



# Connect

Carnon Downs, Devoran, Feock  
and Point & Penpol

*View from footpath at Tresithick, Carnon Downs*

## WELCOME to the October issue of the Parish Council's e-Newsletter

This regular newsletter was started by Feock Parish Council earlier this year in response to the Covid 19 pandemic and was initially being sent out weekly, as the situation has progressed the newsletter is now being sent out on a bi-monthly basis, together with our hard copy newsletter which is delivered to all households in the Parish on a quarterly basis, the next one is due out around the end of October so look out for it dropping through your letterbox!

If you know of anyone who would benefit from receiving this enewsletter please ask them to send Debra, the Parish Clerk a quick email with their email address so they can be added to the list to receive it.

This newsletter has lots of information about what is currently happening locally and an update on our new wellbeing project, HAIRE!

Don't forget the latest up to date information on Coronavirus and restrictions can be found online <https://www.gov.uk/coronavirus>

**NHS**  
Test and Trace

Protect your loved ones.  
Get the app.

NHS COVID-19 APP  
**DOWNLOAD NOW**

Download on the  
App Store

GET IT ON  
Google Play

## Local facilities are open again!

### We were delighted that our playgrounds are open again for everyone to enjoy.

Please help us to keep them safe for everyone by adhering to the measures we have had to put in place to make them 'Covid safe' to enable them to be re-opened. Guidance for the safe use of each area is displayed on the gate of each park. [Many thanks for your co-operation.](#)

- ✗ Please do not enter the park if you, or anyone in your household are showing Covid symptoms, or self-isolating
- ✓ All visitors should wash or sanitise their hands before entering the play area, and again on leaving
- ✓ If possible, please wipe down equipment before use with anti-bacterial wipes
- ✗ Please do not enter if the facility appears busy, and avoid equipment if already occupied or the maximum recommended number of children are using it
- ✓ Children should be supervised carefully to maintain good hygiene and to ensure children wait their turn to use equipment where it is safe to do so
- ✗ Please remember that the Covid-19 virus can survive longer on internal hard surfaces, so if possible entering tube slides, play tunnels or small playhouses should be avoided.

### Devoran Community Library, Market Street, Devoran

We have had to put various measures in place to ensure the library is 'Covid safe' please help us by adhering to these. [Our new opening hours are 9am to 12 noon weekdays.](#)

- ✓ To adhere to social distancing only one household/bubble will be allowed in the library area at a time.
- ✓ You will also need to wear a face covering in the library and also either scan the Test & Trace QR code poster when you arrive at the library or sign in on the paper register if you don't have a suitable smart phone.
- ✓ You can choose from the selection of books already on the shelves and we would ask that any books that you pick up to browse or are returned after being borrowed are placed in the 'quarantine' box, they will be returned to the shelves after 72 hours to ensure any virus on them is no longer present.
- ✓ We ask that all visitors use the hand sanitiser provided, anti-bac wipes will also be provided to wipe down books.
- ✗ Unfortunately there are currently no new books being delivered to us by the mobile library, however the mobile library van is back on its usual route, details can be found online <https://www.cornwall.gov.uk/leisure-and-culture/libraries/your-local-library/mobile-library-service/>



# Help with shopping, transport and prescription deliveries locally

Although people are currently able to get out and about more, the Parish Council are still continuing to provide the prescription and shopping delivery services for those who are unable to collect their prescriptions or shopping due to the need to isolate or being housebound. We are also reliant on our group of wonderful volunteers being available and a lot of them are now returning to work so are no longer available as much as they were to help so we really need to make sure we are helping those who really need the help and cannot get help elsewhere.

## Prescription delivery service— booking line 07904 547822



It would really help us if you could please phone us to book a prescription delivery on the day that you order your prescription so that this gives us notice and enables us to plan our volunteer rota, of course if your medication is an urgent prescription, needed the same day we will do our very best to help get it to you. Unfortunately we will no longer be able to provide this service for free and we will be asking for a voluntary donation from people using the service of around £2 to cover the cost of petrol for our volunteers. The surgeries also provide a delivery service but please note that this is only for those who are housebound and have no other way of getting their prescriptions.

## Spar shopping deliveries — booking line 07379 241780

Spar shopping orders are still able to be made the same day in the mornings.

We will no longer be able to provide this service for free and we will be asking for a donation from people using the service to cover the cost of petrol for our volunteers, again of around £2. Again this should be given to the volunteer driver delivering your order.



## Feock Local Transport Scheme - booking line 07904 547822

We are delighted to be able to start up the Local Transport scheme again, there are some measures we have had to put in place to keep you and our volunteer drivers safe. We have also had to increase the recommended voluntary contribution per trip by 50p, so a return trip in the same village for example would cost £2.50.

