked on!) but the line-up was worth the risk. There was something for everyone and really brought the centre of the Showground to life. Our more relaxed Buskers' Square area was also a popular space to rest and be entertained and we mustn't forget to mention our very own village band who not only entertained visitors throughout the day but also took part in our evening concert with the RAOST Singers – a perfect end to the day. Events like Stithians Show simply would not happen without the dedication and support of our incredible volunteers. For months before the gates open and throughout Show day itself, an army of volunteers give their time, energy and enthusiasm to ensure everything runs smoothly. Their help and support is truly amazing and we are so grateful for everything they do.

It also wouldn't be a Show if it wasn't for all our exhibitors, traders, competitors and visitors. We pride ourselves on people coming back year after year to experience the buzz of the day and it's the strong support of all these people, and our attraction to new visitors, which keeps our much-loved tradition thriving year after year.

Stithians Show has always been more than just a one-day event. It's an opportunity to celebrate our rural heritage, bring generations together and showcase the very best of Cornwall's farming and countryside. As organisers, having such a successful day and seeing so many happy faces enjoying the day reminds us why the Show remains such an important part of our community and makes all the hard work and sweat worth it!

Plans are already starting for next year so please keep an eye on our website and social media pages over the coming months for news and information. If you'd like to know more about what we do or would like to get involved, please do get in touch – information@stithians.show or 01209 861073.

Let the countdown to Monday 12th July 2027 begin!





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Every Drop Counts: The South West Water Hosepipe Ban

South West Water has introduced a hosepipe ban (officially a Temporary Use Ban) across the region to protect our reservoirs and supplies through a long, dry spell. Here is what it means for households in and around Stithians, along with a few tips to keep your garden going.

What you cannot use a hosepipe for

The ban covers the everyday jobs most of us reach for a hose to do:

- Watering the garden, lawn or plants
- Washing the car, caravan or boat
- Filling or topping up a paddling pool, swimming pool or garden pond
- Cleaning paths, patios, decking, walls or windows
- Filling an ornamental fountain

Using a hosepipe for any of these while the ban is in place can land you with a fine, so it is worth spreading the word to neighbours.

What you can still do

The ban is on hosepipes, not on gardening itself. You can still:

- Water the garden with a watering can or bucket
- Use rainwater collected in a water butt
- Reuse household grey water (bath, shower and washing up water) on your beds and borders
- Use a hosepipe to provide drinking water for animals, and to keep the water topped up for fish and other pond life
- Businesses can continue to use water where it is part of their trade

Some customers may be exempt, including certain people on the Priority Services Register and blue badge holders. If you think this applies to you, check the details on the South West Water website. <https://www.southwestwater.co.uk/environment/water-resources/hosepipe-ban>

Simple water saving tips

Every drop we save helps, and a few small habits go a long way:

- Pop a tub trug in your shower, stand in it, and use the collected water on the garden afterwards
- Fit a water butt to your downpipe to catch every shower of rain
- Water plants early in the morning or in the evening, so less is lost to evaporation
- Mulch your borders to lock moisture into the soil
- Turn off the tap while brushing your teeth
- Fix dripping taps and only run the washing machine or dishwasher on a full load



....and don't forget

Fire safety in the dry weather

With the ground so dry, grass, hedgerows and moorland can catch alight in seconds. A few sensible steps keep everyone safe:

- Avoid disposable barbecues altogether, and never use them out in the countryside or on moorland
- If you barbecue at home, keep a fire extinguisher or a bucket of water close by, and never leave the barbecue unattended
- Site your home barbecue on a firm, level surface, well away from fences, sheds and overhanging trees
- Let ashes cool completely before you empty them, and put them in a metal container rather than a bin
- Take all rubbish home, especially glass bottles, which can focus the sun and start a fire
- Never drop cigarette ends on dry ground or throw them from a car window
- If you spot a fire in the open, do not tackle it yourself. Move to safety and call 999

With a little care between us, we can keep our gardens looking their best, give the reservoirs a chance to recover, and keep the parish safe through the dry spell. Thank you for doing your bit.

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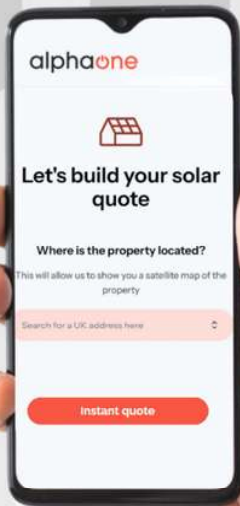


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Battling Dangerous Speeders in Stithians

by Cllr Denis Nightingale

Many people are rightly concerned about speeding traffic in Stithians. They fear that, after a number of recent minor collisions and the traumatic deaths of too many cats, someone could be hurt or even killed. The Parish Council shares that fear and is taking significant steps to battle the speeders.

First the good news. Data from the speed camera at the top of Foundry for April this year shows that nearly 80 per cent of incoming drivers obeyed the 20mph speed limit. That is much better than the national average of round 50 percent. Well done to the law abiding.

The bad news? As you can see from the diagram below more than 3000 vehicles broke the law – a hundred of them smashing it by racing past at more than 31mph. Figures for outgoing traffic are broadly similar though 4000 of them ignored the speed limit. That is seven thousand not caring a jot for the safety of others. Maybe they don't realise the camera works both ways! Numbers for May were about the same for incoming and outgoing.

