

# SALTASH AND DISTRICT OBSERVER

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May 2025 - Issue 394

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## SALTASH Regatta & WATERSIDE FESTIVAL

## 7<sup>TH</sup> & 8<sup>TH</sup> JUNE 2025

find us on facebook or [www.saltashregatta.co.uk](http://www.saltashregatta.co.uk)

Sunday of May Fair weekend was bright and sunny with a refreshing breeze ideal for the varied outdoor athletic events organised for all ages and abilities. First off was the fun run where one hundred and seventy seven entrants ranging from seniors through eager junior school age children to a baby in a

## A Successful Weekend for the May Fair & Marathon 2025

pushchair lined up to await Mayor Julia Peggs pressing the Starting klaxon. They were soon pelting around the streets of Saltash while parents and other supporters sampled the stalls on Longstone Park or simply

enjoyed the views of the springtime countryside.

Soon they were streaming back and the younger runners sprinting the final few minutes showed every expression from gritty determination to satisfaction and pride as they

crossed the finishing line.

Then it was time for the more serious athletes to prepare and soon one hundred and fifty eight half marathon runners setting out on what is judged to be one of Britain's most challenging courses were joined by 115 athletes bound for the less demanding '5K' run.

It is also one of Britain's longest established half marathons having been run since 1983 attracting runners from far and wide. This year Saltash man Simon Wengadt joined them, having set off at the opening of the May Fair on the first of fifty full marathons which he is running in fifty days, as reported in last month's

Observer. He was to run two circuits of the half marathon course and is performing this feat to mark his fiftieth birthday and to raise funds for the Saltash Youth Network.

After the crowds had cheered the return of the tired but triumphant runners there was a spell for all to enjoy refreshment from the various

food stalls lining the park.

Later came the traditional Maypole dancing with members of the Geraldine Lamb School of Dancing who danced around the Maypole to greet the May.

This was followed by Saltash Canine friends who strut their stuff in the Gables dog show fast becoming a popular feature of May Fair. See page 8 for more information & photos

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Thank you to all marshals and helpers without whom Sunday's athletic events would not have been possible.

Photo Mary Crawford

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# Town Messenger

Working for the People of Saltash

News from Saltash Town Council  
Konsel an dre Essa



## Education Department

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Email: [schooladmissions@cornwall.gov.uk](mailto:schooladmissions@cornwall.gov.uk)

## Education Welfare:

Telephone: 0300 1234 101  
Email: [educationwelfare@cornwall.gov.uk](mailto:educationwelfare@cornwall.gov.uk)

## Housing Department

Telephone: 0300 1234 161  
Email: [info@cornwallhousing.org.uk](mailto:info@cornwallhousing.org.uk)

## Social Services Department

Telephone: 0300 1234 101  
Email: [children@cornwall.gov.uk](mailto:children@cornwall.gov.uk)

## Social Services Department

Telephone: 0300 1234 131  
Email: [adultcare@cornwall.gov.uk](mailto:adultcare@cornwall.gov.uk)

## Highways Department

Telephone: 0300 1234 222  
Email: [customerrelations@cornwalllimited.co.uk](mailto:customerrelations@cornwalllimited.co.uk)

## Transport Department

(Schools Transport)  
Telephone: 0300 1234 101  
(Bus Pass) Telephone: 0300 1234 222  
Email: [schooltransport@cornwall.gov.uk](mailto:schooltransport@cornwall.gov.uk)

## Roads, Transport and Parking

Telephone: 0300 1234 222  
Email: [roadstransportandparking@cornwall.gov.uk](mailto:roadstransportandparking@cornwall.gov.uk)

## Waste Department

Telephone: 0300 1234 141  
Email: via contact form on website only.

## Cormac Solutions

Telephone: 01872 323 313  
Email: [customerrelations@cormac Ltd.co.uk](mailto:customerrelations@cormac Ltd.co.uk)

## Fly Tipping:

Telephone: 0300 1234 141  
Email: [refuseandrecycling@cornwall.gov.uk](mailto:refuseandrecycling@cornwall.gov.uk)

*Town Messenger news  
is supplied by the  
Town Council*

## Cornwall Councillors/ Wards

### Saltash Essa ED

Cllr Hilary Frank  
[cllr.hilary.frank@cornwall.gov.uk](mailto:cllr.hilary.frank@cornwall.gov.uk)

### Saltash Tamar ED

Cllr Keith Johnson  
[cllr.keith.johnson@cornwall.gov.uk](mailto:cllr.keith.johnson@cornwall.gov.uk)

### Saltash Trematon & Landrake ED

Cllr Paul Cador  
[cllr.paul.cador@cornwall.gov.uk](mailto:cllr.paul.cador@cornwall.gov.uk)

### Cornwall Councillors

Cover such services as:  
Housing – Education  
Social Services  
Highways  
Waste & Recycling  
Tamar Bridge

## SALTASH TOWN COUNCIL

### Election Results for New Council Term 2025-29 New Town Councillors

Following the 1st May 2025 local Parish and Town Council elections Saltash Town Council are pleased to inform you of your 2025 – 2029 Town Councillors -see photos



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## Notice for

### Co-option Vacancy

Essa, Tamar and Trematon Ward Vacancies for Town Councillors:

There is three vacancies on Saltash Town Council, one in each Ward (Essa, Tamar and Trematon).

These vacancies will be filled by co-option at the Full Town Council Meeting to be held on Thursday 5 June 2025 at 7pm.