- Initially this is only for essential trips to medical appointments (not hospital appts) or the hairdressers
- Please give us 48 hours notice of trips if possible via the booking line **07904 547822**
- Both the driver and passenger will be required to wear **a mask or face covering** (please provide your own)
- Only one passenger can be taken in a vehicle at a time
- Passengers will be asked to anti-bac their hands prior to getting in the vehicle and when returning to it after their appointment (anti-bac will be provided by the driver if you do not have any with you)

For more information on the costs to use this service and how the scheme works please phone the booking line.

**The prescription, shopping and transport phone lines are manned on week-day mornings between 9am and 12 noon.**

# Update from Cornwall Council

By Martyn Alvey, Cornwall Councillor

As I write this update, we are undoubtedly on the precipice of seeing a 'second wave' of Covid-19 across the UK and clearly this will have an impact here in Cornwall. I want to reassure everyone that all of the relevant agencies in Cornwall are geared up to deal with any individual cases and outbreaks as they emerge.



The measures announced by the government on Tuesday will undoubtedly have a profound effect on all our lives in the coming months. How effective they are remains to be seen, but with cases of Covid-19 on the rise across the country it is right that we do everything within our power to protect our healthcare system and the most vulnerable among us. We've been fortunate so far here in Cornwall. We've seen relatively few Covid-19 cases compared to elsewhere in the country. That is thanks in large part to the efforts of residents and businesses in following public health guidance.

But recent events at HMS Raleigh in Torpoint, the Pilgrim's Pride food factory in Pool, and at Camborne Science and International Academy, are a stark reminder that the virus is here and the threat it poses is real. I am one of a small number of Cornwall Councillors who sit on the multi-agency 'Local Outbreak Engagement Board' and see first-hand the efforts and preparations being made. I want to reassure you that I'm confident that, through our local outbreak management plan and our enhanced tracing processes, we have the systems in place to deal with any outbreaks should they occur, but there is no room for complacency.

While it is right that we step up our fight against the virus, I am deeply concerned about the impact these new measures will have on jobs and businesses in Cornwall - businesses still reeling from the economic blow dealt by the lockdown in March. Yesterday, your MP Cherilyn Mackrory met with the Chancellor in Downing Street and she put those concerns to him. I hope the announcement he makes later today will help support the economy and protect jobs in Cornwall.

There's no denying these last few months have been emotionally and physically exhausting for all of us. It's clear that the challenges we have faced together during this pandemic – the unprecedented disruption to our daily lives, the concerns over some of our jobs and businesses, the worries we all share about keeping our loved ones safe and healthy - will be with us for some time yet. We must meet these challenges head-on. Each of us must play our part in keeping one another safe and curbing the spread of this terrible virus. Cornwall Council will do what it can to provide support and guidance for our residents. If there is any way you think I can help, please let me know.

So, as we move into the autumn please continue to follow the key public health messages: wear a mask as appropriate, keeping social distancing and wash your hands.

## Planning for the Future

The other significant matter I wish to write about today, that is generating a lot of interest and concern locally at the moment, is the recently published Government White Paper 'Planning for the Future'. Indeed, 'Planning' and 'Planning Enforcement' is consistently the subject of most of my casework. The White Paper was also the item of a brief debate and premature politically motivated 'Motion' brought by the Lib Dem leadership at the Full Council meeting on Tuesday to simply 'object' to the White Paper as a whole. I want to emphasise that a 'White Paper' is a consultation paper – you 'respond' to it. Insofar as the Conservative Group is concerned, the Paper has aspects with which we too are very concerned and would wish to see changed. In particular, the suggested new housing numbers for Cornwall. We wish to see far more detail on how future development sites and 'growth areas' are to be identified and how lo-

## Update from Cornwall Council continued

cal people and communities will engage in the planning process. We also wish greater assurance that much needed 'affordable homes' will be delivered in greater numbers than at present. However, there are other aspects of the Paper with which we wholeheartedly support, such as greater protection for our Area of Outstanding Natural Beauty (AONB) which makes up about 1/3 of the landmass of Cornwall. As a Political Group, in the fullness of time we will be putting forward a full and reasoned response to the White Paper and I have asked that this is made public. I, like most of my Conservative colleagues, 'abstained' when the Lib Dem Motion was voted upon. I don't like 'abstaining' because I believe that I'm in County Hall to make decisions, not 'sit on the fence'. However, I didn't vote against the Motion, because some of the concerns it raised are legitimate. However, I was unable to support an unbalanced and 'knee-jerk' reaction to such an important matter, before being briefed by our planning experts on the implications for Cornwall. Then having the opportunity to debate the matter fully before putting forward a constructive response to the consultation questions on which the majority of Councillors can agree.

If this interests you, this link takes you to the White Paper and explains how to respond to it.

