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Welcome

Once again, this autumn there has been a real flurry of activity, with 85 artists opening their studios in their homes or sharing space for the 10th annual exhibition of 'Drawn to the Valley'. Their work not only gives great pleasure, it also showcases the many extremely creative people who have made their homes with us. On behalf of the community, thank you for opening your doors in such a generous spirit.

We have also witnessed and shared with an enthusiastic group who joined the 'Helping Hands' volunteering training. This has now run its course of 2 years. We are delighted to have been shortlisted in the Volunteer Cornwall Awards.

The 'State of Nature' report launched by the Secretary of State for the Environment, Andrea Leadsom MP in September gives some alarming facts that many species are on the decline. This makes the whole designation of the Tamar Valley AONB more important than ever, as we strive with our partners in conservation to know what best to do with our

distinctive and diverse habitats where, against all odds, from spoil heaps of an industrial past to the steep river valleys, the Valley's flora and fauna are flourishing.

But, there is good news to share. The heath fritillary had a good flight, the nightjars still create an eerie night time sensation, and daily we see flocks of migrants feasting on the mud flats, while buzzards soar on thermals overhead. Not forgetting the greater horseshoe bat and the triangular club-rush, just some of those unique species we are proud to say are still ours.

So, together with government let's be stoic and let's, as the 'State of Nature' says, 'leave the environment in a better state than we found it'. That is our challenge and that remains our goal – let's continue to do it.

TamarValley
Area of Outstanding Natural Beauty

As ever Neil
Cllr. Neil Burden
Chair Tamar Valley AONB Partnership

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Front cover image: Deer Park Farm, Luckett © Lesley Strong, Tamar Valley AONB

More from us...

Sign up to receive monthly ebulletins from the Tamar Valley AONB - a great way to keep up-to-date with progress on projects and calls for volunteers in between issues of The Valley newsletter. Please visit: www.tamarvalley.org.uk and click on 'News' to sign up. Or call 01822 835030.

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Photo: Plymstock School

Community Solar now generating across the Tamar Valley

An innovative new project that helps local people reduce their energy costs, while helping to tackle fuel poverty and protect the planet has been launched in the Tamar Valley.

Tamar Energy Community is proud to announce the arrival of Community Solar, a community based project that, working with local organisations, has installed 327kW of solar PV panels at six sites across the Valley.

With incredible support from local Community Solar Seed Loan investors, £120,000 has been invested to help make sure everything was installed in time.

Sites including Abbey Garden Machinery, Mount Kelly Senior and Prep, Plymstock School and Carbeile Junior School at Torpoint are already reaping the benefits of Community Solar, as they enjoy savings in their energy costs as community renewable generators, and for local schools the installations will help support understanding of energy within the curriculum. All of the sites are also making an important contribution to reducing fuel poverty across the area.

Kate Royston is the project developer from Tamar Energy Community. She said: "We're immensely proud that we've been able to get our first community generation project off the ground and into the grid! It's been hard work but very worthwhile and we look forward to developing more power and heat projects in the future". Community Solar is important because it allows local

ownership of energy generation. But it also has other far reaching benefits:

- It puts money back into the local economy.
- Any surplus funds are used locally to tackle fuel poverty and energy efficiency.
- The community has an opportunity to 'co-own' the array by purchasing community shares and getting a fair return.
- More energy is generated locally from renewable sources.

The Community Solar project would not have been possible without the help of valued installers Sungift Energy and ZLC Energy, the work of many volunteers, grants from Devon County Council and RegenSW Accelerator Programme and importantly the Rural Community Energy Fund Grant of £20,000. This enabled Tamar Energy Community to work with its consultants from Communities for Renewables and Plymouth Energy Community. TEC is also grateful to Cornwall's Low Carbon Society for its loan facility. Early consultation with the Tamar Valley AONB has ensured that the panels won't have an adverse impact on the designated landscape.

TEC will be offering local people an opportunity to invest in its Community Solar in its community share offer. To find out more about the project, the share offer, and to see how much it's generating, visit **Local Matters, Elbow Lane, Tavistock**, click on www.tamarenergycommunity.com, email hello@tamarenergycommunity.com or call **07969 569 444**.

The Tamar Valley's market gardening industry may no longer be in full bloom, but thanks to the passion of local enthusiasts, efforts are underway to restore the legacy of the area's once famed apple and cherry orchards.

Tavy and Tamar Apple Group

When you think of Devon, what do you think of?
Beautiful landscapes, stunning seascapes, moor ponies, cream teas and cider!

The apple and its juice have always featured in the lives of the people of the South West. It was a daily part of food and drink, folklore, music and mythology, going back thousands of years. Time was when every cottager had a few apple trees for eating and turning into cider...the only way to preserve the juice for winter.

Sadly, the many orchards and local apple varieties for cider, juicing, cooking and eating are fast disappearing. The great diversity of local apples, many specific to the needs of cider making, with a balance of acidity and sweetness and complexity of flavour, were almost lost.



Determined not to see this rich heritage disappear forever, the Tavy and Tamar Apple Group was set up 15 years ago. The aims of the group include a desire to save and replicate rare apple varieties from the rotting orchard remnants of the Tamar Valley, to help find and identify these old trees, and to teach members how to graft, using modern root stocks, and to replant these old varieties.

The group provides information and regularly holds day courses to show anyone who is interested how to prune and care for their trees. But, the group is also all about community and having fun.

Eat, drink and be merry at Bere Ferrers wassailing

The annual tradition of wassailing will be coming to Bere Ferrers in early January. Traditionally held on the twelfth day of Christmas, the event takes place on the nearest weekend to the end of the festive calendar.

The ceremony follows the local tradition, visiting orchards, sprinkling cider and putting toast into the trees, burning apple wood, firing guns, banging pots and pans and having the spirit of the apple orchard call and the responders chant the traditional response. People walk through the streets of Bere Ferrers with flaming torches and the Tavy Tars sing traditional wassail songs.

Everyone then meets up in the Parish Hall afterwards to eat pasties, drink locally made cider, cider punch and locally produced apple juice and to hear about the history of wassailing followed by dancing with the Border Morris. For further information please visit www.tavyapples.org.uk.



Could there be anything more typically English than apple pie and cricket? Here, we see how these two fine examples of country life in England are helping to maintain a sense of community and local identity.

As English as apple pie (and cricket)



When Buckland Monachorum Cricket Club was chosen as the charity for this year's National Apple Day Dinner, the cricket club decided to give something back.

