

ST. TEATH TIMEPIECE

MARCH 2026

ISSUE 373

Springtime At Last



Tethalot – The Panto!

Congratulations to the cast and everyone involved in this year's brilliant village pantomime. It got rave reviews from Trehannick to Trewennan and beyond! A few photos of some of the cast are below (sorry we didn't get one of you all together!)



The One-Legged Farmer

Dunk Sandercock's second article charting his journey through farming in St Teath.

Part Two: Why the Grass Isn't Always Greener

Having sold our dairy herd and with just ten cattle left, we had enough stored feed to last all winter so it wasn't long until we had dry cows from other dairy farmers in our sheds – we looked after them and actually got paid to do it! We still had a lot of rented ground so we increased sheep numbers to 350 and grew some arable crops. I had time to put to showing sheep: I won the Royal Cornwall Show a few times and had the best Poll Dorset ram at the national breed show and topped the sale. The rest of our cattle failed their TB tests over about 3 years until we had just one left. We couldn't keep one on her own so had to sell her, and just like that we were out of the cattle industry.



Up until then we had been pushing our land to produce as much per acre as possible. I was taught by my dad and at college (I went to agricultural college one day a week for 3 years) that grass wouldn't grow without artificial fertilizer. I have always tried to change at least one thing or try something new on the farm each year, sometimes planned and sometimes just spontaneously (I could have got an A in English if spellcheck was a thing back then). We had lots of land and not much stock, we had about 12,000 kg of the stuff waiting to go but I had noticed that we didn't put any fertilizer on the lawn and still had to cut it every week, so decided to just see what happened without it.

Well the grass still grew, not so dark green and not as much but enough, and the sheep seemed happy. I occasionally spread some on a field and noticed it went darker green for a while and then looked awful for the rest of the year. I started moving the sheep every 3 days instead of every 7 or 10. We have small fields but I started splitting them up with electric fences and noticed the grass grew back much better even though it was eaten just as much. Was I on to something?

I was but I didn't know why. For a while I didn't think much about it and I was fairly busy with the paintball games. One year I wanted to stop feeding the sheep grain to see if they would still be okay and most were, I sold the rest. I didn't want to help sheep to lamb so sold the ones that needed help. I wanted to keep the sheep behind one strand of wire so sold the ones that wouldn't – if they escaped through a hedge they went to freezer camp.

I now had more time so started growing vegetables and keeping chickens. I brought pigs back to the farm (my dad had stopped keeping them while I was still at school), started beekeeping and making cider, compost, biodiesel, woodchip and worms (but still no ostriches yet). I found YouTube and learnt that farmers all over the world were doing similar things to me and learnt about why my grass was still growing and why my meat and veg tasted so good without the artificial fertilizer and grain feeding. I started moving the sheep everyday to see what would happen and I got more grass and even happier sheep. I started growing more crops for the pigs and using them like I would a plough to turn over pasture to save using the tractor as much. I started making YouTube videos and won the St Teath Village Show!!!

Come back next month to read Part Three: From Trees to Treliske.

St Teath Post Office: Important Announcement

We are pleased to announce that the premises have officially been sold.

The new owners will be closing the Post Office on Tuesday 10th March for alterations and stocking of the shop. This closure will last for approximately two months. During this period, Port Isaac Practice will provide information regarding prescription deliveries.

On this day, Tracy and I will both be retiring after proudly serving the community for over 25 years. We would like to thank you all for your custom, support and friendship over the years.

We know that, like Tracy and I, you will all wish the new owners success and show your support in the new shop and Post Office. Once again, thank you.

Love to all, Lynne and Tracy.

On behalf of everyone in the village and beyond, the Timepiece team would like to say a huge THANK YOU to Lynne and Tracy for their tireless and brilliant service to the community. We will miss you immeasurably, but wish you a long and happy rest from parcels and prescriptions! Enjoy your next chapter and we look forward to seeing you around the village soon.

Rubbish Ramblers

Come and join us for our fortnightly pick, leaving at 10 am from the pub car park. Dates for your diary: 5th and 19th March. See you then!