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/907647/MHCLG-Planning-Consultation.pdf?fbclid=IwAR1uwRdgipQvP8dKpkOXYWgBhCOSg0QE0CjhiXoc28t464HnfF2ozQEjogE](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/907647/MHCLG-Planning-Consultation.pdf?fbclid=IwAR1uwRdgipQvP8dKpkOXYWgBhCOSg0QE0CjhiXoc28t464HnfF2ozQEjogE)

I can be contacted on 01872 263958/07581 736347, [martyn.alvey@cornwallcouncillors.org.uk](mailto:martyn.alvey@cornwallcouncillors.org.uk).

It's also worth following me on Facebook @CounsellorforFeockandPlayingPlace which I am updating all the time with relevant information and news.



*Sunset at Restronguet Point, by Loretta Neilson*



HAIRE: a Feock Parish Council Initiative in association with the University of Exeter

01872 863333  
feockpc.com/wellbeing



### Update from Bex Rawbone, HAIRE Project Co-ordinator

The HAIRE team at Feock Parish Council are working hard to develop training materials and sessions for our local HAIRE volunteers. We have 16 friendly volunteers confirmed on our list who will soon be ready to talk to older people in the Parish around their health and wellbeing. We really want to make the most of what our beautiful parish has to offer, and create new activities/services to improve quality of life.

You may notice some of our colourful HAIRE posters and a new Wellbeing Information board (outside of Car-non Downs Spar, thank you to the Spar) whilst out and about in the Parish. We are trying to raise awareness about this exciting community project and want to get local people involved. If you are age 60+, not working and feel more could be done to support you and/or your local community please feel free to get in touch with the HAIRE team. We are ready to listen to your views, ideas and concerns with living in this area.

**I would like to say a big 'THANK YOU' to everyone who has offered to get involved and given their time to support this project.** We really want to make the most of what our beautiful parish has to offer, and create new activities/services to improve quality of life.

If you're on Facebook like our page **Wellbeing Feock** for more updates!

### Project staff contact details:

Bex Rawbone, HAIRE Project Co-ordinator  
Tel: 07988 106432 / 01872 863333  
Email [bex@feockparishcouncil.co.uk](mailto:bex@feockparishcouncil.co.uk)

Cathy Whitmore, HAIRE Administration Assistant  
Tel: 07904 547822 / 01872 863333  
Email [cathy@feockparishcouncil.co.uk](mailto:cathy@feockparishcouncil.co.uk)

# HAIRE

## HEALTHY AGEING IN THE PARISH OF FEOCK

Are you 60+, not working and feeling more could be done to support you and your local community?

Could you spend a little time talking to our friendly, trained volunteers about how you can make the most of what our parish has to offer, and how new activities could be developed to improve your quality of life here?

We are ready to listen to your views, ideas and concerns with living in this area.

To express interest in taking part and for further information, contact:

**Bex Rawbone**, HAIRE Project coordinator  
on 01872 863333 | 07988 106432  
or by email on [bex@feockparishcouncil.co.uk](mailto:bex@feockparishcouncil.co.uk)

Visit our website for updates: [www.feockpc.com/wellbeing](http://www.feockpc.com/wellbeing)

**If you know anyone who would like to talk to us about their situation, please pass on our details to them.**



A **Feock Parish Council** Initiative in association with the **University of Exeter**

**Interreg**   
2 Seas Mers Zeeën  
**HAIRE**  
European Regional Development Fund



For Feock Parish Council: Project Lead: Keith Hambly Staite | [keithstaite@hotmail.com](mailto:keithstaite@hotmail.com)  
Deputy Lead: Colin Blake | [drcolinblake@gmail.com](mailto:drcolinblake@gmail.com) Parish Clerk: Debra Roberts | [debra@feockparishcouncil.co.uk](mailto:debra@feockparishcouncil.co.uk)

SEPTEMBER 2020

# Local Groups & Village Hall Updates

## Devoran Village Hall Update

Check their Facebook page for updates [www.facebook.com/DevoranVillageHall/](https://www.facebook.com/DevoranVillageHall/)

## Incredible Bulk in Devoran Village Hall Car Park

Selling dried food and home cleaning products loose, so you can avoid single-use plastic packaging, the second and fourth Wednesday of the month, 4.30-6.30pm. They also run a Click & Collect service.

Contact: [incrediblebulk@mobilezerowasteshop.co.uk](mailto:incrediblebulk@mobilezerowasteshop.co.uk)



## Produce Vans and Outdoor Market in Devoran Village Hall Car Park

Saturday lunchtime: Smart's fish and vegetables and Baker Tom.

Wednesday morning: Smart's fish and vegetables.

Second Saturday of the month, small outdoor market.

Contact: [devoravillagemarket@outlook.com](mailto:devoravillagemarket@outlook.com)

We are pleased to announce that the village hall is open and complying with Government regulations to make it a COVID secure building.