The cricket ground in Crapstone that prides itself on having fun with cricket and encouraging a family friendly environment is desperately in need of a new pavilion.

Kevin Osborne, the Club's Chairman said, "We were delighted to be supported and to give our support back, we have started our own Bramley apple orchard in the corner of the cricket field."

The cricket club is soon to start building its new pavilion and a new orchard is helping to celebrate local distinctiveness. The dinner held at the end of October raised £1,350 for the cricket club.

Life is just a bowl of cherries...

Thanks to the hard work and enthusiasm of local orchard experts, traditional apple and cherry varieties are once more blossoming in the Tamar Valley.

Back in 1980, James Evans and Mary Martin had the idea of establishing a cherry orchard, planting trees in their own orchard opposite the Harrowbarrow & Metherell Community Orchard. More than three decades later, the couple have been instrumental in collecting and re-propagating unique and distinct fruit varieties, with around 150 trees planted.

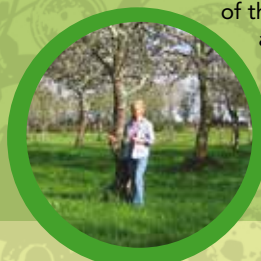
2013 was the orchard's first good harvest, with fine weather and the trees starting to mature. This was followed by two reasonable years, and even with the birds consuming several tons of fruit, James and Mary made copious amounts of jam and pasteurised juice.

Unfortunately, the economics of picking for the fresh fruit market are not viable, especially from tall trees. But, as James explains, they continue to explore new avenues.

"We have a small trial using very dwarf stock and under bird netting. Seeking a future for these unique cherries, we were planning this year to produce a trial batch of jam with Boddington's Berries of Mevagissey.

By preserving a 'stock batch', this could then be used over an extended period to produce 'added value' products such as ice cream and yoghurt."

James and Mary are also carrying out a genetic survey of the collection. From sample leaves, they are hoping to discover exactly how many distinct varieties they have so that they can focus their efforts on the rarest.





A couple with a passion for conservation and a keen sense of adventure are helping to promote sustainable woodland management and inspire a new generation of green woodworkers.

Couple's spirit of adventure to promote woodland conservation

Nestled in a peaceful corner of South West Devon close to the Tamar at Greystone Bridge is Sallerton Wood, comprising some 10 acres of unspoilt, ancient mixed deciduous woodland that is home to a wide diversity of habitats.

This wonderful wood is owned by Andy and Jane Morton with the chief aim of managing and utilising its trees in a sustainable way, creating opportunities for the local community to learn woodland management skills, and leading a range of woodwork craft courses within the heart of the woodland itself.

Asked about their inspiration for buying Sallerton Wood, Jane said, "When we first explored Sallerton Wood, we realised it has everything we were looking and hoping for; a wealth of mixed native tree species, superb diversity of habitats and even a stream running through. It's a real gem that we can now manage, nurture and use in so many ways, both for ourselves and the benefit of others in the community and beyond."

Over the past two years the pair have had their work cut out installing the necessary facilities at the wood to host these activities. They have cleverly used the thinning-out of specific areas to provide materials for these projects. These include a chestnut boardwalk over a boggy area, leading to the workshop shelters constructed using thirteen year-old coppiced ash, and the utility shelter made from thinned larch with the

keen help of local volunteers. Within the utility shelter are further examples of the couple's ingenuity, having discovered clay in the woods near the stream and used it to construct a clay oven and rocket stoves for cooking and water solar-pumped up from a spring, providing fresh water for cooking. Having completed this work, all amenities, including a composting toilet, are now on hand for visitors and course participants.

Last winter members of the local community took part in coppicing workshops, and at Easter around 20 volunteers endured the appalling weather to help with various projects, including erecting the new workshop shelter. This summer saw the very first season of woodland craft courses run by Andy; an exciting stage to reach after just two years of owning the woods. The courses offered include an introduction to green woodwork, stool and chair making. Chairs and stools are finished with a hand woven seat, often with bark from Sallerton Wood trees. Such a satisfying process using traditional hands tools all in a peaceful natural environment!

The woodland has its own website with extensive information about the woodland conservation, its habitats and the courses and workshop opportunities available, including course dates and a booking page for the 2017 season. To find out more about this exciting project, go to www.sallertonwood.org.uk

Who was Nanie Rowe? What was the route to the ferry that linked monks from Tavistock Abbey with the monastery by Halton Barton? These are just a couple of the questions that have been explored while developing the St Dominica Heritage Trail.

Retracing old steps along the St Dominica Heritage Trail

The project group of St Dominick Parish Council was successful in winning £10,000 from the Tesco Bags of Help scheme. This money is being used to develop the existing footpath network around St Dominick and to create and waymark new routes for everyone to enjoy.

The group has been working with Tamar Valley AONB, the Ramblers, the Church, the National Trust, St Dominick school, Cornwall Council, local landowners and volunteers to map, clear and remember these ancient routes. New information boards will highlight the routes and some of the history of the area, while stories and information together with maps, route directions and points of interest along the way will also be accessible via the Parish Council website www.stdominicpc.org.uk

There are lost routes too that will have been used by local people to walk and ride with horse and cart to places like pubs, mills, church and schools from the manor houses and outlying hamlets. Unfortunately, some landowners do not welcome walkers, and there are routes that are defined on old maps and in recollections, that are lost forever.

Where the paths are still accessible – look carefully on the sides of the banks on the paths down to the mills, Glamorgan Mill, Radland Mill, Cotehele Mill, Barrets Mill, and you will see the grooves cut into the rock where the carts were braked down the steep hills. See the ancient granite troughs that will have provided water for the horses as they toiled up the hills to Trigg House (where the carts will have been “trigged” for braking down the hill) in Bohetherick or at Radland

Above: Volunteers who built steps and created a newly defined path in National Trust woods in the Morden Valley below St Dominick village

Ford where the trough is fed by a spring. Remember more recent history with the remains of packing sheds for soft fruit and flowers grown in the Tamar Valley and see the daffodils, some very special varieties, lining the banks from when the fields were cleared of flowers to grow food during the wars.

This is a truly exciting project that is capturing the stories of the Tamar Valley in and around St Dominick. But we still don't know who Nanie Rowe was or why the woods are called after her – can you help? Or do you have other stories that will be lost forever if they are not recorded? If you would like to join us in building new paths, or you have a story to tell contact Carolyn Wilkins, Carolyn@kellypark.net, 01579 350582.