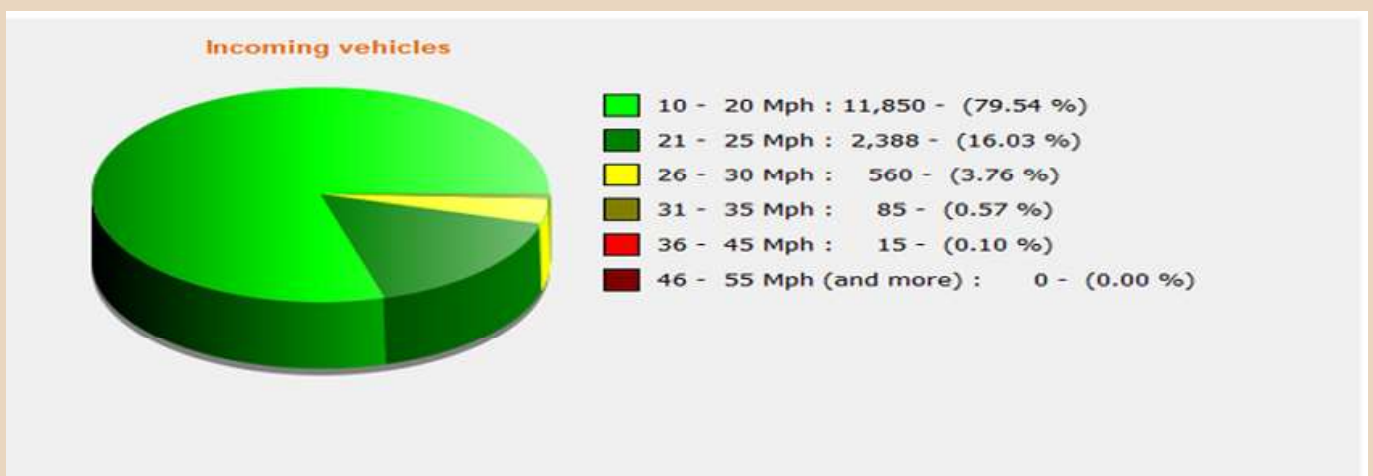
So what is the Parish Council doing about this very serious problem? It fought hard to get the 20mph speed limit introduced and it appears, judging by the data, the vast majority of us are complying. The council is determined to do more.

Councillor Jo Taylor leads the local Community Speedwatch team. She has been trained and we are in the process of being given our own camera/radar equipment. She will then safely lead volunteers to capture the details of speeding motorists. They will receive a letter detailing the dangers of going too fast. Repeat offenders will be visited by the police and all the evidence can be pulled together for a prosecution.

The hope is that no letters will need to be sent but we are not naïve. There is always someone who sadly does not care. More volunteers are needed to help Jo keep Stithians safe and if you are interested you can contact her at cllrjtaylor@stithiansparishcouncil.org.uk.

Please stick to the 20mph in Stithians and drive carefully through the parish, indeed everywhere. You don't want to feel a terrible bump and find you have injured or killed someone. Imagine if it's a child!

Data from speed camera at top of Foundry - April 2026 (total vehicles 14,898)



Renewables versus fossil Fuels

by Brian Piper

There is an important point to be made as we transition from fossil fuels to renewable energy: renewables don't have to match the amount of primary energy obtained from fossil fuels.

Whenever we see a chart of the amount of global fossil fuels extracted it's shown as a primary energy (Fig1) - not the end-user energy. This is a gift for the fossil fuel industry as it makes fossil fuels look dominant and the change to renewables look disproportionately difficult.

Stating primary energy does not show the inefficiencies of fossil fuels. This is extremely important when comparing primary energy to renewables; you have to compare apples-to-apples. Let me try to explain: say, for instance, we dig out a load of coal and burn it to produce electricity. A huge proportion of that primary energy is lost in heat and through inefficiencies in its conversion to electricity. These inefficiencies equate to roughly two thirds of the primary energy produced. If we now compare this with electricity from PV solar panels or wind, we can see there are no inefficiencies to consider, the power they produce is the electricity that we want to use.

Another factor to consider, when comparing primary energy with renewable energy, is the efficiency of electricity-driven technologies. For instance, a car powered by electricity is 80% efficient at converting the electricity to turn the wheels, whereas a petrol-fueled car is only 20% efficient (rough rule of thumb). Again, this strengthens the argument for focusing on end-user rather than primary energy. The same thing happens when heat pumps are compared with gas or oil boilers. Whereas heat pumps are 300% to 400% efficient, a gas condensing boiler is 90% efficient.

My point is that we should not be looking at primary energy charts (Fig1), we should be looking at end-user energy charts (Fig 2). This clearly shows why we don't need to match renewables to fossil fuel primary energy. And this is why global investment in renewables is racing ahead in energy infrastructure, with solar and wind supplying most growth in electricity generation last year. [For more detail see EMBER's report 'Reframing Energy for the Age of Electricity'.]

You might ask, if renewables are so efficient then why is electricity so expensive? The main reason is that the UK's wholesale electricity price is set by the most expensive supply: gas-fired generation. Yet gas supplied just 29% of the UK's electricity in 2025 while renewables supplied 40%. The UK and other governments are looking at alternative schemes to decouple the price of gas-powered generation from the electricity price. This is a vital factor in the take-up of heat pumps and electric vehicles. So far, however, no suitable scheme has been found.