Due to Government regulations the Hall's capacity is restricted, main hall 25 and lower hall is not available for hire at the present time. Due to Government regulations only certain groups are able to return at present.

The Hall will not be able to take bookings for parties until Government regulations change.

The Hall's Management Committee's priority is the health and safety of its hirers and the community.

It is the responsibility of **all** Hall users to help keep the Hall safe. All hires must clean all touch points before and after their session and no food preparation is allowed in the Hall at present.

In line with government regulations and guidance, when in the Hall a face covering is required (except while exercising or if you have a medical exemption), wash/sanitise your hands regularly, practicing good respiratory hygiene, socially distance, use the one-way system in the main hall and keep records for NHS Test and Trace.

The Hall has also purchased a Clean-Mist (dry mist surface decontamination) machine, which will be used as required.

There will be on going additional costs to running the Hall due to COVID-19. At present the hire charges have not been increased, this will be reviewed regularly.

**NEW BOOKING NUMBER** The telephone number for the Booking Secretary is now 07495 325401.

## **DEVORAN VILLAGE HALL CAR PARK**

The Hall car park is private property (from the Hall to the telephone box), it is for the use of Hall hirers. Use of the car park is included in Hall hire.

The Management Committee appreciates parking can be very difficult in the village, but on re-opening and as user numbers gradually increase, please remember:

- If you have parked there overnight, please remove your car by 9.00am
- Do not leave your car there while you are on holiday.
- Please do not park there when signs or a hirer ask you not to.
- Please make your friends, family and visitors aware of the car park situation before they arrive.

## **Carnon Downs Methodist Hall Update**

**The Church is open for services 10.30 am every Sunday.**

Coffee morning is starting on Wednesday 14th October at 10.30am and will now be called CDMC Community Time (providing there are no further changes to restrictions)

A new very thorough cleaning regime has been put in place.

Sunbeams Stay & Play is too difficult to start under the present guidelines. They will review the guidelines around Christmas again but hope to have a Christmas activity on 21st December which will need to be pre booked. Details to follow later, please check their Facebook page for details

[www.facebook.com/carnondownsmethodist/](http://www.facebook.com/carnondownsmethodist/)

From 8th October Slimming World are meeting all day on a Thursday at the Hall.

Thinkfit meet Tuesday and Wednesday evening from 6 pm, Wednesday morning at 9am and Friday morning 9.15am For more details visit [www.facebook.com/thinkfitcornwall/](http://www.facebook.com/thinkfitcornwall/)



## **St Feock Church**

St Feock Church is open every day for private prayer and everyone as always is very welcome to step inside. Services will be held soon, subject to the Covid 19 stipulations and rules. The Church Community Hall currently remains closed.

## **Devoran Methodist Chapel**

Devoran Methodist Chapel will be open on Sundays for a short service at 10.30am, beginning Sunday, 4 October.

We will be following Government Covid-19 guidelines

## **Feock Methodist Chapel**

Remains closed—visit [www.feockmethodist.org.uk](http://www.feockmethodist.org.uk) for up to date information

## **Penpoll Chapel**

Penpoll Methodist Church is open for private prayer, Sunday mornings 10.30 - 11.30am.

## **St John & St Petroc Church, Devoran**

We have services at 10.00 on Sunday Mornings. The first Sunday in the month is Worship for All (family service) although all the services aim to have activities for young people. All are welcome. We are open for private prayer on Wednesday and Sunday from 10am to 4pm. Please follow the Covid guidelines for your safety and for others. **October 4th at 10.00** is our Harvest service. Donations of long life goods for the truro foodbank will be very welcome.

**Messy Church** will resume in some form or another possibly with Messy bags and outdoor trails.

If you are not normally included in the emails and would like to know more about it please contact Anne Ramsden [anne@sabre146.co.uk](mailto:anne@sabre146.co.uk).

## **Carnon Downs Village Hall**

The Village Hall currently remains closed.



## News from Penpol & Point WI

### Flower pressing days recording the passing seasons

On two successive days, groups of 6 Penpol and Point WI ladies gathered in a local open air setting to learn a new craft; pressing wild flowers, leaves and berries into clay. Our instructor, Nina Ducker, had been marking the passing seasons in this way since the beginning of lockdown back in March. After scavenging the smallholding and garden, we rolled out our lumps of clay, cut them to size and arranged our samples. Then came the fun bit of mixing and pouring the plaster of paris into the mould and waiting for it to set. As the plaster warmed, it reminded me of nursing days smoothing gypsum plaster bandages onto broken limbs! The end result however was much more artistic as we cautiously peeled off the clay to reveal our 'masterpieces' underneath in white relief. The final stage was to scrub the plaster cast in soapy water and carefully pick out any remaining seeds. 12 WI homes will now have a lasting record of the vegetation around Penpol in mid-September as well as memories of another enjoyable morning of creativity.