	<h3>CHARITY BINGO</h3>
	<p>Friday 6th March in the Hall</p>
	<p>Doors open 6.30, Eyes down 7.30 Proceeds to The Village Show</p>
	

Tales of The Acrewood Project

Winter at Acrewood has been a season of quiet work, muddy boots and copious amounts of patience. With no children on site, we gave the land the gift of rest, letting the ground breathe, settle and recover after a busy time. The storms, however, had other ideas and came one after another, testing fences, paths and nerves alike, but our volunteers met every challenge with grit, good humour and an impressive talent for mending things in horizontal rain. Posts were reset, shelters patched and Acrewood held steady through it all with minimal losses.



Behind the scenes, winter has also been a time of dreaming and planning, mainly of sunnier times! We've been sketching out Budding Spring Sessions, shaping new ideas that will gently unfurl as the days lengthen. A new collaboration with the churchyard is taking root, weaving together nature, heritage and community in a way that feels very 'Acrewood'. There are also whispers of emu secrets (still mostly under wraps), alongside many other plans quietly warming by the fire. The peacocks (pictured) watch and wait.

Alongside this, our Duchy students will be back to offer a calm and steady presence through the spring months, spending time with the goats as they prepare for potential kidding. Pens will be checked, bedding refreshed and watchful eyes trained on subtle changes in behaviour. It'll be a season of learning patience, responsibility and quiet observation, the kind of knowledge that only comes from slowing down and really paying attention to animals and their rhythms. We hope they get their wish for the pitter patter of tiny hooves!

Winter has also marked an important shift behind the scenes. Now officially registered as a charity, Acrewood has been learning a whole new craft alongside farming, animal care and supporting children and young people. Evenings have been spent turning muddy-boot experiences into carefully written grant proposals, budgets and plans, translating what happens on the land into words and figures that can help secure our future. It's a different kind of work, but one rooted in the same values of care, access and long-term stewardship.

As always, we're grateful for practical support too. Donations of firewood and logs, useful construction materials or tools, and gardening items make a real difference to keeping Acrewood running through the seasons. We've been so lucky to be part of a community that is abundant in kindness and we are so grateful. Recently, we've had fruit trees donated by New Parks Farm, pallets and treasure from Western Supply and a lovely visit from our friends from the Church to see how they could help us.

Now, as the soil firms up and the light shifts, Acrewood is stretching after its winter sleep. The storms may have rattled us, but they also reminded us how strong this place is when held together by care, teamwork and a shared love for the land. Spring is waiting in the wings, and we're ready to meet it.

Palm Sunday 29th

10.30am - Holy Communion with the reading of St Matthew's Passion in St Julitta Church, Lanteglos



Monday 30th 7pm - Stations of the Cross in St Teath Church

Tuesday 31st 7pm - Compline in St John's Church, Delabole

Wednesday 1st 9.00am - Holy Communion [BCP] in St Adwena, Advent

Maundy Thursday 2nd 7pm - Holy Communion with Foot washing in St Julitta, Lanteglos
followed by a Watch for those who wish to stay



Good Friday 3rd 1.30pm - Walk of Witness from St Thomas to St Julitta's



Saturday 4th 3pm - Easter Adventure in St Teath Church
[look out for details]
8pm - Service of the Light at St Thomas' Church,

Easter Sunday



6.30am - Sunrise Service at St Adwena
6.30am - Sunrise Service at St John's, Delabole
9.30am - Holy Communion in St Thomas
11am - Celebration Holy Communion in St Teath
11.15am - Holy Communion [BCP] in St Julitta

ALL WELCOME TO EVERYTHING

SPOILER ALERT...

...JESUS RISES FROM THE DEAD...



www.camelallenchurches.org.uk

Methodist Musings – A Still Small Voice

I write this as we have just finished at toddler group. I love to see how the children interact with one another and learn how to share the toys between them. A couple of children were colouring pictures on the chalk board when one of them got blue chalk on their nose.