At the time of writing the Iran, Israel, US war is raging and I ask myself, how many more people must die or be injured by wars with oil at the centre of the conflict? And how much longer must our economies be thrown into turmoil because of our dependency on fossil fuels?

I look forward to a time when we are free from fossil fuels. Roll on Net Zero.

Fig 1 2025 Global Primary Energy

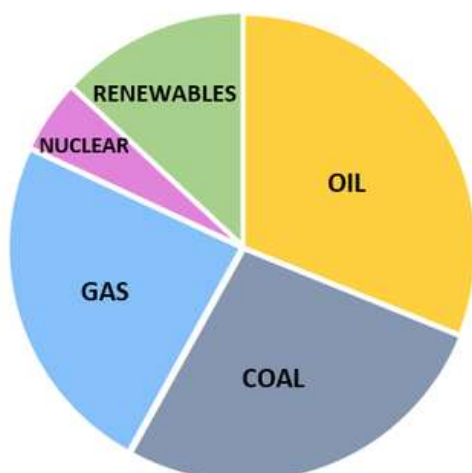
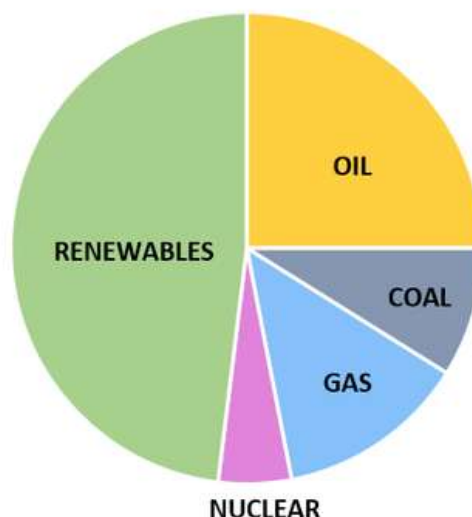


Fig 2 Proposed End User Chart



Electric World

by Brian Piper

As we move away from fossil fuels to a cleaner, more sustainable world, electricity will become the predominant energy. So I have been asked to explain a little about our use of electricity in our day to day lives, both to help reduce our carbon footprint and to reduce our electricity bills.

We all know that our electricity is measured in units, but what does this mean? A unit of electricity is 1 kilowatt running for 1 hour (1kWh), or to make this more visual, a typical old-fashioned electric fire with one 1kW bar running for one hour. A unit of electricity on average costs 25.73 pence, so what else could we do with this unit of electricity?

- The average full kettle could be boiled 10 times
- A tumble dryer could complete a third of its cycle
- A television can be watched for 10 hours
- A laptop can be charged 20 times
- A mobile phone could be charged 150 times
- One small ring on a hob could be on for an hour
- An oven could be heated for half an hour
- A 8kW electric shower could be used for 7.5 minutes
- Lights (incandescent) 40W could be on for 25 hours
- Lights (LED) 8W could be on for 125 hours
- An electric car could travel for four miles
- A fridge/ freezer could be run for 26 hours

These are all averages. But they give an indication of which appliances use the most electricity.

So how we can reduce our electricity bills? Most energy suppliers have a Time of Use (ToU) tariff to encourage usage during off-peak times, usually at night. This pricing structure helps balance demand on the grid and supports a greener energy system, when renewable energy is more abundant or demand is lower. A typical unit of electricity on a ToU tariff (Octopus Energy) is 8 pence for 5 hours and 29 pence per unit for the remainder of the day. Using these 5 hours to run the dishwasher, washing machine or to charge an electric car can save a significant amount of money while also helping to balance the grid.

The game changer is the introduction of domestic batteries that can typically store about 13 units (13kWh). These can be charged on the ToU tariff and used throughout the day. However, if the battery is also charged from a set of solar panels, then for most of the time during the summer very little electricity is bought from the grid.

Before you rush into buying a domestic battery there is another technology worth mentioning; using an electric car battery to feed into the home, a process known as Vehicle to Grid (V2G). Whereas a typical domestic battery is 13 units (13kWh), an electric car battery is between 40 to 100 units (40kWh to 100kWh) - much more storage. At this point it's worth mentioning that Octopus Energy is releasing its Power Pack Bundle. Priced at £300 per month, it will include a leased Vehicle to Grid BYD Dolphin, a bi-directional charger (V2G) and a smart tariff that gives FREE home charging.

So, as you can see the future is going to be electric. As far as I'm concerned, the sooner we get there the better.



Left: old bar electric fire

Above: BYD Dolphin from BYD galleries



Stithians Parish Council Update

by Cllr Helen Downing, Chair of SPC

As the Parish Councillors take a break during August from the monthly meetings it's a good time to reflect on what the Parish Council has been doing this year.

This year we have had a real focus on footpaths and Councillors have now walked over 2/3rds of the footpaths in the Parish. During each walk we have noted work required to make the footpaths more accessible and soon new waymarking posts and extra stile steps will be popping up across the Parish. We have also managed to secure Cornwall Council funding to improve the surface of footpath 231/53/1 from the Dam carpark to Tretheague (Mill Lane). Works should start in September.