Polly Barton

If anyone is interested in joining Penpol & Point WI please get in touch with Helen or Pauline, details below.

President: Helen Gaches 01872 870614 or [helengaches@hotmail.com](mailto:helengaches@hotmail.com)

Secretary: Pauline Ruddock, 01872 396829 or [philpauline@aol.com](mailto:philpauline@aol.com)



Photos by Nina Ducker

**theWI**  
INSPIRING WOMEN



If any other local groups would like us to run a feature on them in the newsletter please get in touch with Debra, Parish Clerk, via [debra@feockparishcouncil.co.uk](mailto:debra@feockparishcouncil.co.uk) or 01872 863333.

## Nature and out and about!



You may have noticed shells with numbers on appearing on the footpaths around the parish recently. Each footpath has a number and these numbers correspond to them. This is really helpful when reporting a problem with a footpath as it makes it easier to identify where the issue is. You can report problems with footpaths directly to Cornwall Council online [https://secure.cornwall.gov.uk/form/auto/countryside\\_issue](https://secure.cornwall.gov.uk/form/auto/countryside_issue) or email [debra@feockparishcouncil.co.uk](mailto:debra@feockparishcouncil.co.uk) who can report them on your behalf.

Don't forget our Feock Trails footpath walk maps, you can pick up a free set of the 9 walks from the library in Devoran or download them from our website [www.feockpc.com/feocktrailsproject](http://www.feockpc.com/feocktrailsproject)

Birdwatchers have recently had a good start to the winter bird watching season with the appearance of four ospreys which have been fishing between Devoran Quay and Restronguet Creek. On migration from Scotland to Africa they would have been feeding up for the long journey over the English Channel, Atlantic and Spain. There are approximately 225 breeding pairs in the UK so although not rare it is always a welcome sight to see them once again in our locality where they can be observed at such close quarters. (Photo from Wikipedia)



This beautiful Buzzard was snapped last week by Debbie Earle at Tresithick.

### Parish Planning Applications

Due to the current restrictions, we are currently unable to hold planning meetings therefore consultee comments are being agreed by a process that we hope still gives residents the opportunity to inform Parish Councillors of their views on applications.

Planning applications received from Cornwall Council for consultee comment are shown on the 'Current Planning Applications' page of the Parish Council's website - <https://www.feockpc.com/current-planning-applications>. If you have views on any of these applications that you would like Parish Councillors to be aware of before they agree and submit their consultee comment to Cornwall Council please make them in writing in an email to [debbie@feockparishcouncil.co.uk](mailto:debbie@feockparishcouncil.co.uk). In order for Councillors to be in receipt of these comments prior to the Committee's discussion of the application these comments need to be received as soon as possible and preferably by the date stated by each application on the website.

Any comments made to the Parish Council should also be submitted to Cornwall Council who will decide the application. Information on how to do this can be found by following this link - <https://www.cornwall.gov.uk/environment-and-planning/planning/planning-advice-and-guidance/how-to-respond-to-planning-applications/>

# Climate and the environment

## Recycling

Ever wondered what happens to the recycling you put out? There's a really interesting article here in the Falmouth Packet <https://www.falmouthpacket.co.uk/news/18767919.recycling-go-cornwall---used/>

## Carbon Neutral Cornwall

Missed our online event? Don't worry you can catch up with the replay!

The event, hosted by Cllr Edwina Hannaford Cabinet

Member for Climate Change, featured:

- An update on the [Carbon Neutral Cornwall Action Plan](#) followed by Q&As with Edwina
- Workshops on the new [Crowdfunder Cornwall Climate Emergency funds](#), [Grow Nature Seed Fund](#), and [Community Infrastructure Levy Fund](#)

Videos by the [Helston Climate Action Group](#)

And some great guest speakers:

Colin Hastings, of the [Carbon Buddy Project](#)

Simon Miles of [The Forest Garden](#)

John Carey and Steve Leech of [Chacewater Energy Group](#)

Rob Stevenson of [Beach Guardian](#)

More information about the event is available on the [Carbon Neutral Cornwall Hive](#) (where you can read some great guest blogs and add to the Ideas Bank)

You can watch a replay of the event by registering at this link <https://www.crowdcast.io/e/carbonneutralcornwallSept20/register>

## Positive News!

Some uplifting stories available online on this great site <https://www.positive.news/>



**Positive.News** Sections | Support Positive News | About | Shop

Positive News magazine | Log In |



**What went right this week: animal welfare, plastic progress and more positive news**

A new super-enzyme was found to eat plastic pollution and France boosted its animal welfare laws, plus more positive news

[Environment](#) / [Justice](#) / [Society](#)

# Updates from the Surgeries

## News from Carnon Downs Surgery—Flu Vaccination Campaign 2020

Throughout the cold weather, looking out for yourself and others is essential to keeping healthy. With winter on the way, now is a good time to make sure you, and those you know who may be particularly at risk from the cold, are as prepared as possible. If you qualify for the free flu jab, phone us now to book your appointment. Also remember that eating a healthy, balanced diet and that staying physically active can keep you healthy.