Lots of opportunities to get involved...

The Tamar Valley is special because of the way people have looked after it. You too could play your part in looking after the Valley by getting involved in one of the many volunteer projects.

Become a Valley Volunteer

Valley Volunteers was formed to bring together the skills, knowledge and enthusiasm of people who volunteer for the Tamar Valley AONB, Tamar Community Trust and Friends of the Tamar Valley.

Just some of the many volunteer opportunities include:
Trailmakers - learn new practical skills while helping us take care of multi-use trail routes and footpaths in the Tamar Valley.

Walking for Health - we're always glad of extra help with leading or back-marking walks, or simply joining the walk.

Tamar Valley Centre - reception duties, particularly during the school holidays.

Monitoring the landscape - survey work and data entry.

For further information, please contact the AONB team on 01822 835030 or email enquiries@tamarvalley.org.uk



Tidy Tavi volunteers help to clean up town

A local litter picking group has recently celebrated five years of working to keep Tavistock free of rubbish.

Set up in October 2011 in response to the increase in littering in the town, the Tidy Tavi campaign sees groups of volunteers regularly set out to clean up local streets and hedgerows.

With the support of the local authorities and Keep Britain Tidy, who provide grabbers, bin bags, tabards and advice, around 25 Tidy Tavi volunteers clear litter on the first Saturday of the month on dedicated 'Tidy Tavi Days'.

Already well-known in the area, the volunteer group plans to work with local businesses, neighbourhoods and groups to raise awareness of the importance of keeping the town litter free.

If you would like to help make a difference, the group meets on the first Saturday of each month (2nd Saturday if it's New Year or Easter), at Meadowlands Leisure Pool in Tavistock, 10am – 12noon.

Get hands on with history at Kit Hill

The Helping Hands for Heritage Project may have finished, but there are still opportunities to get hands on with archaeology and habitat management in the Valley.

Over the winter, Cormac Solutions Ltd will be leading volunteering days on Kit Hill and at Drakewalls Mine, uncovering archaeological features and maintaining habitats.

A chance to learn more about the history and environment of the area, tools, gloves and training are provided no matter what your skills and fitness. There's also tea, coffee and biscuits supplied to keep you fuelled.

You'll find this winter's dates in the Events section on pages 11 to 15. Volunteer opportunities are also available in Seaton and Looe. For more information or to book a place, please contact **Jenny Heskett** at jheskett@cormacltd.co.uk or call 07973 813843.



Opposite: Volunteers install a fence at Churchtown Farm Community Nature Reserve, Saltash

New volunteering opportunities with Cornwall Wildlife Trust

If you pop into the Tamar Valley Centre, you might see a new face around the building.

Natalie Mitchell has recently been appointed Cornwall Wildlife Trust's Assistant Reserves Officer for the area and will be working out of the AONB's office. Natalie is managing the Wildlife Trust's reserves in the east and north of Cornwall and is keen to extend the opportunities for volunteers to get involved in the Trust's work in the area.

With this in mind, she has set up a new weekly volunteering group, based at the Centre. The group will be carrying out practical work on the Trust's six reserves in, or close to, the Tamar Valley AONB.

If you would like to get involved, you can contact Natalie on **07970 780185** or at natalie.mitchell@cornwallwildlifetrust.org.uk.

'Fatal' oak is a hidden gem

Keen detective work is helping to track down the legacy of some amazing ancient trees.

The Helping Hands for Heritage project, which was set up to expand volunteering in the Tamar Valley, hosted three very popular training workshops with Tim Kellett of the Ancient Tree Forum. As a result, lots of trees - ancient, veteran or notable - have been recorded by a keen band of volunteers and added to the Ancient Tree inventory website.



With a lack of volunteers trained to verify the records of ancient trees, four volunteers from the Tamar Valley travelled to the Eden Project in early September to attend a training day to learn the necessary skills.

It is interesting to learn the complexities of verifying with duplicate records and the detective work involved in tracking down these amazing trees and sharing their stories. One tree that I have verified is the Copleston Oak, an amazing tree that lies outside the churchyard at Tamerton Foliot, a stone's throw from the south eastern corner of the AONB.

This beautiful tree tells a sinister tale. It is named after a Lord of the Manor who supposedly stabbed his godson to death outside the church following a dispute. The tree is featured in the "fatal oak" oil painting circa 1900 by SGM. Despite its gruesome history, this beautiful tree is a hidden gem in the Tamar Valley. If you are in Tamerton Foliot, please go and say hello to this fabulous ancient tree. If you know of any others, please do let us know.

Lesley Strong
Project Officer, Tamar Valley AONB

Warleigh Point work parties

Warleigh Point, a Devon Wildlife Trust nature reserve holds regular volunteer work parties to help maintain the attraction of this area where woodland walks give way to stunning estuary views.

Meeting every 3rd Thursday of the month, groups carry out a variety of tasks during the autumn and winter, including coppicing, cutting back holly, repairing steps, keeping the paths open and free from vegetation, picking up litter, cutting and raking the glades and clearing out the bird boxes.

The groups meet at 10.30am at the reserve entrance, Station Road, Tamerton Foliot, with work continuing until around 3.30pm. Hot drinks and biscuits are provided, but please bring a packed lunch.

No need to book, just come along, but if you need further information please contact Jackie Gage - 07966 402391, jgage@devonwildlifetrust.org

A new running club at the Tamar Trails Centre near Gulworthy is off to a flying start, and is inviting anyone wanting to get fit this winter to come along.

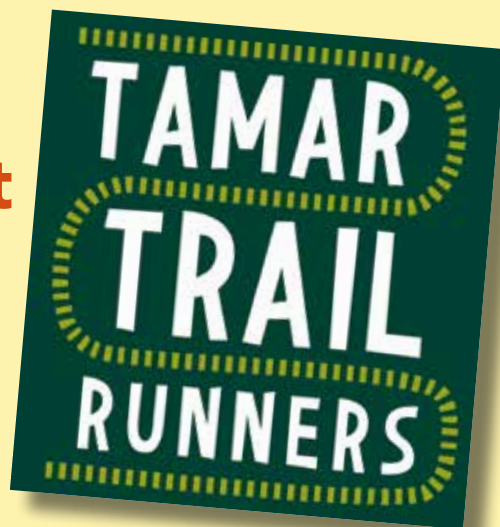
Trails running club off to a great start

Launched by experienced runner Colin Kirk-Potter, the Tamar Trail Runners meet every Tuesday evening and Thursday morning and welcome people of any age and ability.