Completed application forms are invited and should be sent via email or in writing to the Town Clerk at the address below before 9am on Tuesday 27 May 2025. An application form is available on the Town Council website and can also be requested by emailing [enquiries@saltash.gov.uk](mailto:enquiries@saltash.gov.uk) or by calling the Guildhall on 01752 844846 option 5.

Prospective applicants should note that there are rules for eligibility which can be found in the application pack or can be obtained on request. Canvassing of Town Council members will disqualify applicants from standing.

Email: [sinead.burrows@saltash.gov.uk](mailto:sinead.burrows@saltash.gov.uk)

Post/hand deliver: Town Clerk / Responsible Finance Officer  
Saltash Town Council  
12 Lower Fore Street  
Saltash Cornwall PL12 6JX

Dated: 01.05.25 - Signed by Town Clerk / Responsible Finance Officer:

## Rachel Bullock Elected Mayor of Saltash

Rachel Bullock has been unanimously elected by her fellow councillors to take on the role of Mayor until May 2026, with Cllr Brian Stoyel as her Deputy.

In proposing Rachel, Cllr Julia Peggs described her as “a kind, energetic, sassy lady,” praising her passion for local heritage and her strong community ties. “Her mother told her she’d be Mayor one day — and now she is.”

Rachel, who has lived in Saltash since the age of one, said, “It’s a great honour to represent the town I love so dearly.”

### Saltash Town Council Hears Update on Drug and Alcohol Support Services

At a recent Town Council meeting, representatives from Cornwall’s commissioned drug and alcohol service provided an overview of the support available for individuals facing issues with prescription drugs, illicit substances, and alcohol.

The presentation covered access to services for both adults and young people aged 11 to 18, as well as recovery support including treatment planning, detox preparation, rehabilitation, and aftercare. Collaboration with other services such as housing and benefits was also highlighted.

Specialist teams offer targeted support for families, women, veterans, and those in outreach settings, alongside volunteers with lived

## Trematon Ward



Cllr. Steve Miller



Cllr. Brenda Samuels



Cllr. Brian Stoyel

experience.

The team outlined further support through the Harm Reduction Service, which operates on a non-abstinence-based approach. This service focuses on assisting individuals to manage their substance use responsibly, emphasising control over usage and methods. Support includes needle exchange programs, anti-overdose kits for opiates, self-drug testing kits, the option for users to send drugs for testing, and opiate substitute therapy.

Locally, face-to-face support is available in Saltash three days a week, please visit their website for further information:

## Tamar Ward



Cllr. Sarah Gillies



Cllr. Sarah Martin



Cllr. Julia Peggs



Cllr. Jane Suter

<https://www.wearewithyou.org.uk/local-hubs/cornwall> or contact the Liskeard Office: 01579 340616.

The service, formerly known as ‘We Are with You and Redaction’, now operates as ‘With You Cornwall’ and remains the only commissioned drug and alcohol charity in the county.

## Essa Ward



Cllr. Richard Bickford



Cllr. John Brady



Cllr. Rachel Bullock



Cllr. Lisa Mortimore



Cllr. Pete Samuels

## Election Results for New Council Term 2025-29

### New Cornwall Councillors

Following the 1st May 2025 Cornwall Council Elections for Saltash Essa, Tamar, Trematon and Landrake, we welcome the following Councillors:



**Saltash Essa ED**  
Cllr Hilary Frank  
[cllr.hilary.frank@cornwall.gov.uk](mailto:cllr.hilary.frank@cornwall.gov.uk)



**Saltash Tamar ED**  
Cllr Keith Johnson  
[cllr.keith.johnson@cornwall.gov.uk](mailto:cllr.keith.johnson@cornwall.gov.uk)



**Saltash Trematon  
& Landrake ED**  
Cllr Paul Cador  
[cllr.paul.cador@cornwall.gov.uk](mailto:cllr.paul.cador@cornwall.gov.uk)

## Your Town Council & Wards

### Saltash Essa:

1. Cllr Richard Bickford  
[r.bickford@saltash.gov.uk](mailto:r.bickford@saltash.gov.uk)
2. Cllr John Brady  
[j.brady@saltash.gov.uk](mailto:j.brady@saltash.gov.uk)
3. Cllr Rachel Bullock  
[r.bullock@saltash.gov.uk](mailto:r.bullock@saltash.gov.uk)
4. Cllr Lisa Mortimore  
[l.mortimore@saltash.gov.uk](mailto:l.mortimore@saltash.gov.uk)
5. Cllr Pete Samuels  
[p.samuels@saltash.gov.uk](mailto:p.samuels@saltash.gov.uk)
6. [Vacancy]

### Saltash Tamar:

1. Cllr Sarah Gillies  
[s.gillies@saltash.gov.uk](mailto:s.gillies@saltash.gov.uk)
2. Cllr Sarah Martin  
[s.martin@saltash.gov.uk](mailto:s.martin@saltash.gov.uk)
3. Cllr Julia Peggs  
[j.peggs@saltash.gov.uk](mailto:j.peggs@saltash.gov.uk)
4. Cllr Jane Suter  
[j.suter@saltash.gov.uk](mailto:j.suter@saltash.gov.uk)
5. [Vacancy]