Try to maintain indoor temperatures to at least 18°C (65°F), particularly if you find it hard to get around, have a long-term illness or are 65 or over. If we all look out for each other this winter we can really make a difference. Flu season is nearly upon us. Obviously our delivery program has changed for this year to allow for any guidelines in place due to the coronavirus. Please support your practice by attending the surgery for your flu vaccine. Your safety and the health of our community is our priority.

The eligibility criteria for flu vaccination are as follows:

- You are 65 or over
- You are a registered carer or work in the community care sector
- Pregnant women
- Chronic (long-term) respiratory diseases, such as ; asthma (which requires an inhaled or tablet steroid treatment, or has led to hospital admission in the past), chronic obstructive pulmonary disease (COPD), emphysema or bronchitis
- Chronic heart disease, such as heart failure
- Chronic kidney disease
- Chronic liver disease, such as hepatitis
- Chronic neurological conditions, such as Parkinson's disease, motor neurone disease, multiple sclerosis (MS), learning disability or cerebral palsy
- Diabetes
- Problems with your spleen – for example, sickle cell disease or if you have had your spleen removed
- A weakened immune system as the result of conditions such as HIV and AIDS, or medication such as steroid tablets or chemotherapy
- Being seriously overweight (BMI of 40 or above)

We would greatly appreciate that you see us for your vaccination because if you are entitled to a flu vaccination we've ordered one for you already.

- Patients over 65 years of age – Saturday mornings
- Patient with an underlying long term health condition – Friday early evenings
- Children aged 2 and 3 years of age – Monday afternoons

Clinics are now being booked but patients must book a dedicated appointment time and be aware of the new and enhanced safety guidelines for this year. Please do not wait for us to contact you, phone the team on 01872 863221 if you think you are eligible.

## Community Connect



Community Connect continues to support the wellbeing of people and families of all ages in the local Community in a non medical capacity. If you would like to access the services of Sharon and Nikki the Community Navigators please contact us through your local GP surgery or via e mail: [sharon.nettleton@imagineif.net](mailto:sharon.nettleton@imagineif.net)

# Updates from the Surgeries cont'd



## CHACEWATER & DEVORAN SURGERIES—Flu Vaccinations

Due to the current situation with Covid we have had to alter how we run our flu service. We will be having clinics at Chacewater village hall and a venue in Devoran as usual; however, these will be appointment only and will not be the usual 'drop in' sessions.

Clinicians and staff will be wearing masks and following hand hygiene guidelines at all times.

All eligible patients will be invited to make an appointment for a convenient time within the clinics arranged. There will be some clinics held within the surgeries as well.

Invitations will be sent out in small batches to lessen the pressure on the telephone system and to ensure that all patients can contact us.

Please be assured that you will receive an invite. Please do not contact the surgery unless asked to do so in your invite.

Patient attending the surgery for pre-arranged appointments with our nursing team should be able to have their flu vaccination at the same time as long as the clinician is able to do this.

We will not be booking appointments just for flu vaccinations in to routine clinics as we need to protect these appointments for other patient needs.

### How can patients help us?

- If you are eligible for a vaccination, please do not contact the surgery until you have received your vaccination invitation. The staff will not be able to book you in until such time.
- Remember to bring a mask/face covering with you to wear to your appointment.
- Patient attending the clinics are asked to attend as close to their appointment time as possible as there will not be a seated waiting area.
- All patients attending are asked to come wearing suitable light clothing that ensures that the clinician is able to give the vaccination without delay due to the removal of jumpers or coats.
- We will not be able to provide anything other than a flu vaccination at the clinics and we ask that patients do not try to discuss other conditions with the clinician providing their vaccination.
- There will be no refreshments available and there will be a very small seated area for those needing to wait following their vaccination.
- Where possible and patients are able, we ask that they leave immediately after receiving their vaccination.
- Ensure that you attend for your booked appointment or cancel it in good time so that it can be given to somebody else.
- Do not attend if you, or any member of your household or 'Bubble' have any Covid symptoms or if you are feeling unwell.

We thank you for your continued patience, support and understanding in these difficult times. Drs Shaw, Shaw, Dawes and Ashmore

## Scam warnings!

We have received the below message from Devon & Cornwall Police—please get in touch if you're interested.