The group runs for approximately an hour around the woodland trails, whatever the weather, splitting into different sub-groups for those who want a more challenging run and those just starting out. The club is already proving popular, welcoming over 40 runners in just one session alone.

Colin has now also opened a running hub retail outlet as part of the Tamar Trails Centre, selling running clothes, shoes and accessories. He's even offering customers the chance to "road test" trainers on the trails. An ex Royal Marine, Colin has run everything from the Derbyshire Dovedale Dash to the London Marathon and the 105-mile Alps Ultra Trail du Mont Blanc.

"The Tamar Trails is a fantastic place to run," he says. "The air is fresh, there's loads of fascinating history to explore and the terrain is really varied, with both short and longer route options. The best thing is that it's all off road so you won't see a single car."



"The club is really accessible and we get people of all abilities and ages coming along. It's affordable, costing from £1 per drop-in session to just £15 for the whole year. We also offer trail running training, dietary advice, workshops and talks."

For those wanting a whole body workout, Colin is running outdoor fitness classes at the Tamar Trails on Tuesday mornings and Thursday evenings, at £3 per session.

"The benefits of outdoor exercise have been well documented, with GPs being called on just recently to prescribe green space exercise for overweight patients," Colin says. "We're lucky to have this on our doorstep. It's a stunning setting and for me beats being inside a sweaty gym hands down."

Classes will continue through the winter months and run on the following days:

- Tuesdays at 10am, fitness class
- Tuesdays at 7pm, running club
- Thursdays at 10am, running club
- Thursdays at 6.30pm, fitness class

The Tamar Trails Centre has also launched weekly parkrun sessions, which take place on Saturday mornings (see page 23 for further details).

For more information visit www.tamartrails.co.uk and www.runventureonline.com.



events

Encouraging you to explore & discover your AONB

Here's a selection of guided walks and events for you to enjoy throughout the Tamar Valley. New events and guided walks are added regularly to our online Events Calendar. Visit www.tamarvalley.org.uk and follow the link for your up-to-date guide.

Image courtesy of J Croft

NOVEMBER 2016

Daily until Saturday 31st December (except 25th-26th December), 11am – 4pm

First World War: On the Home Front at Cotehele

Year three of Cotehele's First World War exhibition featuring photos, trench art and personal items loaned from the local community.

Cost: normal admission charges apply

Venue & Organiser: National Trust's

Cotehele, St Dominick, PL12 6TA

Information: 01579 351346

Saturday 12th, 10am – 12:30pm REPAIR IT

Local volunteers with technical repair skills will be on hand to help fix and maintain small electrical appliances and gadgets, including computers, for free.

Venue: Local Matters, Elbow Lane, Tavistock, PL19 0BX

Organisers: Recycle Devon and Transition Tavistock

Information: 07966 566435,

emma.croft@devon.gov.uk

Saturday 12th, 10am – 4pm

Willow Stick Platters and Fish Dishes

These attractive round or oval platters are woven using a variety of coloured willows – perfect for fruit, bread and Christmas themed gifts.

Cost: £35 for the day, plus £5 for materials

Venue: Shillamill Farm, Crowndale Road, Tavistock, PL19 8JR

Information & Organiser: Hoot's Roots, 01822 258802, www.hootsroots.co.uk

Saturday 12th, 1:30pm start

Fungi with Jacky Pearce

Identify the various fungi on the reserve. 2-3 hours.

Notes: Bring camera and wear suitable clothing and footwear.

Cost: free for members, £1 CWT members, £2 non-members

Meet: Cecil Arms, by St Stephen's Church, Saltash, PL12 4AR, SX417583

Information & Organiser: Friends of Churchtown Farm Community Nature Reserve, 01752 843852 (Mary)

Saturday 12th - Saturday 31st December (except 25th - 26th December), 11am - 4pm

60th anniversary Christmas garland at Cotehele

The garland is complete, the log fire is burning – join us to admire this 60th anniversary 60-foot masterpiece and enjoy music by a variety of local choirs and groups performing under it.

Cost: normal admission charges apply

Venue & Organiser: National Trust's Cotehele, St Dominick, PL12 6TA

Information: 01579 351346

Friday 18th, 10am – 4pm

Mosaic Medley

Kathy Badcock will teach and inspire you with ideas for individual mosaic projects, ideal as Christmas gifts or decorations.

Cost: £35 for the day, plus £5 for materials

Venue: Shillamill Farm, Crowndale Road, Tavistock, PL19 8JR

Information & Organiser: Hoot's Roots, 01822 258802, www.hootsroots.co.uk

Saturday 19th

Valley Volunteers: Tamar Community Trust Working Party - Tamar Trails

Information: 07410 411440,
dreadman@tamarvalley.org.uk
(Dave Readman)

Organiser: Tamar Community Trust

Saturday 19th - Sunday 20th, 10am-4pm

Cotehele Christmas food fair

Start your Christmas food shopping at this annual holiday food fair in partnership with Taste of the West.

Cost: £2 adult, under 16s free

Venue & Organiser: National Trust's Cotehele, St Dominick, PL12 6TA

Information: 01579 351346

Saturday 19th, 9am – 3pm

Crocadon Farm's Producer Market

A mixed market of quality food, art, craft and plants direct from the growers and makers of Devon & Cornwall.

Venue: Crocadon Farm, St Mellion

Information: 01579 350096

Sunday 20th, 11am start

Antony Passage and Trematon Castle

4-mile walk with Netti Hibbert through Forder along the creek to Antony Point and on to Trematon. A mixture of narrow quiet lanes, woodland paths and fields, some of which have steepish short bits – but worth it for the lovely views.

Notes: walking shoes/boots recommended. Bring a flask for an early coffee stop in Forder and a packed lunch and something to sit on for a field lunch. No toilets along the route, but the Cecil Arms should be open on return. Sorry, no dogs.

Cost: £3 per person for non-members.

Meet: St Stephens Church, Saltash, PL12 4AP (SX417583)

Information & Organiser: Calstock Footpath Society, calstockfootpath@gmail.com

Wednesday 23rd, 10am – 4pm

Needle Felted Animals

Learn how to make 3D objects using needle felting techniques.