We then giggled as we all put blue chalk on our noses. One thing led to another, and before we knew it, all three of us had rosy cheeks from the red chalk and yellow and blue chalk stripes on our foreheads. We laughed, as did other helpers and parents who saw us – it was one of those moments that you

treasure in life. It didn't cost anything and the smiles were so worthwhile. Another special moment followed as a concerned little girl took me back to the chalk board to give me the cloth to clean up my face.

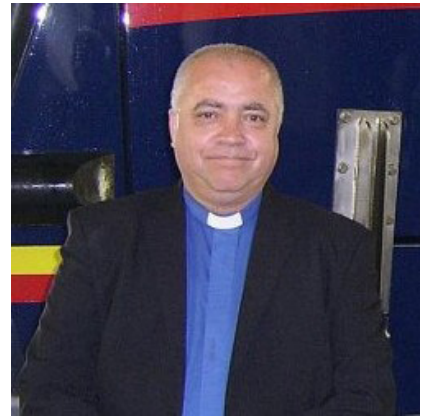
In a crazy world, we can learn so much from our children about getting along, getting messy at times and showing genuine kindness to each other. As they say, 'every day is a school day.' We are in the season of Lent, which is a time for reflection, learning and leaving behind the things that hinder us. Many choose to give something up, though rarely does it last until Easter. Some might try to reflect on life and faith, or even try to learn something new through a Lent study group or Alpha course.

Whatever you do, Lent is an opportunity to refresh and improve yourself in some way, which is always good to do. It is also an opportunity to come a little closer to God.

I do believe that sometimes it's the small things that make a difference, maybe like the children we need to sometimes get messy, laugh a little more and show kindness to each other.

Jesus showed us so much of how we need to live our lives and still does today if only we ask him. In a world in which we hear so much shouting and see so much misuse of power, spend time listening for the 'still small voice of God' (1 Kings 19: 11-13.)

May peace, love and joy be with you.
Blessings, Rev Steve Swann



St Teath Allotments Association

Spring is springing and the sap is rising, and there are a few spare plots in our allotments.

If you would like to try growing your own, contact us for a chat:

lyngale64@gmail.com
nickandfi@hotmail.co.uk



Village Show
Dates for your diary

Fundraiser coffee morning
Saturday 8th August
10am-12noon

The Village Show
Saturday 22nd August
In the Hall and
Community Centre



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joining?
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Friday March 13th
Community Centre 2.30pm

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A Letter From Your MP

Dear St Teath,

Up in Parliament recently, I took part in a debate on the future of the Tamar Bridge. I made the case that with the right devolution deal for Cornwall, and of course a fair share of the national roads budget, we could abolish the toll cost altogether. I pointed out that many of my constituents rely on the bridge to access hospitals and work in Plymouth, with little in the way of public-transport alternatives. Scrapping the toll would cost around £15 million a year, while Cornwall's share of the strategic roads network funding is estimated at £95 million annually. With the right deal, we can deliver much fairer transport for Cornwall and its communities.



That argument applies to local car parks, with the Council's consultation on proposed changes to car parks, including on the Camel Trail, now closed. I've had a huge volume of correspondence from constituents on this, and I know many of you have made your views known. It is down to the Council to listen to the strength of feeling expressed, and to make sure our concerns are properly addressed and acted on. I'll be supporting the hundreds of constituents who wrote to me on this.

I met with the leaders of Cornwall's Integrated Care Board to push forward on the severe NHS dental crisis in North Cornwall. Our meeting covered practical, concrete ways to address the lack of NHS appointments here, which I am sad to say is one of the worst-affected areas in the country. I raised our recent proposals to pilot a dental teaching clinic in Wadebridge, and reiterated the huge local support behind this campaign. Our petition has now passed over 1,500 signatures, so thanks to everyone who has signed and shared. Keep an eye on my social media for updates.

Also in Westminster I chaired the latest session of the 'Dairy All Party Parliamentary Group'. I'm proud to be standing up for dairy farmers in North Cornwall who are facing huge pressures, including rising costs and current milk market volatility. We were joined by industry and NFU representatives, and I'll be following up on specific concerns raised by local farmers around St Teath and right across North Cornwall.