### Saltash Trematon:

1. Cllr Steve Miller  
[s.miller@saltash.gov.uk](mailto:s.miller@saltash.gov.uk)
2. Cllr Brenda Samuels  
[b.samuels@saltash.gov.uk](mailto:b.samuels@saltash.gov.uk)
3. Cllr Brian Stoyel  
[b.stoyel@saltash.gov.uk](mailto:b.stoyel@saltash.gov.uk)
4. [Vacancy]

### Mayor:

Cllr Rachel Bullock

### Deputy Mayor.

Cllr Brian Stoyel

### Town Clerk:

Sinead Burrows  
T: 844846

E: [enquiries@saltash.gov.uk](mailto:enquiries@saltash.gov.uk)

**Councillors' Telephone  
Numbers can be obtained  
at The Guildhall.**

**Saltash Town Council, The Guildhall 12 Lower Fore Street  
Saltash PL12 6JX Tel: 01752 844846**

**E: [enquiries@saltash.gov.uk](mailto:enquiries@saltash.gov.uk) W: [www.saltash.gov.uk](http://www.saltash.gov.uk)**

**Facebook: SaltashTownCouncilOfficial**

**Twitter: SaltashTC**



## Thank you to Saltash Tamar

Thank you for entrusting me with the responsibility of representing Saltash Tamar. This is a momentous occasion, not just for me, but for our community. We are standing at the crossroads of change, and together, we will write a new chapter in our political history. Let's work together, as one, to shape a future that reflects our shared values, our aspirations, and our commitment to progress. I'm humbled by your trust, and I'm ready to get to work for the people of Saltash Tamar."

I spoke to many residents whilst out campaigning and listened to their concerns, and now I have a full understanding of what my missions and priorities are in Saltash Tamar

Reform UK will be working hard within Cornwall council. We will work towards stabilising and reducing the debt of 1.3 billion pounds.

We will look at cutting waste, and misplaced spending within Cornwall Council and getting the economy growing.

I informally met with the Mayor Julia Peggs, Councillor Hillary Frank, and Councillor Steve Miller at the May Fair which I have to say was fantastic, and a well organised event.

I'm very much looking forward to working with all the town councillors and Mayors for the benefit of Cornwall and Saltash Tamar

Thank you for your vote

Meur ras

Cornwall Councillor Keith Johnson



Cllr. Keith Johnson  
Tamar Ward

## Thank you Trematon and Landrake for Your Support

In 2021, my family and I relocated from Melksham, Wiltshire to HMNB Devonport due to work. Both my wife and I are MOD civil servants, and I am now based at The Royal Citadel.

I began my military career in 1984, serving in various locations around the world before finally settling in the UK.

In 1994 I became a House Husband supporting my wife's full career in the RAF. I have 2 children and 3 granddaughters of whom I am enormously proud.

A keen rugby fan, I follow many clubs during the season and sevens during the summer.

My passion is supporting veterans and advocating for their rights. Veterans face one of the highest suicide rates and are often among the homeless. They deserve recognition for their sacrifices in ensuring our freedom.

One of my first duties was at the VE celebrations, Lighting of the Beacon where I was honoured to be invited to become a flag bearer.

I would like to thank everyone in Saltash, Trematon, and Landrake who voted for me. I am committed to serving and helping you over the next four years. Please reach out with any concerns.

I look forward to working with you all.  
Cornwall Councillor Paul Cador



Cllr. Paul Cador  
Trematon/Landrake Ward



Cllr. Hilary Frank Essa Ward

## Essa Voices Cllr Hilary Frank

Earlier this month, Saltash chose three Cornwall Councillors: two are from the Reform party, and I was re-elected in Saltash Essa. I stood as a Liberal Democrat, bringing a different political perspective to the table.

The election campaign was tough on my shoes, but invaluable as a touchpoint with residents. I had many conversations, sometimes challenging but always sincere. Thank you to the people who took the time to share their hopes and concerns, and to everyone who lent me their support. Thanks, too, to fellow candidates. We all tried to keep things respectful, and that matters.

Since the election, I've had constructive conversations with the newly-elected Reform councillors, at the induction at County Hall and in Saltash at May Fair and the Civic Service of Remembrance for VE Day. Honouring our veterans was a powerful reminder of what we hold in common.

There are other areas where we agree, including priorities I heard on the doorstep like increasing affordable housing for local residents. There are also areas where we differ. Many residents told me they value Cornwall's commitment to Net Zero, and I will continue to support action to meet those goals.

Public service is not about agreement on everything, but commitment to everyone. And while the election brought political change, the essentials remain the same: listening carefully, working respectfully, and staying focused on what really matters for Saltash and Cornwall.

## Next 'Meet Your Town Councillors' Session Scheduled for June 2025

The Town Council wishes to inform residents that, due to the upcoming pre-election period, the May Meet Your Councillors session will not be taking place. Please note, the next Meet Your Councillors session has been scheduled for Saturday, 14 June 2025.

The session will take place outside Superdrug on Fore Street, providing an opportunity for members of the public to speak directly with their local councillors, raise any concerns, and learn more about current community initiatives.

The Council encourages all residents to attend and engage in open, constructive dialogue with their elected representatives.