Cost: £35 for the day, plus £5 for materials

Venue: Shillamill Farm, Crowndale Road, Tavistock, PL19 8JR

Information & Organiser: Hoot's Roots, 01822 258802, www.hootsroots.co.uk

Friday 25th, 10am – 4pm

Christmas from the Hedgerow

Learn how to make willow wreaths, willow stars and small willow Christmas trees, with Lyn Edwards.

Cost: £35 for the day, plus £7.50 for materials

Venue: Shillamill Farm, Crowndale Road, Tavistock, PL19 8JR

Information & Organiser: Hoot's Roots, 01822 258802, www.hootsroots.co.uk

Saturday 26th, 7:30pm

Berah Tor – talk by Ian Piper

Stonemason, Ian Piper, will tell the group about his family's granite quarry which is situated on Bodmin Moor near Henwood. All welcome.

Cost: £1 members, £2 visitors

Venue: Tamar Valley Methodist Church, Albaston

Information & Organiser: Calstock Parish Local History Group, 01579 350776 (Lorna Potter)

Sunday 27th, 10am

Run Venture Rollercoaster

Trail race – 5 hills in 5 miles

Cost: £10 per affiliated runner, £12 non-affiliated

Venue: Tamar Trails, Gulworthy

Organiser: Run Venture Trail Running Hub/Tamar Trail Runners

Tuesday 29th, 10am – 4pm

Felted Santas and Snowmen

With Claire Roper, Wild by Design.

Cost: £35 for the day, plus £5 for materials

Venue: Shillamill Farm, Crowndale Road, Tavistock, PL19 8JR

Information & Organiser: Hoot's Roots, 01822 258802, www.hootsroots.co.uk

DECEMBER 2016

Friday 2nd, 7pm

Switching on Calstock Christmas Lights

Join the Friends of the Tamar Valley to see the switch on, then enjoy a meal at The Tamar Inn, Calstock

Booking: essential – 01822 834964 (Jane Kiely)

Organiser: Friends of the Tamar Valley

Saturday 3rd

Valley Volunteers: Tamar Community

Trust Working Party – Wacker Quay

Information: 07410 411440, dreadman@tamarvalley.org.uk (Dave Readman)

Organiser: Tamar Community Trust

Saturday 3rd – Sunday 4th,

9am – 3pm

Crocadon Farm's Christmas Fair

Venue: Crocadon Farm, St Mellion

Information: 01579 350096

Tuesday 6th, 10am – 4pm

Luxury Christmas Wreath

Cost: £35 for the day, plus £10 for materials

Venue: Shillamill Farm, Crowndale Road, Tavistock, PL19 8JR

Information & Organiser: Hoot's Roots, 01822 258802, www.hootsroots.co.uk

Wednesday 7th, 10am – 4pm

Christmas Felted Wreath

Cost: £35 for the day, plus £5 for materials

Venue: Shillamill Farm, Crowndale Road, Tavistock, PL19 8JR

Information & Organiser: Hoot's Roots, 01822 258802, www.hootsroots.co.uk

Wednesday 7th

Valley Volunteers: Tamar Community

Trust Working Party - Tamar Trails

Information: 07410 411440, dreadman@tamarvalley.org.uk (Dave Readman)

Organiser: Tamar Community Trust

Friday 8th, 7pm start

Tamar Valley Male Voice Choir Concert

Local schools performing – all welcome. This year is the 10th anniversary of the Tamar Valley Male Voice Choir.

Venue: St Mary's Church, Callington

10th, 11th, 17th – 24th,

10am – 4:30pm

Christmas Special at Morwellham

Visit Santa in his grotto, sit by the fire and listen to a Christmas story whilst enjoying free mulled wine, squash & mince pies, then make a special Christmas decoration to take home and hang on your tree.

Venue & Organiser: Morwellham Quay, Tavistock

Information: 01822 832766, www.morwellhamquay.org.uk

Sunday 11th, 10am – 3pm

Crocadon Farm's Brocante

A great mix of antiques, vintage, retro, art, bric-a-brac, collectables, jewellery and much more.

Venue: Crocadon Farm, St Mellion

Information: 01579 350096

Sunday 11th, 11am – 4pm

Harrowbarrow & Metherell

Christmas Market

Wide range of Tamar Valley crafts and foods, including Christmas decorations and wreaths, ceramics, jewellery, Tamar Grow Local and many more makers and producers from the area. Raising funds for the development of the community orchard.

Venue: Harrowbarrow & Metherell Village Hall

Tuesday 13th, 10am – 4pm

Christmas Edible Wreath & Room Sprays

Cost: £35 for the day, plus £5 for materials

Venue: Shillamill Farm, Crowndale Road, Tavistock, PL19 8JR

Information & Organiser: Hoot's Roots, 01822 258802, www.hootsroots.co.uk

Wednesday 14th, 10am – 3:30pm

Quarry features & rowans – volunteering day

Clearing vegetation from the quarry features and removing rowans to improve the heathland between toll road and smithy. Also, Christmas party, so wear a silly Christmas hat and bring something to share.

Notes: tools will be supplied. Wear old clothes and strong boots. Bring food and a drink. Hot drink and biscuits will be provided.

Meet: north view car park, Kit Hill, SX377715

Information & Organiser: Cormac Ltd, 07973 813843, jheskett@cormacltd.co.uk (Jenny Heskett)

Wednesday 14th, 10am – 4pm

Nuno Felted Scarf

Learn the art of nuno using beautiful silk fabric and hand dyed pure wool fibres. You will learn how to combine wool fibres with silk to make a shawl which will be unique (previous wet felting experience necessary).

Cost: £35 for the day, plus £5 for materials

Venue: Shillamill Farm, Crowndale Road, Tavistock, PL19 8JR

Information & Organiser: Hoot's Roots, 01822 258802, www.hootsroots.co.uk

Saturday 17th, 9am – 3pm

Crocadon Farm's Producer Market

A mixed market of quality food, art, craft and plants direct from the growers and makers of Devon & Cornwall.

Venue: Crocadon Farm, St Mellion

Information: 01579 350096

Saturday 17th, 11:30am-12noon

Let's Wassail at Cotehele

Come along for this pagan festival to scare away the evil spirits in the orchards and ensure a good harvest in 2017. Drums, kazoos and fancy dress encouraged. Assistance dogs only.