During the footpath walk in June we walked a new section of footpath which links the permissive path around the Reservoir with footpath 231/17/16 at Menerdue Farm. This new path created by Cornwall Council as part of the tree planting at Menerdue Farm is not yet sign posted but hopefully Cornwall Council will remedy this soon so it can be enjoyed by more people.

The Council has also been working on an Emergency Plan. Following Storm Goretti in January, Cornwall Council has been promoting the creation of parish emergency plans. To date we have created a handy "cut out and keep" flyer prompting households to be prepared for an emergency and over the next few months will be finalising a formal plan and seeking funding to buy emergency equipment such as torches, battery radios and hi-viz jackets. If anyone would like to contribute any funding to this then please contact the Clerk.

While the Councillors may be taking a break over August the Clerk and maintenance contractor are still working hard to ensure the parish runs smoothly and facilities such as the playing field and public WC remain in good condition. A big thank you to them for their continued hard work. Keeping the Parish in good condition is no easy task and this year we have trialled a Clean Cornwall litter picking event (27 June) and on 18 July a group of Councillors and residents spent the morning cutting back vegetation at Crelow Fields amenity area with the help of the Cormac community trailer. Watch this space for further volunteer events.

Also watch out for the new speed watch group using a mobile camera around Stithians. Together with the new solar panelled speed sign currently at the top of Foundry (which records speeds in both directions !) we are hoping to persuade more drivers to stick to the 20mph limit through the village. Road safety improvements at the Spar shop and school have already made the village a safer place for pedestrians, and plans are afoot to bring more road safety measures to the village in the future.

We currently have two vacancies on the Parish Council so if you fancy becoming a Councillor and have time to commit a minimum of 2-3 hours per month then please get in contact. A huge thank you to two outgoing Councillors, Phil Blease and Will Thomas, and a warm welcome to the newest Parish Councillor, Denis Nightingale. Members of the public are welcome to attend the monthly Parish Council meetings held on the 3rd Tuesday of each month (except August) to voice any complaints or compliments. Issues such as pot holes, flooding and overflowing litter bins are not within the Parish Council's remit but can be reported via the links on the Parish Council website to the correct authority.

Wishing you all a lovely summer!

stithiansparishcouncil.org.uk



STITHIANS WOMEN'S INSTITUTE

There has been a Women's Institute in Stithians since 1937 and it is still a flourishing organisation, meeting monthly on a Tuesday evening in the Stithians Centre. It is open to all women, of all ages, backgrounds & interests. We engage in a range of educational and fun activities from interesting speakers who cover subjects such as music, history, crafts and nature. There are groups that meet in the day for Craft/Patchwork, walks, board games & outings to local places of interest e.g Kresen Kernow.

Venue - Stithians Centre

Time - 2nd Tuesday evening in the month at 7.30pm

Why not come along for a 'taster'? Visitors & prospective members are always welcome.

In January 2027, Stithians Women's Institute will be 90 years old so look out for details of a special programme of events, speakers & activities & come and help us celebrate throughout 2027

For more information please contact Yvonne Toms 01209 860402

Finding Joy in Stithians

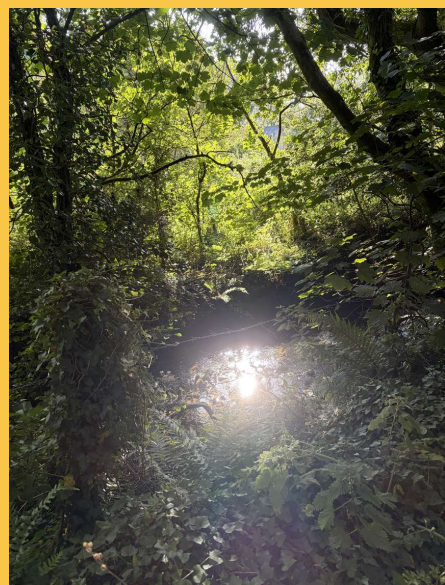
by Donna Poade

This month marks six years since Stithians became my home, and one of the greatest gifts of living here has been a deeper connection with nature. Some of my favourite moments are the early mornings and quiet evenings when I go for a walk. Before most of the village is awake, the first rays of sunshine filter through the trees. As I walk, I notice my breathing slow down and my shoulders soften. Those few quiet moments help me start each new day feeling calm and grateful.

I often stop to watch the dragonflies and butterflies near Trembroath, each seeming to have their own little dance. When I pause, I'm reminded that joy is often found in the smallest things. My walks have become so much more than exercise - they've become medicine for my soul.

Life today can feel incredibly busy. We rush from one task to the next, often forgetting to pause. Yet some of life's greatest gifts are freely available if we simply take the time to notice them: the warmth of the morning sun, the Stithians breeze through the trees, the peaceful stillness of the early morning and the simple kindness of our community. One of the things I love most about Stithians is that people always say hello. Those small moments of connection can brighten an entire day and remind us that wellbeing is found not only in nature, but in each other too.

We are so fortunate to call Stithians our home. Surrounded by ancient woodlands, fields, streams and rich wildlife, there is always something new to discover. I love wandering through the woodlands, climbing over the old stiles dotted around the village and walking through the fields where the cows lift their heads from grazing to watch me pass with quiet curiosity. I often find myself wondering what they're thinking.