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**ADVANCE WARNING**

**Roads closed for:  
Saltash Regatta 2025**

Old Ferry Road (Pounds Park East TO Lower Fore Street) 06:00 - 21:00 SAT & SUN  
Tamar Street (Lower Fore Street TO Town Quay) 06:00 - 21:00 SAT & SUN  
Lower Fore Street (Silver Street TO Old Ferry Road/Tamar Street) 06:00 - 21:00 SAT & SUN

Fore Street (Full Length) 10:30 - 10:45 SAT  
Lower Fore Street (Full Length) 10:35 - 10:50 SAT

Old Ferry Road (Jubilee Green TO Ashtorpe Slipway) - 10:00 - 21:00 FRI  
**6TH - 8TH JUNE 2025**

**Parking Restrictions for:  
Saltash Regatta 2025**

Pounds Park (Inner Side)  
Pounds Park (Old Ferry Road TO 69 Pounds Park) (External Side)  
Pounds Park (Old Ferry Road TO 7 Pounds Park) (External Side)  
Old Ferry Road (Pounds Park West TO Pounds Park East)  
Old Ferry Road (Home Park Road TO Waterfront Car Park)  
Lower Fore Street (95 Lower Fore Street TO 103 Lower Fore Street)  
Silver Street (Albert Road TO Albert Train Bridge)  
Culver Road (3 Culver Road TO Albert Road) (Southbound Only))  
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## Set Sail at Saltash Cinema



## Saltash Scrapstore & Too

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Local people and businesses generously donate all our stock to us.

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The sea takes centre stage in May and June at Saltash Studios Cinema, with two films celebrating sailing and the ocean.

On Wednesday 14 May the cinema presents *Women & the Wind*, a moving documentary about three women, one boat and an epic ocean adventure. This film promises to ignite the flames of curiosity and adventure which lay dormant within us, through a voyage across the North Atlantic on *Mara Noka*, a 50-year-old wooden catamaran.

*Women and the Wind* is presented in partnership with Saltash's Team Morvoren Women's Sailing Team and the Women & the Wind Foundation.

On Friday 20 June enjoy *Wind, Tide & Oar*, a beautiful exploration of engineless sailing, shot on analogue film over 3 years. This film delves into the joy of travel by harnessing the natural elements, and follows a fascinating array of traditional boats through rivers, coastlines, and open seas, spanning the UK, the Netherlands, and France.

Tickets for both films are £8-£7 and available from [www.saltashstudios.org](http://www.saltashstudios.org)

Saltash Studios Cinema is a community-driven, not-for-profit organisation, aiming to bring the magic of movies back to the heart of Saltash for the first time since the last cinema closed in 1961. This extraordinary intimate venue, hidden in the previously derelict Barclays Bank, features 4K projection, a 150-inch screen, Dolby Surround Sound, licensed bar, fresh popcorn and seating for 60. Other films coming up include *Mr Burton*, *Conclave*, *Bridget Jones Mad* *About the Boy* and much more. If you would like to get



involved as a volunteer usher, or have proposal for a film you'd like to see, do get in touch at [info@saltashstudios.org](mailto:info@saltashstudios.org)

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## It's Regatta Time Again!

*Saltash Waterside will be full of entertainment and fun on and off the water over the weekend of 7<sup>th</sup> & 8<sup>th</sup> June. Saltash Regatta and Waterside festival is one the towns annual highlights and we are pleased to give a taster of the fun instore with memories of last year.*



Photos Regatta 2024



Photos Mary Crawford - Regatta 2024

## Chamber Chairman Peter Ryland Keeping Us Updated

At the last Chamber meeting on the 7th April, members welcomed Lindsay Endean from Saltash Studios and heard from her the progress that has been made, since taking over the former Barclays Bank building in Fore Street. The building was now up and running after major refurbishment and facilities included hot desking, arts programme, cinema and other arts and business-related facilities. Saltash Studios have now become a member of the Chamber.

Hilary Frank then reported on the Magic Tenner campaign which ran for the first two weeks of March and proved very popular with retailers and the public. 29 businesses had signed up to the campaign all of which were local businesses which is the aim of the campaign to shop local. Members felt that with the success of the campaign it would be worth considering other promotions during the year. Ms. Frank undertook to do so once the local elections were out of the way.

Continuing on the town centre theme, the Chairman was able to update members on the success of the first street market organised by Town Team. The feedback from stallholders, traders and the public, was all positive. Members were looking forward to the next market which was, at the time of the meeting, due 12 days later.

The local M.P. Anna Gelderd, had been due to attend the meeting but had been called to London on Parliamentary business. One of the questions that was going to be asked of her was relating to the recently approved toll increase and a campaign to try and get a further reduced rate for local residents. The Chairman stated that she had offered to answer any written questions that members wished to raise and would be willing to attend our meeting in September.

Members noted that the switch on of the Christmas lights would be on November 14th and that the Chamber and the Town Council were working together to make this an evening event in addition to the Christmas Festival on the 6th December.

Other reports received by members included the Chairman reporting on a meeting he had attended with Corserve who were taking on the running of the Belle Vue West car park, an update on the May Fair, where all preparations were in place, an update on the town brochure which was progressing well and that new seating, planters, signage in Fore Street should be in place in the next couple of months. It was also noted, the work carried out by Cormac on the pavements in Fore Street to ensure trip hazards were removed around the roots of the trees.

Although writing this report on behalf of the Chamber, I, wearing my Town Team hat, would also take the opportunity to thank the people of PL12 for their support of the street market. A second market has been held on the 19th April and again there was good support and positive response. The butcher was "over the moon" and the baker, again, sold out of bread.

**Observer Contact Details**  
M:07971 484872  
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## Pete's Point of View

So, the elections are now over, the shape and style of Cornwall Council over the next four years is now known and for most of us

who have participated in those elections, some sort of normality can be resumed. For those who have been elected, the hard work starts now.