Alongside this, I took part in an important debate on the treatment of animals used in scientific research. In my speech, I made the case for phasing out animal testing altogether wherever possible, and called for a full national animal welfare strategy, with the need to take immediate action on foreign meat imports that undercut UK ethical standards. Meanwhile, alongside Andrew George MP and Cornwall Council Leader Leigh Frost, I've written to the Local Government Minister to urge urgent corrections to the Council's funding settlement. As outlined in our letter, the current projections include unrealistic assumptions about second-homes income, leaving a dangerous shortfall of around £45 million more than initially expected. That shortfall puts key local services at risk, and must be fixed as soon as possible.

Finally, I spoke in national media recently to call for a full inquiry into Peter Mandelson's conduct. His decision to leak incredibly sensitive information to a convicted child sex offender is deeply disturbing. Reform of the House of Lords is (quite clearly) long overdue, and it has once again proven itself to be totally unaccountable. A long and complex process to remove peers is unacceptable.

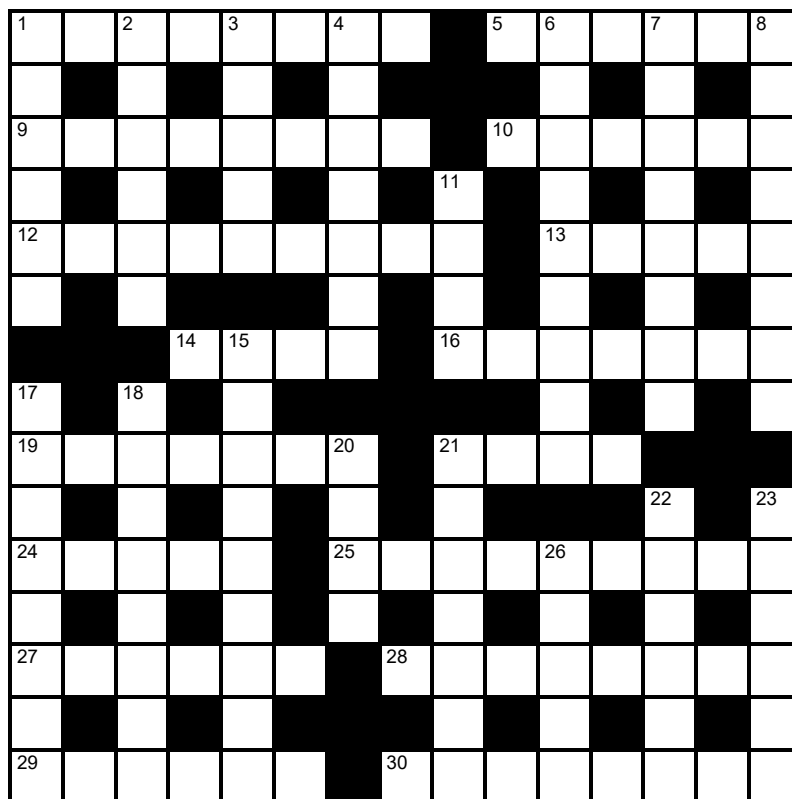
Ben Maguire | Liberal Democrat MP for North Cornwall
ben.maguire.mp@parliament.uk

Timepiece Crossword

Answers on page 22

Across

- 1 Way Apollo leaves from cracked slab on member of upper class (5,3)
- 5 Hanging decoration made of broken slates (6)
- 9 Area of land after service slaughter (8)
- 10 Church turned to hold ruptured thin cultural characteristic (6)
- 12 Roman is an irritated state (3,6)
- 13 Pasta sauce is French? Thrown into Italian river (5)
- 14 Nervously irritable covered by retired gypsy (4)
- 16 Guest entertainer is good man in garden implements stock opening (7)
- 19 Start military campaign as one way to leave bridge (4,3)
- 21 I would briefly look back at revered figure (4)
- 24 Pancake becomes lucrative in new investment openings (5)
- 25 Extremely bad senior manager mob denied opening business (9)
- 27 Playing tuba, so vessels appear (1-5)
- 28 Journey with awkward load on just three legs (8)