STITHIANS PRESCHOOL NEWS

September Newsletter

A Few Places Still Available!

We're settling into a new term here at Stithians Preschool and are delighted to welcome some new faces into our sessions. We are looking forward to autumn and all the fun activities that tie in with the season. From leaf printing and nature sensory tables to celebrating Halloween and bonfire night.

Our preschool runs Monday to Friday, 9am to 3pm, during normal term times, and we strive to offer a warm, nurturing environment where children can learn, play and grow together. We still have a few places available for children to attend from 2 years old. If you know a family who is looking for a preschool place for their little one, please do get in touch or visit our website (stithianspreschoolb4andl8club.co.uk) we'd love to welcome them to our Stithians family.

We want to say a huge thank you to everyone who supported our fundraising efforts last term — every penny raised makes a real difference to the children in our care. Our cafe at the July produce market was once again a lovely success, raising an amazing £243! Thank you to everyone who took part in the raffle and popped by for refreshments. Our new menu additions of ice creams and ice lollies went down an absolute treat!

We also had a brilliant time at the Family Fun Day, where our stall featured Hook-a-Duck, Guess the Sweets in the Jar, and Name the Monkey. Together these raised a fantastic £121.75. Thank you so much to everyone who came along, had a go, and supported us on the day - it was wonderful to see so many familiar faces enjoying the fun.

We're always looking for volunteers to support our fundraising activities and events. If you can spare an hour or two, we'd love to have you join our volunteer team. Simply email Natalie at secretary@stithianspreschool.org.uk with your name and phone number, and we'll add you to our WhatsApp group, where we share upcoming opportunities and dates.

We're setting our sights on a bigger goal this year: improving our outdoor area for the children. This is a considerable project which will include better shelter from the sun and rain, improved drainage so the outdoor space can be used all year round, and upgrades to some of our outdoor equipment.

To help us get there, we're hosting a Silent Disco Fundraiser, 80s vs 90s vs 00s tunes on 30th October. The event is 18+ and will include a DJ, bar as well as a raffle. Tickets are available to purchase online by scanning the QR code on the event poster (right). All proceeds will go towards our outdoor area improvements - we'd love to see you there for a great night out supporting a great cause!

September activity

With the nights drawing in, lanterns are a lovely way to brighten up darkened rooms and gardens. Here's a simple, fun activity to do with children of all ages - turn old jam jars into colourful lanterns.

What you will need:

Some old jam jars

Colourful tissue paper

Scissors

Wire (optional)

Tea lights

Glue stick

What you need to do:

- Lay your tissue paper on a table and cut it into different shapes and patterns. Or, instead of cutting, you may prefer to rip the paper into small pieces. Think about how you want your jar to look when it's finished with light shining through it.
- Take your glue stick and smear glue all over the outside of your jar. Then take your pieces of tissue paper and stick them over the jar. When you make your tissue paper overlap, it will create new, darker colours.
- Once you've covered your jar in colourful tissue paper, leave it to dry.
- You could add a handle to your jar with some wire, or leave it as it is.
- Enjoy your lantern!



STITHIANS PRESCHOOL PRESENTS



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19:30-23:30

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7 .30 AM - 6 PM

MONDAY - THURSDAY

TO ARRANGE A VIST PLEASE CONTACT

JENNY ON 07919374144
jennifernuciforo12@hotmail.com

Sewage at Foundry

by Anne Oliver

Let me take you back to November and December 2025 and January, February and March 2026...the situation at Foundry was dire. Raw sewage was coming out of the manhole in the main road, flooding residents' gardens and in some cases, their homes. Bailing at 4am was considered the norm after a downpour.

A village meeting with South West Water (SWW) at the Stithians Centre promised action once the works at Hendra were completed. A date in May was suggested by David Swiggs. The date came and went. Perran Moon MP held discussions in Parliament, Andy Snapes from Surfers Against Sewage (SAS) and even the Daily Mail reported the news.

A recent update from SWW (via Perran Moon's office) said the following:

"We have now completed all the necessary preparatory and planning work in order to progress the network upgrades at Foundry. Following extensive CCTV pipework investigations throughout Stithians and the surrounding catchment, we are returning to the village this week to start the next phase of work in Foundry. We will be replacing a large section of the sewer network and connected pipework to improve resilience and capacity in the network. We hope to keep any disruption to the community to a minimum."

SWW arrived on Monday 17th August. The idea is to replace the damaged pipe at the further end of the fields behind us. They will flush through both ends. They will see if this helps the flooding at foundry, but if it doesn't they will need to look at the pipe between foundry and the fields. There is not time to do this this year apparently.

As we approach September and October autumnal rains, it will be too wet for the work to be carried out and the budget they do have is being eaten into by the hire of generators etc.

The good news is there is a fine crop of tomatoes on the land where the sewage has spilled over - a tomato seed is one of the only products to pass through a human body and still be able to grow - SWW deny there has been spillage.

So at the moment we are waiting to see if anything significant will be done before Winter sets in. I for one am not paying the sewage section of my water bill. If enough of us do this, will it make them complete the project or are Foundry residents looking forward to yet another 's**t' winter....



Sewage at Foundry, from top left clockwise: tomatoes growing on spillover land, a SWW engineer scarecrow, flooding at Foundry Winter 25/26, latest works commenced August 2026



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Open the Box!