I attended the 'count' at Bodmin on 2nd May and once counting commenced, it became apparent that the electorate were showing their

dissatisfaction at the way things are going nationally. One by one, experienced and hard-working Councillors, with roots in their communities, were being supplanted by candidates who had come together under a common banner, but in many cases with little or no experience of local government, or perhaps having no local connection.

Indeed, some of the newly elected Cornwall Councillors seemed unprepared for the possibility of winning one of the 87 seats that form Cornwall Council, together with a lack of understanding of the commitment and travelling required to attend regular meetings in Truro. I would say that putting yourself forward as a candidate is one thing, that's the easy bit, delivering on behalf of the electorate is quite another. I suspect that a few by-elections might occur, which would be at a cost to the local taxpayer.

It is being claimed that the two-party system which has existed in this country for around a century, is now at an end, but I'm not so sure. Have we forgotten the UK results of the European Elections held in May 2019 when the map was painted the turquoise colour of the then Brexit Party? Later that year the Conservatives gained an 80-seat majority at the General Election. Can we be sure that the message of 2025 is not similar to that of 2019, an expression of dissatisfaction and a warning shot across the bows of the established parties? Only time will tell.

Nationally and locally, the Conservatives suffered heavy

losses at the recent elections, but it could be argued that they had more seats to lose than did Labour. The political analyst will be picking over the May election results for some time to come, but they can only speculate over the significance of the election results.

A few days after the election, I watched a government Cabinet Minister being interviewed on TV, who was asked the question as to why the somewhat unpopular government are not listening to the people, who are largely not happy with the way that things are going. The response, given in a way that only a politician could, might easily be interpreted as saying that actually the problem is with the people not listening to the government. With such arrogance and dismissiveness, is it any wonder that voters express their frustration? Pete Samuels.

*Any views expressed are personal views and not that of any organisation with which Pete is associated.*

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## Rob and Rod Show Community Spirit with Help for Heroes

Windy Ridge restaurant at the Trerulefoot roundabout has long had an enviable reputation as a foodie destination. Joint owners Rod & Rob are always anxious to share the community spirit and offer their traditional freshly prepared and home cooked meals with the less fortunate members of the local community. Each year they choose a different charity to support raising funds by means of raffles and fun events throughout the year. This year's chosen charity is Help for Heroes as well as fund raising Rob & Rod have been inviting local ex-servicemen who have sought the support of this worthy cause to come together and share a Windy Ridge luncheon together.

Help for Heroes exists to support ex-service persons who have issues regarding physical or mental health as well as welfare and social needs. Each month this year around a dozen such ex service persons will come together to enjoy not only an excellent meal but also companionship with fellow ex- servicepersons.

At the first such get together firm friendships



*Enjoying the sunshine and superb views from the Windy Ridge restaurant armed service veterans selected by Help for Heroes sit down for their lunch.*

Photo Mary Crawford

already seemed to be forming and the Windy Ridge team looks forward to building upon this as they welcome

more of those who have dedicated their lives to our armed services.

## THE BOOKSHELF

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### Tracey and Chris would like to say A Big Thank You

To all their loyal customers, who have supported them over many years. Customers returned on a regular basis to see what was new on the menu, they became friends who enjoyed coming in and having a conversation with the friendly Bookshelf team.

*We will miss you all and hope you continue to support the new owners as they find their way in this new venture.*

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## Sustainable Saltash

*A regular column on changes Saltash residents are making to confront climate and ecological breakdown*

I overheard an interesting conversation recently about Cornwall's new recycling arrangements. One party loved the new system, another couldn't see the point and thought it was all just the Council being trendy. It has got me thinking about my own practices and their justification.

As an adolescent, it was my job to empty the kitchen bin. At busy times as often as every other day. It was the last resting place for all that was not wanted in the household. I recall the struggle to lift the bag without tears or splits, and the risky dash to the garden. Within would be food, packaging, broken toys, small electricals, clothes, the contents of ashtrays and fireplaces, surprise items such as broken lightbulbs and mugs. All bathed in the inevitable 'bin-juice' which was just waiting to break free.

I am sure I am not alone in such recollections. We got to that point quickly. Up until the mid 20th century, waste had looked much the same for centuries. Prior to 1945, most domestic rubbish was organic and it was burned, what was left was predominantly ceramics and low-toxicity ash. With the advent of mass consumerism and cheap plastics in the 1960s, this became untenable. The

result was the Clean Air Act and spiralling landfill. Fast forward to the 1990s when I was doing my chores. Our waste volumes had peaked and included a dizzying breadth of engineered materials, unimaginable a generation before, many of which will survive in the landscape for millennia.

Our refuse has become so chemically complex and long-lasting. Landfill is essentially permanent storage. Extrapolate that to 60 million people and separation and reuse is unavoidable. Granted we didn't do it before, but we didn't need to. Modern materials demand modern waste management. We can't have our cake and bury it. If you have done the arithmetic with me, I hope you will come to the same conclusion.