Venue & Organiser: National Trust's Cotehele, St Dominick, PL12 6TA

Information: 01579 351346

Saturday 17th

Valley Volunteers: Tamar Community

Trust Working Party - Tamar Trails

Information: 07410 411440, dreadman@tamarvalley.org.uk

(Dave Readman)

Organiser: Tamar Community Trust

Monday 19th - Wednesday 21st, 1pm-3pm

Festive art and craft fun (with special guests) at Cotehele

Have fun making art using garland flowers, glue and paper (free). Father Christmas and his helpers will be dropping in too (gifts for children available, £3 per gift).

Cost: normal admission charges apply

Venue & Organiser: National Trust's Cotehele, St Dominick, PL12 6TA

Information: 01579 351346

Tuesday 27th, 11am start

Post-Christmas walk

Walk the Christmas goodies down with members of the committee.

Notes: bring lunch and invite some friends and family.

Meet: Cecil Arms, by St Stephen's Church, Saltash, PL12 4AR, SX417583

Information & Organiser: Friends of Churchtown Farm Community Nature Reserve, 01752 843852 (Mary)

JANUARY 2017

Friday 6th, 7:30pm start

Friends of Tamar Valley talk – Clive Charlton

Clive Charlton will talk to the group about Lady Shelley, a close confidante of the Duke of Wellington, enthusiastic European traveller and visitor and benefactor to Bere Ferrers.

Cost: members free, non-members welcome for small charge

Venue: Tamar Valley Centre, PL18 9FE

Information & Organiser: Friends of the Tamar Valley, 01822 834964, janekielyintamarvalley@uwclub.net (Jane Kiely)

Tuesday 10th - Thursday 12th, 10.30am-1pm

Apple tree pruning workshops at Cotehele

An introduction to apple tree pruning. Part theory, part practical. Tools provided, wrap up warm.

Cost: £15

Venue & Organiser: National Trust's Cotehele, St Dominick, PL12 6TA

Booking: essential - 01579 351346

Tuesday 10th, 7:15pm

Devon Roads and Trackways talk

A talk by Kevin Dickens.

Venue: Tavistock Parish Rooms, Plymouth Road, Tavistock

Organiser: Tavistock & District Local History Society

Information: www.tavistockhistory.btck.co.uk, 01822 616431

Wednesday 11th

Valley Volunteers: Tamar Community

Trust Working Party - Tamar Trails

Information: 07410 411440, dreadman@tamarvalley.org.uk

(Dave Readman)

Organiser: Tamar Community Trust

Saturday 14th, 9:30am start

Winter Waders with Peter Kent

Discovering wading and other birds on the reserve. 2-3 hours.

Notes: bring binoculars, cameras and wear suitable footwear and clothing. Sorry no dogs.

Cost: free for members, £2 non-members

Meet: Cecil Arms, by St Stephen's Church, Saltash, PL12 4AR, SX417583

Information & Organiser: Friends of Churchtown Farm Community Nature Reserve, 01752 843852 (Mary)

Wednesday 18th, 11am-3pm

Volunteer recruitment day at Cotehele

Have you ever thought about volunteering at Cotehele? Pop in for a chat, meet the team, have some tea and find out how we might work together in 2017.

Venue & Organiser: National Trust's Cotehele, St Dominick, PL12 6TA

Information: 01579 351346

Saturday 21st

Valley Volunteers: Tamar Community Trust Working Party – Cleave Wood

Information: 07410 411440, dreadman@tamarvalley.org.uk (Dave Readman)

Organiser: Tamar Community Trust

Saturday 28th

Valley Volunteers: Tamar Community Trust Working Party - Tamar Trails

Information: 07410 411440, dreadman@tamarvalley.org.uk (Dave Readman)

Organiser: Tamar Community Trust

Saturday 28th, 7:30pm start

Listening to the enemy – talk by Mike Griffiths

A talk on the ears of Bletchley Park/MI6 in West Cornwall during WW2. All welcome.

Cost: £1 members, £2 visitors

Venue: Tamar Valley Methodist Church, Albaston

Information & Organiser: Calstock Parish Local History Group, 01579 350776 (Lorna Potter)

FEBRUARY 2017

Friday 3rd, 7:30pm start

Friends of Tamar Valley talk

Topic to be confirmed.

Cost: members free, non-members welcome for small charge

Venue: Tamar Valley Centre, PL18 9FE

Information & Organiser: Friends of the Tamar Valley, 01822 834964, janekielyintamarvalley@uwclub.net (Jane Kiely)

Tuesday 7th, 10am – 3:30pm

Kit Hill – volunteering day

Archaeology and heathland.

Notes: tools will be supplied. Wear old clothes and strong boots. Bring food and a drink. Hot drink and biscuits will be provided.

Meet: tbc

Information & Organiser: Cormac Ltd, 07973 813843, jheskett@cormacltd.co.uk (Jenny Heskett)

Saturday 11th, 11am start

Reserve Clean

Help give the reserve a thorough clean. Hot soup and doughnuts provided afterwards. 2-3 hours.

Notes: bring old gloves and wear suitable clothing and footwear.

Meet: Wearde Road entrance to reserve, Saltash, PL12 4AS

Information & Organiser: Friends of Churchtown Farm Community Nature Reserve, 01752 843852 (Mary)

Monday 13th - Wednesday 15th, 10am-12noon and 1:30pm-3:30pm each day

Half-term fun at Cotehele:

Bushcraft for kids

Build a shelter, light a controlled fire and learn survival skills in the wild. This activity is run by Jack at Serious Outdoor Skills

(www.seriousoutdoorskills.co.uk)

Cost: £6

Venue & Organiser: National Trust's Cotehele, St Dominick, PL12 6TA

Booking: essential - 01579 351346

Tuesday 14th, 7:15pm

The Country Houses of Devon in the 21st century talk

A talk by Hugh Meller.

Venue: Tavistock Parish Rooms, Plymouth Road, Tavistock

Organiser: Tavistock & District Local History Society

Information: www.tavistockhistory.btck.co.uk, 01822 616431

Saturday 18th – 19th, 11am-4pm

Apple grafting weekend at Cotehele

A weekend of apple grafting workshops with more than 20 local apple varieties to choose from.

Cost: normal admission charges apply

Venue & Organiser: National Trust's Cotehele, St Dominick, PL12 6TA

Information: 01579 351346

Saturday 25th, 7:30pm start

Calstock Shops – talk by Jill Lane

Jill Lane tells the group about her research into the book she is writing on 'Calstock Shops'. All welcome.

Cost: £1 members, £2 visitors

Venue: Tamar Valley Methodist Church, Albaston

Information & Organiser: Calstock Parish Local History Group, 01579 350776 (Lorna Potter)

MARCH 2017

Friday 3rd, 7:30pm start

Friends of Tamar Valley talk –

Graham Wilson

A load of codswallop. Bring along any old bottles you have found and find out what 'codswallop' really is!