- 29 In charge and French earn half of chilled drink (3,3)
- 30 Concrete New Year around dedicated start to 1009 (5-3)

Down

- 1 Confuse flightless birds in endless drone (6)
- 2 Heard the act of rising approval (6)
- 3 It turns a Royal Academy crown (5)
- 4 Make secure if within two scores (7)
- 6 Starter against history of starting (9)

- 7 Vocalist confuses net and gross production (8)
- 8 The French angry at direction of sport (8)
- 11 Undo shoelaces to hide money (4)
- 15 Horse whisperer said to be lazy (9)
- 17 Lost princess holding small sail revealed state (8)
- 18 Casually move iron for unfussy creature at dinner (8)
- 20 Iron and French imperial distance (4)
- 21 Fierce egghead struggles in some Arctic waters in the summer? (3-4)

- 22 I wait for my first in the same place (6)
- 23 Reaction from Superman villain after arbiter briefing (6)
- 26 Quick starts to racing against pigeons in Doncaster (5)

Revd Nicki Writes...

March is a time when the seasons change, winter turns to spring and the clocks spring forward. We've enjoyed the beauty of the snowdrops and crocuses, both in the hedgerows and in the churchyards. Daffodils are starting to come into their full glory. The days are pulling out with lighter evenings and the birdsong becomes louder. Signs of hope of new growth and renewal.



Lent has started but Easter is yet to come. The season of Lent invites us to slow down, notice, and make space. The lovely spring walks in the countryside draw us to the beauty of nature and to the intricate detail of God's creation.

Making space often involves spring cleaning and decluttering our homes, clearing out sheds and tidying up. And just as we might do this in practical ways, Lent also invites us to spring clean our lives, making space for kindness, patience and gratitude. It can sometimes be misunderstood as a gloomy time, but at its heart it is about honesty and attention. It invites us to pause, to notice how we are really living and to ask gentle questions: What matters most? What have I been carrying that I could lay down? What might need making space for?

And as we do this, hope emerges. Not in a dramatic way, but in a quiet gentle way, bit by bit, just like the small green shoots that push through the cold soil and the leaves that start to open up to show their enfolded beauty. Hope comes in those small acts of kindness, those moments of taking time and not rushing, perhaps in a cuppa with a neighbour or stopping for a chat. Hope comes in being present in the moment.

The Christian story shows that hope grows even when we can't see the full picture. Easter, which is just around the corner, but hasn't yet arrived, speaks of life emerging from loss, but it doesn't skip over the waiting, the wondering and the pondering. Jesus's disciples experienced all of these things as they journeyed through life with Jesus. Transformation took place but it was a gentle, gradual growing, taking each day afresh, learning to live and love in the way that Jesus modelled, loving God and loving one's neighbours.

So as we journey through March together, may we notice the light returning, taking care of one another, and trust that even the small signs of renewal are worth paying attention to. May this be a time of pausing, reflecting and enjoying the gift of time.

Yours in Christ, Revd Nicki



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County Council

Over the past month, I have spent time meeting many of the groups and volunteers who support people across our community and I continue to be struck by their kindness and dedication. I recently attended the monthly Cornwall Poverty Forum and came away encouraged by the care and commitment shown by so many who work to help those who are finding life difficult. I have also been speaking with our local churches, who offer practical and thoughtful support to residents when they need it most.



Cornwall remains a place of beauty, but too many of our neighbours are living in hardship hidden behind the picture-postcard landscapes. The latest data shows that 23 per cent of children in Cornwall – 21,488 young people – were living in poverty in the year ending March 2024, and this represents a rise from the previous year. The cost-of-living crisis is still very much a reality for the majority of households and many families continue to face impossible choices each month. Cornwall's overall deprivation ranking remains stubborn. The Index of Multiple Deprivation 2025 places Cornwall 86th out of 296 local authorities.