With the methane-producing food taken out and composted commercially, the card, glass and metal separated and recycled (yes- most of these are recycled) and the other items sorted properly at the tip, that leaves a much smaller volume. Most of this is plastic, and that part is still a problem. Even sorted into your red bag, national waste streams don't reliably result in this being made into a new plastic item. Rates quoted are variable, but always low. Much is burned,

## Five Top Tips for Enjoying a Spend-Free Day this May

You might be wondering what you can do to relax without it costing too much. After all, the pressure of added expenditure on an already tight budget doesn't exactly boost wellbeing. Rest is vital for good mental health, and since Mental Health Awareness Week is happening this month, it's the perfect time to explore ways to enjoy a spend-free leisure day. At Christians Against Poverty (CAP), we love to find cost-effective solutions, so here are

exported or buried. It's very hard to recycle and the volumes of new material produced are gigantic.

I will continue to be diligent with my recycling. I love the food waste in particular as the dreaded bin juice is now a memory. Plastic is still a thorny issue. Be it packaging, textiles or consumer items. There's only one solution I can see there, and that is limiting the amount that comes into your home as far as possible. An interesting challenge, but easier said than done. Maybe our policymakers can help...

-Marc Bramham

*This column is a conversation starter for our whole community. If you have comments on the subject, ideas of your own or suggestions for future content, please do get in touch at [sustainable.saltash@protonmail.com](mailto:sustainable.saltash@protonmail.com)*

five ideas to help you take a break without spending money!

### Explore free activities in your area

Discover the many free things to do in our area. There's plenty - from museums and parks to walking, cycling, or beach trips and community run events. Join the community Facebook groups and ask away if you're unsure.

### Cash-in unused gift cards / reward points

Do you have any cinema vouchers or gift experience cards that you've not yet used (and possibly even forgotten about)? Why not plan a spend-free day using up what you already have? If you collect reward points or cashback you could redeem them and treat yourself completely guilt-free. **Utilise existing memberships** Some people subscribe to things but don't always make the most of them. If you've got an existing gym membership that includes access to leisure activities, then you could spend a relaxing day by the pool, or if you belong to a national heritage organisation, take a day trip to an unexplored location and enjoy a spend-free day.

### Enjoy time at home

There are lots of things you can do at home to relax - reading, spending time in the garden, the list is endless. Just make sure that if you do opt for a staycation, you eliminate any

distractions first. If scrolling through your phone raises anxiety levels, it might be a good idea to switch your phone off, especially if you think you might be tempted to do a little online shopping as it could quickly turn your spend-free day into a costly one.

### Pack a picnic

If you decide to go out for your spend-free day, then avoid expensive food costs by packing a picnic. Bringing snacks and drinks from home will ensure you're prepared when you get hungry. This May, consider challenging yourself to prioritise your wellbeing without putting stress on your purse or wallet. Taking some time out could help you stay positive, but if you are struggling with your finances we encourage you to get in touch for free debt or budgeting help - email [timsquires@capuk.org](mailto:timsquires@capuk.org).

*Christians Against Poverty (CAP) is a UK charity working with over 1100 affiliated churches to deliver debt help, budgeting guidance, support to find work, life skills education and more. Visit [capuk.org](http://capuk.org) to find out more.*

## The Harriet Heart Medal Awarded to Sally and Her Therapy Dogs



Sally Carnes and her dogs Demy Hope & Tomato are familiar and well loved members of our local community and have recently been awarded the Harriet Heart Medal by the therapy dogs' nationwide team at Crufts. Sally has dedicated her life to rescuing damaged and unwanted dogs and once they have been rehabilitated the dogs are assessed as potential volunteer therapy dogs. Nationwide such dogs visit nursing homes hospitals special needs schools and anyone who needs help.

"Our dogs give such joy in so many places, and I love it when the people we visit remember the dogs' names. I have enjoyed doing these therapy visits for over thirty years."

Sally said her dogs proudly wear their therapy leads and coats, Demy with one eye was not on the citation having been retired a year ago aged 16 but is always included as having given such delight to so many over her career.

Sally is always willing to do one off visits in the area. If anyone feels they need or would like a visit, simply go to [enquiries@tdn.org.uk](mailto:enquiries@tdn.org.uk) and contact Sally Carnes.

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## Tamar Reflections

Once again, in thanking the folks that so kindly sent kind messages regarding part one and two of 'A Stitch Back in Time' of which I reflected upon events up until the 19th Century in previous issues of the Saltash Observer.

In association with Andrew Tritton's supporting booklet, I continue within Tamar Reflections the historic journey of the Saltash Chronicles Embroidery which hangs majestically at the Saltash Guildhall.

### HMS Captain

HMS Captain was an unsuccessful warship built for the Royal Navy due to public pressure. She was a masted

there, they were often served shellfish from Pickle Cockle Alley.

### Our Lady of the Angels Roman Catholic Church

The Catholic parish of Saltash began in 1884. French Franciscans came to open a novitiate in Saltash, converting a house in Lower Port View into a Friary. Their new church was called 'Our Lady of the Angels' - and served Saltash's Roman Catholics as a parish church.

### St. Barnabas Hospital

The want of a cottage hospital had been long felt in Saltash until St. Barnabas hospital was built - principally funded by Mrs Ley in 1889 - in memory of her husband the Reverend Richard Ley, who settled in Saltash because of his own ill health.

Victoria Gardens in honour of Major General Sir William Penn Symons of Hatt near Saltash. He was the first British General to be killed in the Boer War at the Battle of Talana Hill in October 1899.

### Ann Glanville

Ann Glanville (1796-1880) was a Cornish (Saltash) woman who achieved national celebrity for gig growing. She formed a crew of four female rowers who took part in local regattas. Ann was noted for her large stature and for her all-female crew who dressed in white caps and blue dresses. The most famous competition was in 1833 when they visited Le Havre and beat the best 10 French male crews by 100 yards. This led the press to call her the champion female rower of the world.