Saturday 10 October, 10:00

stithianscentre.org.uk

Calling all those in Stithians who would like to learn more about Saving Lives!
On Saturday 10 October at 10:00 St John Ambulance Volunteers are offering Stithians residents an opportunity to learn how to Open the Box, a successful 90-minute training programme to encourage those living in rural areas to gain the confidence to know how and when to operate an Automatic External Defibrillator AED, (of which there are four in our village), safely and securely. While using CPR on anyone who has collapsed may get them breathing again, using an AED where the heart has stopped, within the minutes following a heart attack, offers a far greater chance of survival. Come along for this FREE course to learn more about using an AED, gain the skills to use one confidently, and learn more about lifesaving from an expert St John Ambulance trainer. The session will take place in the Hendra Room at the Stithians Centre, so do book your place as soon as possible because the room has limited capacity.

ST STYTHIANS CHURCH SERVICES

SEPTEMBER TO NOVEMBER 2026

SEPTEMBER:

Sunday 6th September Holy Communion 9:30am
Sunday 13th September Matins 9:30am
Sunday 20th September Holy Communion 9:30am
Sunday 27th September Service of the Word 9:30am

OCTOBER

Sunday 4th October Holy Communion with Harvest Festival 9:30am
Sunday 11th October Matins 9:30am
Sunday 18th October Holy Communion 9:30am
Sunday 25th October Service of the Word 9:30am

NOVEMBER

Sunday 1st November Holy Communion All Souls and All Saints 9:30am We will remember all those we have loved and now no longer see. Would you like to attend and have the memory of someone prayed for? Saturday 31st October is All Hallows Eve (Halloween) - it is a Christian Festival that is followed the next day by All Saints Day. We will read the names of those whose funeral has taken place at Stithians in the last 12 months, together with any you let us know of.

Sunday 8th November Remembrance Sunday, Service of the Word 10:30am
Wednesday 11th November Armistice Day and the RBL Service at the War Memorial 10:45am
Sunday 15th November Holy Communion 9:30am
Sunday 22nd November Service of the Word 9:30am
Sunday 29th November Holy Communion and Advent 9:30am

STITHIANS CHURCH EVENT

SAVE THIS DATE

We are delighted to announce that there will be another fantastic Will Keating & Guest appearance Candlelit Concert, to be held in Stithians Church on Wednesday 25th November, 2026 at 7pm. An evening of traditional Cornish & Folk songs. Ticket details to follow shortly.

STITHIANS METHODIST CHAPEL

by Tony Langford

We have pleasure in inviting readers of the Stithians Times to our Harvest Festival service at the chapel at 10.45am on Sunday 27th September. The service will be led by the Rev Celia Phillips, a retired Methodist minister and a gifted speaker. Some readers may remember Celia teaching at Redruth School.

Services are held on most Sunday mornings at 10.45am. Once a month we join our Methodist friends at Ponsanooth for Café Worship in Ponsanooth Hall, also at 10.45am.

If you would like information on dates of services, please contact tony46langford@gmail.com or on 01209 215918

Advance notice of some December events: Sunday 13th December 3.00pm Community Carol service; Sunday 20th December 6.00pm Carols by Candlelight; Christmas Day 9.30am. A short service led by our minister, the Rev Paul Harold. Please note the varying times of these services.

Finally, we are delighted to see The Stithians Times back. A great asset to the Parish.



Stithians Party in the Park

by Anne Oliver

The Party in the Park, held on Saturday 4th July was again blessed with glorious weather. Joining forces this year were Stithians Christmas Lights and Stithians Football Club and after months of preparation, the day went ahead with both locals and holidaymakers arriving. There was the added bonus of the Scarecrow competition too, which brought people to the village.

Along with car booters, Live Music, Food and Drink, there was the much anticipated Fun Dog Show. Without the help of the sponsors, this show could not take place, so a massive shout out to the following businesses:

Stithians Surgery, Seven Stars, Alpha One Electrics, Macsalvors of Pool and Penryn, Samuel Winn, Aquarod and Slimming World.

These businesses covered the cost of the rosettes with the remaining money going into the pot. By 2pm, we had lots of eager dogs of all ages and sizes, despite the warm weather. We had gazebos on hand and lots of water to ensure everyone was well catered for. Owners had a choice of beers laid on by Gail and Ed of the Seven Stars, who brought along a Mobile Bar...

First up was **Gorgeous Girl**, sponsored by Stithians surgery and kindly judged by Erica and Alan Parmenter whose dog, Harry won last years Best Veteran. Harry sadly passed away at Christmas, so Erica was in her element meeting all the beautiful girls. Results: 1st Indie, 2nd Emily, 3rd Lilly.

Second up was **Dashing Dog**, judged by Gail from the Seven Stars. Results: 1st Teddy, 2nd Chop, 3rd Marley.

Third category, sponsored by Alpha One Electrics was **Best Puppy**. Results: 1st Bertie, 2nd Lottie. Poor Claire had a difficult decision with two puppies and placed Chop & Nellie (brother and sister of 12 weeks old), joint 3rd.

Golden Oldie was sponsored by Macsalvors at Pool and Lu – part of the admin team – judged this with Nora, Poppy and Milo coming in 1st, 2nd and 3rd.