Many workers continue to feel the strain, from our low-paid farmers and the many self-employed, to health-care assistants and those with seasonal jobs: residents who keep our economy running. Time and again, I hear how the hardest working people in Cornwall are often the lowest paid and are carrying the weight of rising costs on their shoulders.

Transport also plays a major role in rural inequality. Research into Cornwall's "pretty poverty" highlights how rural residents rely heavily on cars because other options are limited, creating what is effectively transport poverty. This is something I hear regularly. Young people, older residents and families without cars are finding it harder than ever to reach work, education, medical appointments and essential shops. This is why I am continuing to push for better community transport options for everyone. No one should feel cut off because of where they live. It is also worrying to hear from residents who are leaving the area altogether, due to poor connectivity in transport, digital access or house prices. This should not be the case in a modern rural community.

We must make sure that raising revenue does not fall on those least able to contribute. I will continue to oppose indirect forms of taxation that affect the lowest income residents and pensioners, including car parking charges, which can feel like an unavoidable tax on everyday life. I also hear the difficulties that businesses face in meeting rising wage costs, yet I firmly support employers paying at least the Foundation Living Wage wherever possible and doing more to close the gap between ordinary workers and the highest paid. Fair reward for hard work is essential if we want a stronger and more balanced local economy.

It is fair to say that while we continue to see CEO wages rise year on year, real terms pay cuts for the lowest earners are the norm. I will fight to oppose such trends at County Hall and make it clear that low paid workers wages go straight back into the local economy.

Despite the challenges we face I remain encouraged every day by the compassion, energy and neighbourliness that define our community. We have work to do but we will face it together and I am grateful to everyone who continues to look out for one another.

Councillor David Garrigan | Cllr.David.Garrigan@cornwall.gov.uk | 07722 923412



St Teath School would like to send a thank you to Mr and Mrs Tew for their kind donation of a tree.

THANK YOU

Sending best wishes for a speedy recovery to our distribution coordinator Yvonne Tew – with love from the Timepiece team. xxx



Cartoon Corner

*If the river rises any higher,
we'll be cut off from Camelford.*



Yes. At least there's that.



*Diaby
© 2026*

Community Bus Trip to Hall for Cornwall

FAWLTY TOWERS

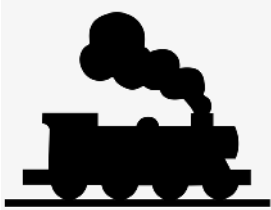
Thursday 23rd April: £25 per seat,
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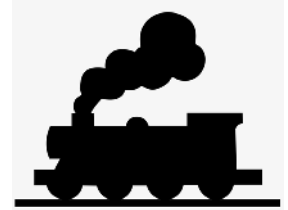
FREE 3-ft divan bed

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North Cornwall Miniature Railway and Toy Museum



Our first open day for 2026 will be on
Sunday 29th March 11am–5pm. There is no admission fee,
but we appreciate donations for our chosen local charity:
HUGS Foundation (a rescue charity for horses and ponies at Helland Bridge).

New for this year is a room of teddy bears and prams dedicated to my late wife and
a vintage model railway room dedicated to my late son-in-law.

And ... we may even have another new steam engine!

If the weather is good, why not bring a picnic and make a day of it?
Looking forward to seeing you there, Bob Lanaway.

P.S. Any help with serving teas and coffees on the day would be very
welcome – as would any donated cakes.