I work for Devon and Cornwall Police as a Cyber Protect Officer and my role is to provide advice and guidance to Businesses, Charities and Organisations helping them to protect themselves and their employees from becoming victims of cyber-crime. We are the Cyber Lead for Devon and Cornwall Police, working as part of the wider Police Cyber network, 'Team Cyber UK'.

As you may be aware, **cyber-crime is a Tier 1 threat to National Security** and criminals will exploit any opportunity they can. In light of the current pandemic, we are now seeing an increase in phishing scams, sextortion (webcam blackmail) and other cyber related crimes occurring across our area. However in general terms, cybercrime is a very under-reported crime.

**We are here to help you and your community.**

Our role involves conducting workshops, training sessions and presentations to groups and businesses across our counties – all free of charge. Due to the current pandemic we are delivering a lot of what we do virtually, but over webinar or in person, our sessions are always tailored to the nature of the business we deal with and based on the latest advice and guidance from the government's [National Cyber Security Centre](#).

Please don't hesitate to get in touch if you are interested in learning more about what we do. We are currently trying to spread our reach across Devon and Cornwall it would be much appreciated if you could share our information to your own networks and community groups

I look forward to hearing from you.

Kind Regards

*Grahame Mace, Cyber Protect Officer*

Digital Capabilities Unit, Intelligence Directorate

Devon and Cornwall Police

<https://www.dc.police.uk/cyber>



[grahame.mace@devonandcornwall.pnn.police.uk](mailto:grahame.mace@devonandcornwall.pnn.police.uk)



[@DC\\_CyberProtect](https://twitter.com/DC_CyberProtect)

## Devon and Cornwall Police Cyber Protect Officers



Are you prepared for the threat of cybercrime?

...we are here to help protect YOU

Whether you own a business or are part of an organisation or community group we can provide:

- Bespoke webinars
- Presentations and seminars
- Training and workshops
- Cyber attack simulation
- Decisions and Disruptions
- NCSC's Exercise in a Box

Our cybercrime awareness sessions can be tailored to your requirements and cover topics such as:

- Safe home-working
- Business Email Compromise
- Ransomware • Phishing • 2FA / MFA
- Passwords • Data Breaches
- Social Media • App security

And guess what... its FREE!

Contact us!

Laura Cowie (Devon) or Grahame Mace (Cornwall) for further info: [cyberprotect@dc.police.uk](mailto:cyberprotect@dc.police.uk)



And follow us on Twitter / Instagram @DC\_CyberProtect

# Scam warnings!

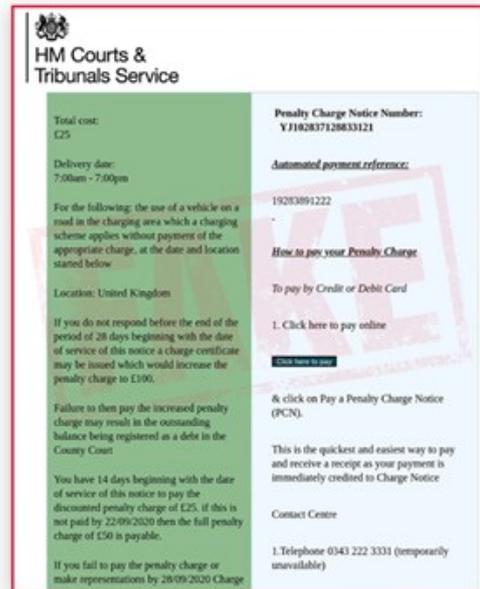
## SCAM WARNING



## Fake penalty charge emails reported over 1,000 times in 24 hours

Action Fraud has received more than 1,400 reports about fake emails purporting to be from HM Courts & Tribunals Service. The emails state that the recipient has been issued a penalty charge for "the use of a vehicle on a road in the charging area which a charging scheme applies without payment of the appropriate charge". The links provided in the emails lead to genuine-looking phishing websites that are designed to steal personal and financial information.

- Your bank, or any other official organisation, won't ask you to share personal information over email or text. If you need to check that it's a genuine message, call them directly.
- Spotted a suspicious email? Forward it to the Suspicious Email Reporting Service (SERS) - [Report@phishing.gov.uk](mailto:Report@phishing.gov.uk)



## Contacting Citizens Advice in Cornwall and the Isles of Scilly

Although our offices and outreach operations are closed during the Covid19 restrictions, we are still continuing to offer our services to the public:

 Text **ADVICE** to 78866 or for debt issues, text **DEBT** to 78866 and we'll call you back within 48 hours (excluding bank holidays and weekends).

 Call us on 03444-111444 Mondays to Fridays between 10am and 4pm.

 Check our [website](http://www.citizensadvice.org.uk) at [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk) for useful, up-to-date information on a wide range of subjects and to take part in a webchat session.