What can we say about **Best Trick** – sponsored by Samuel Winn and kindly judged by Bill who was staying with his daughter Sophie for the week. Thanks Bill!!! There was no chance for anyone else as we had Crufts Champion Heelwork to Music Stars, Atlas and Nora on the field. With a fantastic display, they came Joint First with Indie in 2nd and Lottie 3rd. We were later given a display by Lorna with her two beautiful collies. The amount of work and dedication is unbelievable. We are lucky that Lorna's mum lives in the village!!! Get practising for next year everyone....

Perfect Pedigree was up next sponsored by Aquarod, judged by Wendy who is a real pro! She chose Podgey for 1st, 2nd was Hades (my personal favourite, apart from my own two obviously) and 3rd Lottie.

Craziest Crossbreed was sponsored by Macsalvors Boathouse in Penryn and again Lu judged this giving 1st to Emily, 2nd to Domi and 3rd to Belle.

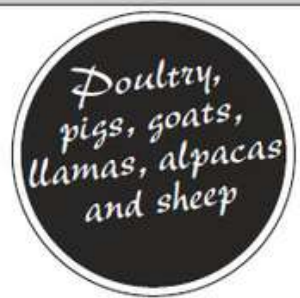
And finally **Best Rescue**, judged and sponsored by Lesley at Slimming World. Lesley chose Roxy for 1st (she is now 6 but spent 18 months of her life being mistreated in many ways – those who know her know she still has some issues, but her owners have worked hard to get her to be where she is today), 2nd went to Barney and 3rd to Paddy.

Of course what we all wanted to know was who was **Best in Show**. This judging of this fell to Erica and Lu, who were unanimous in their decision and chose Emily who won Craziest Crossbreed to take the rosette. 2nd was Hades, who got into the final as Teddy was a no show.

All hounds went away with a bag of biscuits kindly supplied by Pets At Home, Penryn and huge thanks goes to Jules, the manager there. A wonderful day was had and £200 was donated to the Committees, to be split between Christmas Lights and the Football Club.

Next year the event is to be held on **Saturday 3rd July**. Put the date in your diary and remember, everyone can be part of this fun day – as a stall holder, musician or just a spectator. Thank you to everyone who supported this years Party.





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AT HOME IN STITHIANS - TOP TIPS IN THE GARDEN FROM NICKY

Without stating the obvious it's been a summer of scorching days, balmy nights and superb sunsets. My front garden went crazy and became very dry. The back garden has fared much better. I don't water the back as I'm lucky to have 3ft deep raised beds which have coped fantastically well without water. The hosepipe ban has seen the halt of watering beds and lawns. I find it difficult to understand why golf courses can be watered but not allotments, where people grow their own produce. I was happy to hear however, that those growing flowers for a living are allowed to continue to water.

I don't think I can remember the last time the harvest was gathered in July - although the farmers have struggled in terms of fresh grass it was good to see the crops gathered and in by July. As I write this we are being warned next year 2027 could be the hottest year yet due to the El Niño ! Wildlife has definitely struggled this summer. I saw a photo on the Stithians noticeboard with deer in the water at Stithians Lake. Is it time we thought about what we plant in our gardens possibly going for a more Mediterranean style and drought resistant species?

In the garden 🌱

- The weather has cooled but I'm not sure if we will be continuing the 'usual' September duties ?
- Dahlias & roses are prolific in my garden and with deadheading should continue for a while yet
- It's a good time to start to split any herbaceous perennial plants
- Collect any seed from gone to seed plants. Sweet peas, feverfew, tansy, thistles, Mexican fleabane are some of those I will be collecting in my garden. There is some excellent info on gathering seed on the RHS website
- Cut and hang the final lavender before it goes over and becomes damp.
- Harvest rosehips to make vitamin C rich Rose hip syrup
- Net ponds and water features before the leaves start to fall and clog the water.
- Autumn is also a perfect time to sow spring bulbs.

In the veggie patch

- Final potato dig before the slugs have a feast!
- Plant garlic, onion sets, quick growing salads, leafy greens (perpetual spinach) and spring cabbage.

Folklore

Autumn officially begins on 23/09/26. The Autumn Equinox / Mabon is a celestial event that marks the moment when both day and night are of equal length. The Autumn Equinox is rich in country lore and superstitions. One such belief is that the weather on this day can predict the weather for the rest of the season. A time for balance and reflection as it represents the equilibrium between light and dark. Time to make preserves and pickles. Adding flavour to foods they can also have the benefit of providing vitamin C. For sailors, pickles & preserves were an important way to avoid scurvy. Celebrate Mabon as a time of thanksgiving, honour the changing seasons and prepare for the coming winter. Be sure to pick the last of the blackberries before Michaelmas day 29/09/26. Folklore says "At Michaelmas the Devil puts his foot on the blackberry."

Wildlife

Hopefully there are still plenty of blackberries left for all types of wildlife to begin their winter stores. Don't be too tidy - leave places for wildlife to forage and hide. Leave cutting back sunflowers, teasel and other seed rich plants for birds and wildlife. Continue to leave shallow dishes of fresh water in the garden.

Happy Autumn gardening!