### Wearde House Fire

**- Saltash**  
in 1903 the impressive Wearde House at St Stephens - built around 1740 caught fire. Sailors from HMS Defiance, moored at Wearde Quay, formed a bucket chain carrying water from the River

Lyner to quench the flames - thus saving part of the house which can still be seen next to the Saltash Community School at Wearde.

From the history text, all the above stories feature on the Saltash Chronicles Embroideries and really do commemorate and celebrate the steepness of Saltash's ancient history. All credit to Andrew Tritton and such a talented team of designers, artists, embroiderers. Indeed, the local community organisations, with children from the schools, youth groups and other talented volunteers. Some images on the embroideries are courtesy Saltash Heritage, others have been provided by other sources. I shall continue in the next available issue of the Saltash Observer this remarkable story told in stitch craft and exhibited at the Saltash Guildhall for all to see by appointment at the Saltash Town Council Offices.

*Illustration courtesy*

*Andrew Tritton*

Sue Hooper MBE  
Former Mayor of Saltash and Freeman of the Town  
Email: suehcf@msn.com  
Tel 01752 843073

Turret ship, designed and built by a private contractor against the wishes of the Controllers Department.

The captain was completed in April 1870 and capsized in September of the same year - with the loss of nearly 500 lives because of the design and construction errors that led to inadequate stability.

### HMS Mount Edgcumbe

HMS Mount Edgcumbe was the residential home for the Devonport and Cornwall Industrial Training Ship Association housing homeless and destitute boys and was anchored offshore, close to the Royal Albert bridge, where she was to remain until 1920. One of around eleven such ships around Britain, she provided charitable help for orphaned boys and minor offenders by training them for a Naval career, usually in the Mercantile Marine.

There is an old tradition that when a ship's name is changed the reason for the change should be explained to the ship. This poor vessel must have been a very patient lady as she had in turn been HMS Winchester, HMS Conway, HMS Nile, and HMS Mount Edgcumbe.

### River Steamers and Pickle Cockle Alley – and Tea Gardens

In the 19th and early 20 Centuries, river steamers were now becoming very popular for tourist excursions. Many visitors came to Saltash to buy shellfish from the shops in Tamar Street, popularly known as Pickle Cockle Alley.

At the same time nearby, on the sheltered slopes between North Road and New Road there were still orchards and market gardens where tea gardens were later set up to cater for the growing number of visitors –



### Saltash Guildhall

Saltash Guildhall was the original market house which was rebuilt in 1775 - which had an enclosed upper floor known as the long room and this was supported by an open colonnade of granite pillars. The old original Guildhall building – which was sited across the road of where our Guildhall is today, was used as a gaol before being demolished in 1894.

### Captain Henry Jackson

In 1895 captain Henry Jackson later Admiral Sir Henry Jackson transmitted a radio signal the length of the torpedo school ship HMS Defiance - which had been anchored close to Wearde Quay since 1884. In the following year Captain Jackson succeeded in transmitting signals over several hundred yards. He thus became the first Briton to use radio for practical communication and the first person worldwide to achieve ship-to-ship radio communication.

### Major-General Sir William Penn Symmons

William Penn Symons was born on the 17th of July 1843 at Hatt near Saltash. He was commissioned as an English Ensign of the 24th Foot (later the South Wales Borderers) on the 6th of March 1863. Colonel Penn-Symons was given the staff rank of Brigadier General and was to be General Officer commanding of Natal with temporary rank of Major General on the 15th of May 1899. Later that year on 20th of September his staff rank would be raised to Major General and on the 9th of October to Lieutenant General.

### Victorial Gardens Monument

The Penn Symons Monument was erected at the centre of

## Letter to the Editor...

*Dear Editor,*

May I explain to your readers why following my advertorial in the March issue asking for support in the town council election my nomination did not take place. I know that we both have had queries about this.

I only ever intended to stand for Saltash Town Council, requested the appropriate forms from Cornwall Council Electoral Services, completed and handed the forms in, in accordance with the rules. They were checked, double checked, and I received an email of confirmation on the same day, 19th March, stating that I was a candidate for Saltash Town Council - Tamar Ward. As you would expect I accepted this completely.

On the 3rd April you can only imagine how upset I was to see that my name had been put on the Cornwall Unitary Authority list of candidates and not Saltash Town Council. I appealed straightaway but apparently under Electoral Law the error could not be rectified.

I will apply for co-option to the Town Council as there are three vacant seats and hope to be elected. I believe I will be the only candidate who applied to be a Councillor in the traditional way.

I am in communication with the Electoral Commission to question why an Electoral Services error cannot be corrected.

I am sorry to those people who I know promised me their support. They will not have the chance to elect me but it will be in the hands of the thirteen Saltash Councillors to consider my application.  
*Beverly Gordon  
Saltash*

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## Saltash Sailing Club Donate £1000 to the Kitchen

On 25 March, Saltash Sailing Club held the last in a series of quiz nights which had been run to raise funds for the Commodore's good cause. This year, the cause was the Community Kitchen in Fore St.

The evening was a great success, with the Kitchen providing freshly made cakes to sustain the teams. The volunteers and directors formed 3 teams to enter the competition, and slightly embarrassingly, the team of volunteers took first place. We would like to thank Saltash Sailing Club, not only for their hospitality and good humour at us winning, but for the generous donation of £1,000 to the Kitchen.