### FOR THE MACMILLAN CANCER ADVICE SERVICE:

Our office in The Cove at the Royal Cornwall Hospital is closed during the coronavirus outbreak but our advisers are still working. Please email [macmillan@citizensadvicecornwall.org.uk](mailto:macmillan@citizensadvicecornwall.org.uk)

...or call 01872-672090. Callers will be asked to leave a message, and can expect a call back within 24 hours (excluding weekends).

PLEASE NOTE: All phone calls are charged at your normal rate.

### HELP US HELP YOU AND YOUR COMMUNITY:

Citizens Advice Cornwall is a local charity which depends on grants and donations. Please consider making a contribution to our work by using the **DONATE** button on our website.

## What's On!

Visit the Parish Council website for details of local groups and events [www.feockpc.com/activities](http://www.feockpc.com/activities)

**If you're a local group and would like to be added please email details to [debra@feockparishcouncil.co.uk](mailto:debra@feockparishcouncil.co.uk)** Below are just a selection of the events and activities being held across the parish, some virtually, some socially distanced.

Check individual group websites or the community and village halls websites for updates and information on group meetings.

[www.carnondownsvillagehall.org](http://www.carnondownsvillagehall.org)   [www.devoranvillagehall.org.uk](http://www.devoranvillagehall.org.uk)   [www.stfeockchurch.org.uk](http://www.stfeockchurch.org.uk)

### **Carnon Downs Community Association Pumpkin Trail**

Sadly due to Covid this event has been cancelled but instead an online Pumpkin Carving competition is being held with gift voucher prizes for the top 3! For more information on how to enter visit [www.facebook.com/carnondownsvillage/](https://www.facebook.com/carnondownsvillage/) or email [carnondownsvillage@gmail.com](mailto:carnondownsvillage@gmail.com)

### **Zest for Life Fitness**

On Zoom and outside when weather permits, visit <https://zestforlifefitness.myfitnessclass.com> for more details. Contact: [zestforlifefitness@gmail.com](mailto:zestforlifefitness@gmail.com)

### **Celtic Chords**

On Zoom. Contact: Celtic Chords Secretary - [shirley1still@sky.com](mailto:shirley1still@sky.com) or visit [www.celticchords.co.uk](http://www.celticchords.co.uk)

### **Carnon Downs Methodist Church**

CDMC Community Time (Coffee mornings) are starting on Wednesday 14th October at 10.30am (providing there are no further changes to Covid restrictions)

From 8th October Slimming World are meeting all day on a Thursday at the Hall.

Thinkfit meet Tuesday and Wednesday evening from 6 pm, Wednesday morning at 9am and Friday morning 9.15am

For more details visit [www.facebook.com/thinkfitcornwall/](https://www.facebook.com/thinkfitcornwall/)

### **Devoran Village Hall**

#### **Wednesdays**

Village Market Fish Man—9.30am to 12.30pm with Fish, Vegetables, Preserves & Flowers.

#### **Saturdays**

Baker Tom Bread Van—11.45am to 12.30pm

Village Market Fish Man—1pm with Fish, Vegetables, Preserves & Flowers. 1.00pm

*Please double check Baker Tom's website and the Devoran Village Market Facebook page as times may be subject to change.*

**Incredible Bulk** mobile zero waste shop will be visiting Devoran Village Hall car park on Wednesdays 14th and 28th October from 4.30pm to 6.30pm

**Second Saturday of the month**—mini outdoor market from 9.30am to 12 noon with The Cheeseman, Penny's Pies, Mrs Dawkins Preserves, Paul and Debbie Fresh Vegetables, Cornish Sea Salt, Sally's Cornish Kitchen Cakes plus Zoltan the Knife Sharpener from 11am to 2pm.

### **St Feock Church Community Hall Car Park**

**Saturdays** — Baker Tom's Mobile Bread Van at 11am in the St Feock Church Community Hall car park

***See pages 8 and 9 for more news on the Village Halls and Church and Chapel openings.***

#### **Get in touch**

- Debra Roberts, Parish Clerk — email [debra@feockparishcouncil.co.uk](mailto:debra@feockparishcouncil.co.uk) / 01872 863333
- Debbie Searle, Assistant Parish Clerk — email [debbie@feockparishcouncil.co.uk](mailto:debbie@feockparishcouncil.co.uk) / 01872 863333
- Bex Rawbone, HAIRE Project Co-ordinator—email [bex@feockparishcouncil.co.uk](mailto:bex@feockparishcouncil.co.uk) / 07988 106432
- Sharon Nettleton, Community Navigator, Community Connect— [sharon.nettleton@imagineif.net](mailto:sharon.nettleton@imagineif.net)
- Your Councillors—contact details are listed on the website and on the noticeboards
- The office and library are open weekday mornings from 9am to 12 noon



Feock Parish Council



feock\_parish\_council



@feockpc