Nicky



St Stythians MVC at Princess Pavilion

A bright, uplifting day with a more intimate choir than usual, confidently led by Ken Downing and beautifully accompanied by Katy Matthews. The smaller numbers didn't diminish the atmosphere – if anything, it gave the performance a warm, close-knit feel. The choir's repertoire leaned warmly towards "songs from the shows", giving the lunch-time a familiar, feel-good character. My Favourite Things, additional words by Bob Willmott gave a distinctly Cornish feel to proceedings. Two pieces stood apart: I Can't Help Falling in Love with You, the timeless Elvis classic (arranged by Graham and Taylor) and Bound for The Rio Grande, presented in a distinctive arrangement by Katy Matthews and featured Andy Christophers on guitar. The Choir's only sea shanty, Don't Let Go added another beautiful emotive moment to the programme – a piece that carries real warmth and expressive depth. Cornwall My Home remains the heart of any concert – no programme ever feels complete without this much-loved anthem bringing everything together with it's unmistakeable sense of place and pride. Agas gweles yn skon.



....and at Stithians Show 2026

In perfect weather conditions for the show, plenty of sunshine with a welcome light breeze, St Stythians Male Voice Choir was delighted to "open" on the main stage. With the legendary Johnny Cowling as compère, "the stage was set" for a most enjoyable day. Ken Downing, completing 40 years as Musical Director was ably assisted by Katy Matthews as accompanist. The Choir began with the ever-popular Cornwall My Home, followed by a range of "songs from the shows", notably Climb Every Mountain. A fitting choice for a famously hilly showground. Then the Elvis classic I Can't Help Falling in Love with You, arranged by Graham and Taylor. Andy Christophers featured in Bound for the Rio Grande, a piece arranged by the versatile Katy Matthews. The Choir finished their "set" with the emotive Don't Let Go and the rousing We Rise Again. Dydh splann yn Kernow. For future event information, please check the Choir's website (www.ststythiansmvc.weebly.com) or follow us on Facebook.



Above and below: pictures from John and Jean Christopher's Memorial Concert held at St Mawnan "old" Church 5th July 2026



THE STITHIANS CENTRE

REGULAR CLUBS AND ACTIVITIES

50/50 CLUB DRAW

Monthly 3rd Friday, 11:15 at Coffee Stop
Phil, phil.blease@btinternet.com

AIKIDO

Sunday 7.30 to 8.30 pm
Laurie, kazuochiba842@gmail.com
07423 123935

ART GROUP

Alternate Mondays 1.30 to 3.30 pm
Anthea, stithiansart@outlook.com, 01209 860451

BEAVERS

Wednesday 5.15 to 6.30 pm (term time)
Olly, ollyspooner@gmail.com
07879 474789

BRIDGE CLUB

Friday, 7.30 pm to 9.45 pm
John 01209 860451 or
Judith 07931 346998

BRITISH SIGN LANGUAGE

Occasional courses
Chris, chrisgould52@gmail.com

BROWNIES

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Tamsin, 07549 900721

CLUBBERCISE DANCE FITNESS

Wednesday 7.00-8.00pm
Amy 07541 994099 or
amy.mcg@hotmail.co.uk

COFFEE STOP

Friday 10.30am to 12.00 noon
Drop In Cafe, Everyone Welcome

CRAFT AND PRODUCE MARKET

3rd Saturday each month (except Aug) 9.30 am to 12.30 pm
Julie 07968 789141

CUBS

Tuesday 6.00 to 7.30 pm (term time)
Jane, j.lepage01@btinternet.com
01209-862995

FEET UP! FOOT CLINIC

Regular clinics, Thursday and Friday
Karen Myers, 01872 834567

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Debby, FilmsAtTSC@outlook.com

GUITAR & LUTE MUSIC GROUP

Monday, 6.15 to 8.00 pm
Ben, kernowconcerts@gmail.com

LIBRARY

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Saturday 10.00am until 12.00

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Monday 11.00-12.00
Jon 07889 016264
jongoddard@posteo.net

LUNCH CLUB

1st Tuesday each month 12.30 for 1.00pm (except Aug)
Viv, 01209 860656

MINDFUL CORE AND FITNESS

Sunday 9.30 am
Jon 07889 016264
jongoddard@posteo.net

PARISH COUNCIL MEETINGS

3rd Tuesday of each month 7.00 pm (except Aug)
clerk@stithiansparishcouncil.org.uk

POST OFFICE OUTREACH SERVICE

Monday 10:00 to 11:30
Friday 10:00 to 11:30

PRESCHOOL, B4 AND L8 CLUBS

Monday to Friday
Jo or Linsey, 01209 862727

RAINBOWS

Monday 17.00 to 18.30 (term time)
Sam, 07772 090212

SOUND BATH

Some Sunday afternoons
Anderson, fishboltsix@gmail.com

TAI CHI (QIGONG)

Thursday 7.00 to 8.00pm
andrewgadd.com 07796 906124

UKULELE GROUP (adults)

Monday 4.00 pm
Anthea, anthea.c@btinternet.com
01209 860451

W I

Tuesday 7.30 pm
Yvonne, 01209 860402

W I PATCHWORK GROUP

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deeallison1@hotmail.co.uk

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Hatha Foundations Class
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Hatha Intermediate
Thursdays 7.30-9.00pm
Vicki 07514 484905
vicki.finch.yoga@gmail.com

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