Cost: members free, non-members welcome for small charge

Venue: Tamar Valley Centre, PL18 9FE

Information & Organiser: Friends of the Tamar Valley, 01822 834964, janekielyintamarvalley@uwclub.net (Jane Kiely)

Tuesday 7th, 10am – 3pm

Drakewalls Mine – volunteering day

Annual tidy up around the mine workings, pruning the dogwoods and clearing some saplings from the meadows.

Notes: tools will be supplied. Wear old clothes and strong boots. Bring food and a drink. Hot drink and biscuits will be provided.

Meet: outside Tamar Valley Centre, PL18 9FE, SX425706

Information & Organiser: Cormac Ltd, 07973 813843, jheskett@cormacltd.co.uk (Jenny Heskett)

Saturday 11th, 10:30am start

History and things with

Keith Rawlings

Keith will take us round the reserve talking about the history and other interesting facts about the reserve. 2-3 hours.

Notes: bring camera, binoculars and wear suitable clothing a footwear. Sorry no dogs.

Cost: free to members, £2 non-members

Meet: Cecil Arms, by St Stephen's Church, Saltash, PL12 4AR, SX417583

Information & Organiser: Friends of Churchtown Farm Community Nature Reserve, 01752 843852 (Mary)

Saturday 11th - Saturday 31st

December (except 25th - 26th

December), 11am-4pm

First World War: Home and Away at Cotehele

Year four of Cotehele's First World War exhibition featuring photos, trench art and personal items loaned from the local community.

Cost: normal admission charges apply

Venue & Organiser: National Trust's Cotehele, St Dominick, PL12 6TA

Information: 01579 351346

Tuesday 14th, 7:15pm

Sir Marc Isambard Brunel

(1769-1849) talk

A talk by John Briggs. Plus AGM.

Venue: Tavistock Parish Rooms, Plymouth Road, Tavistock

Organiser: Tavistock & District Local History Society

Information: www.tavistockhistory.btck.co.uk, 01822 616431

Saturday 18th – Sunday 19th, 11am-4pm

Daffodil weekend at Cotehele

Come and see the vast collection of daffodils grown on Cotehele Estate. Enjoy a display of historic and new varieties of daffodil. There will be a guided tour of daffodils in the garden plus activities for children.

Cost: normal admission charges apply

Venue & Organiser: National Trust's Cotehele, St Dominick, PL12 6TA

Information: 01579 351346

Saturday 25th, 1:30pm-5:00pm

Bere Ferrers Spring Flower Show

Annual show of spring flowers and more including a wonderful array of historic daffodil varieties.

The show is open to all and you are encouraged to have a go! Entries to classes are free.

Cost: £1 admission to show.

Venue: Bere Ferrers Church Hall

Information: www.bereflowershow.org.uk

Saturday 25th, 7:30pm start

Life with the River Tamar – talk by Rodney Hill

Have you ever wondered who looks after the river and the fish? Local resident and former water bailiff, Rodney Hill, will share some of his personal experience.

Cost: £1 members, £2 visitors

Venue: Tamar Valley Methodist Church, Albaston

Information & Organiser: Calstock Parish Local History Group, 01579 350776 (Lorna Potter)

Sunday 26th

Traditional Craft Fair

The village comes alive with local artisans in the cottages and workshops demonstrating their crafts and selling their wares. Treat your mother, grandmother, wife or girlfriend to a wonderful day out.

Venue & Organiser: Morwellham Quay, Tavistock

Information: 01822 832766, www.morwellhamquay.org.uk

APRIL 2017

**Saturday 1st - Thursday 13th,
11am-4pm**

Cotehele nature trail

Follow a fun, dog-friendly trail in the woods from the house to the mill, collecting clues along the way with a prize at the end. £2 per trail.

Cost: Normal admission charges do not apply unless you'd like to visit the house, garden or mill.

Venue & Organiser: National Trust's Cotehele, St Dominick, PL12 6TA
Information: 01579 351346

Friday 7th, 7pm start

**Friends of Tamar Valley talk –
Jo Totterdell**

**Local Daffodils: A Market Gardening
Perspective. Plus AGM.**

Cost: members free, non-members welcome for small charge

Venue: Tamar Valley Centre, PL18 9FE
Information & Organiser: Friends of the Tamar Valley, 01822 834964, janekielyintamarvalley@uwclub.net (Jane Kiely)

Tuesday 11th, 7:15pm

**Looting in Wartime Britain in WW2
talk - A talk by Todd Gray.**

Venue: Tavistock Parish Rooms, Plymouth Road, Tavistock

Organiser: Tavistock & District Local History Society

Information: www.tavistockhistory.btck.co.uk, 01822 616431

**Friday 14th - Monday 17th,
11am-4pm**

**Cadbury Easter Egg Hunt
at Cotehele**

Win a Cadbury chocolate prize on this annual Cadbury Easter Egg Hunt around the garden. You'll start at Bunny's burrow, follow clues around the garden to unscramble the puzzle, then meet back at his burrow to claim your prize.

Cost: normal admission charges apply, plus £2 per trail

Venue & Organiser: National Trust's Cotehele, St Dominick, PL12 6TA
Information: 01579 351346

Saturday 22nd, 10am start

Spring Birds with Peter Kent

Discover the different birds on the reserve. 2-3 hours.

Notes: bring camera, binoculars and wear suitable clothing and footwear. Sorry no dogs.

Cost: free to members, £2 non-members

Meet: Cecil Arms, by St Stephen's Church, Saltash, PL12 4AR, SX417583
Information & Organiser: Friends of Churchtown Farm Community Nature Reserve, 01752 843852 (Mary)

Saturday 29th, 7:30pm

**Southwark to Cotehele: a personal
journey – talk by Ann Sutcliffe**

Local resident, Ann Sutcliffe, is going to look back at the life of Hilaria de Cotehele. All welcome.

Cost: £1 members, £2 visitors

Venue: Tamar Valley Methodist Church, Albaston

Information & Organiser: Calstock Parish Local History Group, 01579 350776 (Lorna Potter)

Classes and Courses to bring out your creative side...