The Kitchen was started to reduce food waste, diverting food that would otherwise go to landfill and to provide meals and drinks free on the basis of have what you want, donate what you can afford. All are welcome.

A Fridge is also run from the same supplies of food, now positioned outside the Community Shop at 4 Fore St, which works on the same basis. The Kitchen also provides space to a number of other activities, including the social prescriber and the Memory Box café. This donation will help us to continue to provide this resource to the community.

Future fund raising events include a Concert on 20th



Photo Mary Crawford

Bar manager Sharon House, also responsible for preparing & presenting the Quiz over the winter season presented a cheque for £1000.00 to Chris Bailey Chairman CEPL12 for the Community Kitchen.

June. More information on these is available from the shop.

The Kitchen is part of Community Enterprises PL12 CIC, which is also responsible for: Memory Box which provides activities for those with memory and cognitive impairment and their carers, and whose choir featured at the May Day festivities; Saltash Veterans, which has been recently re-launched and expanded; and the Community Shop at 4 Fore St, which provides an outlet for local artisan products.

Additionally, it runs the building at 18 Belle Vue Road, which it took on to ensure the continued presence of Citizens Advice in Saltash, and which is also home to Foodbank and Storybook Dads.

None of this would be possible without the support of the community and especially our fantastic volunteers. We are always looking for new volunteers and Directors, so if you are interested, pop into the Shop or the Kitchen, or look online at <https://www.cepl12.co.uk>

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## Just Thinking Aloud

“Build bridges, not walls”. This advice came frequently from Pope Francis. I struggled with it in his lifetime – and still do. Why? Because the evidence as I have experienced it is that what is adversarial is more successful than what is co-operative. I therefore fear for our future. What are we leaving behind us for our children and grandchildren? World War 3? Thus my struggle comes from my feeling that, though it is attractive in theory, our behaviour ensures that building bridges will be pigeonholed in the “yes but” category, while we carry on building walls worldwide. And no, I am not a Catholic. I am an Anglican, and we have just as many major blemishes as our Roman neighbours.

Well, having begun with politics, I had better carry on, but in a more local context than Mondial. It will not have escaped your attention that we have had one or two national bye-elections in addition to local elections. As I am

scribbling this in advance of the results, I will delay any serious comment until next month. Just one or two: It will be interesting to see how Reform UK performs. Zanny Minton Beddoes, global economics expert and editor-in-chief of that renowned publication The Economist, paints Nigel Farage as “The Man Britain Cannot Ignore”. I just wonder what proportion of his fellows up for election have been ignored in Cornwall...

And there's my usual comment about local electoral turnout. Will Farage's lot have made a difference? I am so sorry that Saltash Town Council's valiant attempts to excite Joe Public's interest in its doings have so lamentably failed. They produced posters large and small, plus printed articles trying to persuade us to learn more about what goes on and even how good it would be for some new faces to put up for election. Ok, a few existing town councillors for a variety of reasons have not stood again, but you would have thought that enough Joe Publics would stand for town to make an election. Alas no, they are three short of the statutory sixteen, and I have forgotten the procedure to come up with such a trio. You never

## A Welcome Return for Harding's Hike

There was another opportunity for all to exercise in a somewhat more leisurely fashion. Harding's Hike was formerly a popular May Fair event which Martin Lister had revived for 2025. A band of walkers set off from St Stephens for a four mile stroll around the Saltash countryside enjoying the mass of

know your luck. If you are having second thoughts about chancing your arm, and they haven't sorted it already, do enquire down at The Guildhall.

Finally, back to a lifechanging event. In the first half of the nineteen nineties, totally unexpectedly, I re-acquired the faith I had abandoned in my early teens. Funny how these things come about... One thing led to another, and then another, and The Reverend Canon Richard Maynard became an increasing influence on my life, eventually my training incumbent as I moved towards priesthood. Richard has recently gone to his eternal rest. I remember him for all sorts of things, not least for what he quietly and confidentially offered to any parishioners day or night in times of personal crisis. He gave of himself without thought for himself.

Bob Munro

bluebells and other spring flowers which were at their best, Martin supplied a commentary on local history as they passed the site of a tramway that once connected the quarries of Burraton to the busy quays of Forder (a section of track can still be seen.) Other points of interest to be seen included a medieval cross, a Victorian village school and one of the two tanneries at which once brought employment to Burraton Coombe.

The walkers also were shown where the children of Trehan and Trematon used to dance around the May Pole, a springtime tradition continued by our own Saltash May Fair which continues to bring fun and to build the community spirit for the hundreds who turn out to share it.



Photo Mike Pitches Media

Winning female, Alexia Zilli member of Tamar Trotters,



Photo Mary Crawford



Photo Mary Crawford

Crafty Kids at Redeemers Church's Fun Kid Craft

## A few Photos to Mark a Successful May Fair & Marathon 2025



Photo Mary Crawford

Marathon & 5K Runners proudly showing off their Medals



Photo Mike Pitches Media

The Fun Runners eagerly await the Klaxon



Photo Mary Crawford

Proud daughter Helena McGinnes shows her support for an eager half marathon runner.



Photo Mary Crawford



Photo Mary Crawford



Photo Mary Crawford

Parrot fashion - Mayor Julia with two feathered friends

Don't worry there are more - photos & content to come in a future Issue

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