Church Services at St Teath in March

Sun 1st: Holy Communion 11am
Sun 8th: Holy Communion 11am
Sun 15th: Family Service 11am
Sun 22nd: 10am Breakfast Church
Mon 30th: Stations of the Cross 7pm
Healing service at St Thomas March 26th 7pm



Please do contact
Revd Nicola Farr or
Gareth Stubberfield
if we can help in any way:

Revd Nicola Farr Rector
on
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or
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(Churchwarden)
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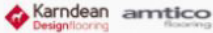
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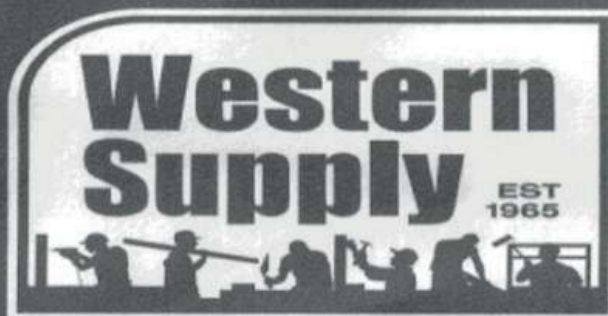
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 As Seen On
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Planning Guide

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Good quality clothes can be donated and dropped off at St John's Delabole, St Thomas Camelford and St Teath Churches; open daily

GET IN TOUCH

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INSTAGRAM.COM/THEGRACEPROJECTGLOSCHURCH
GRACE@WADEBRIDGEPARISH.ORG.UK



Polly's Village Diary

Every Tuesday	Coffee Morning	10.30 am - midday	Community Centre
Every Tuesday	Yoga	9.15 - 10.15 am	Hall
Every Tuesday	Chair Yoga	10.30 am - 11.15 am	Hall
4th Tuesday	St Teath Book Club	2 - 4 pm	White Hart
Every Wednesday	Art Group	2 - 4.30 pm	Community Centre
Every Thursday	Badminton Club	8.30 - 10 pm	Hall
1st Thursday	Parish Council Mtg	7 - 9 pm	Community Centre
1st & 3rd Thursday	Rubbish Ramblers	10 am	By the White Hart Pub
2nd Friday	Joybirds Meeting	2.30 - 5 pm	Community Centre

What's On In March and April

Fri 6th Mar	Eyes down 7.30 pm	Village Hall	Bingo in aid of Village Show
Tues 10th Mar	End of day	Timepiece deadline: please send us your copy	
Fri 13th Mar	2.30 pm	Community Centre	Joybirds talk: Riding for the Disabled
Sun 15th Mar	Mother's Day		
Sun 29th Mar	11 am-5pm	Coldnorthcott, nr Trelill	NC Mini Railway Open Day
Thurs 23rd Apr	Matinee	Community Bus trip: Hall for Cornwall	Fawlty Towers

*** Want to see your event mentioned here? Let us know the details by emailing anne.blewett@gmail.com or fleet.joanne@yahoo.co.uk ***

Crossword answers

Across:

1. blast off, 5. tassel, 9. massacre, 10. ethnic, 12. San Marino, 13. pesto, 14. edgy, 16. hostess, 19. jump off, 21. idol, 24. blini, 25. execrable, 27. U-boats, 28. tripodal, 29. ice tea, 30. ready-mix

Down:

1. bemuse, 2. assent, 3. tiara, 4. fortify, 6. antipasto, 7. songster, 8. lacrosse, 11. dosh, 15. Doolittle, 17. Djibouti, 18. omnivore, 20. feet, 21. ice-free, 22. ibidem, 23. reflex, 26. rapid

Don't forget the Village Website is regularly updated:
<https://stteath.uk>

making it easy to advertise your local events.
Please use the contact form on the website.

HALL BOOKINGS

Contact Carol Blewett on 07792 278778

or email: st.teath.hall@gmail.com

Bookings can also be made through Messenger
on our Facebook page:

St Teath Church Hall

To hire the

COMMUNITY CENTRE

Please contact

Emma Davoust Zangari 01208 851843

or Jan Mewton on 01208 850742

Or book via Messenger or Facebook
(St Teath Community Centre)

NOTE NEW EMAIL ADDRESS:
stteathcommunitycentrebookings@gmail.com

INFORMATION: This is an independent newsletter, distributed free to households in St Teath Ward only by the Timepiece Team. The views published are not necessarily those of the Team, who reserve the right to alter/refuse any material submitted for publication. We do not accept items submitted anonymously, although contributors' names may be withheld on request.

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