Tuesdays 2pm-4pm and

Wednesdays 7pm-9pm

Art Classes for Beginners

Venue: Ceramics by Miranda, Calstock Boatyard

Cost: 6-week courses £80, including materials

Information: Miranda Qualtrough – mirandaqualtrough@yahoo.co.uk

One-day or half-day workshops

Craft Courses at Morwellham

Choose from blacksmithing, copper jewellery & enamelling, felting, glassblowing, pottery or woodturning.

Venue & Organiser: Morwellham Quay, Tavistock

Information: 01822 832766, www.morwellhamquay.org

... or for relaxation

Every Tuesday 10am – 11:30am

Tai Chi at Shillamill Farm

Outdoor Tai Chi classes (in barn if raining)

Cost: £6

Venue: Shillamill Farm, Crowndale Road, Tavistock, PL19 8JR

Information & Organiser: Hoot's Roots, 01822 258802, www.hootsroots.co.uk

Local Train Times

Tamar Valley Line –

Gunnislake to Plymouth

For timetable information please call National Rail Enquiries on 03457 48 49 50 or visit <http://greatscenicrailways.co.uk/lines/tamar-valley-line/>



Local Bus Times

For bus times, please call **Traveline** on **0871 200 22 33**, visit traveline.info or <https://www.plymouthbus.co.uk/timetables/>

The banks of the river Tamar are a perfect place for greater horseshoe bats.

Taking Devon's nocturnal wonder under our wing

Working across Devon, the Greater Horseshoe Bat project is looking to secure the future of this intriguing creature. Discover more about this night-time predator and how you can help ensure its survival.

Led by Devon Wildlife Trust, the Devon Greater Horseshoe Bat Project is a 5-year partnership project of 19 organisations, including the Tamar Valley AONB. It is supported by the National Lottery through the Heritage Lottery Fund, as well as other funders.

To find out more about the Devon Greater Horseshoe Bat Project, visit www.devonbatproject.org

Homes for Bats appeal

Thanks to generous donations from Devon residents and visitors, the Homes for Bats appeal has almost reached its target.

Across Britain, greater horseshoe bats have declined by as much as 90% in the last century. Devon's rolling landscapes are their last major stronghold. However, the changes to the countryside that have devastated bat populations elsewhere are now threatening the future of Devon's greater horseshoes.

That's why Devon Wildlife Trust launched the Homes for Bats appeal, setting a target of at least £26,000 to protect and renovate some of Devon's key maternity roosts, to provide new roosting habitat, and to improve access to vital food supplies.

A little over £22,000 has now been donated, but with Gift Aid still to be claimed on some contributions, that means the £26,000 target has almost been reached. Staff on the Greater Horseshoe Bat Project have already begun work on further enhancement work on bat roosts thanks to people's generosity this summer.

Bat supporters can still make a donation to ensure the total funds required are met, visit www.devonwildlifetrust.org/homes-for-bats-appeal to donate securely online.



Image © John J Kaczanow



Above: St. Andrew's churchyard at Calstock provides many good features for bats. Anna David explains how the bats roost and forage. Right: Walk leaders make sure the walk is the right pace for everybody.

These are Devon's bats but their heritage value is international, so the Heritage Lottery Fund has agreed to more than match any donations made. Every £35 raised through this appeal will release £65 from the Heritage Lottery Fund for the Greater Horseshoe Bat project.

Tamar Valley Bat Trail Walk

by Matt Parkins www.ravenquest.co.uk

As a regular wildlife explorer I decided to spend a day in the Tamar Valley to learn about an unusual colony of bats.

In the past, large copper mines dominated the valley, but today the heritage features of this Area of Outstanding Natural Beauty play a big part in the conservation of a very special species.

It's a rarity in the UK, but the greater horseshoe bat has a stronghold in Devon, and uses 11 maternity roosts in the county. The Devon Greater Horseshoe Bat Project aims to protect their precious habitats.

To find out more about the fascinating link between heritage and the wildlife, I joined the Tamar Valley Walking for Health group for a gentle guided walk. We gathered at the Tamar Valley Centre and were joined by Anna David from the Devon Greater Horseshoe Bat Project. She would be on hand to describe the bat-friendly landscape features, explaining that "though the walk is not actually in Devon, the colony of bats in the valley regularly fly and forage on this side of the Tamar."

Passing through beautiful oak woods, the route took us along the banks of the Tamar to the village of Calstock where the bus to take us back up the hill was due in 20 minutes ... just long enough to take in the view and try out a locally made ice cream. A feast for the eyes and a tasty way to finish the day.



News in brief

- **Bat beacon:** the interactive bat information display, including games, videos and quizzes will be at the Tamar Valley Centre, Drakewalls from November.
- **Bat detectors (Devon Bat Survey):** the bat detectors were really popular this year and were fully booked for the season. Thanks to everyone who took part - the detectors will be available for hire again next summer starting in April (booking will be open from late March 2017).
- **Bat works:** the Devon Greater Horseshoe Bat Project is working in the Tamar Valley to create new bat habitat with both land owners and community groups - if this sounds of interest to you, then please get in touch for future opportunities. Tel: 01392 279244.



An exhibition designed to arouse people's thoughts about the area's rich mining heritage will be on show in the Tamar Valley next year.



Evoking images of Valley's mining legacy

Featuring the work of around 30 local artists, the Drawn to the Valley art exhibition will bring to life the Tamar Valley's mining and industrial archaeology as well as the relationship of the natural environment with the industrial past.

Inspired by an autumn 2016 mining heritage walk and a lecture from Dorothy Kirk, author of 'Turner in the Tamar Valley', artists have created artwork in a range of media, from paint and textiles to ceramics, metal and printmaking.

Drawn to the Valley, a group of local artists ranging from painters and printmakers to ceramicists, sculptors, jewellers and textile artists, has had a close association with the Tamar Valley AONB for over 10 years now. Their exhibitions and annual Open Studios event attract visitors to appreciate art in a variety of different media that reflect developments in both traditional and contemporary art.

Sarah-Jane Lincoln, Arts Administrator for Drawn to the Valley, says: "The Tamar Valley area is host to a large number of artists and has been an inspiration to many since Turner's visits in the early nineteenth century. Today, artists who have been drawn to live in this area are working in a variety of ways and media. They are united as 'Drawn to the Valley Artists' by their passion for this beautiful, but sometimes forgotten, part of Devon and Cornwall, so very rich in mining heritage, and lush valley flora and fauna".

The 'Mining Legacy of the Tamar Valley' exhibition will take place between Saturday 11th March and Friday 17th March 2017 at the Tamar Valley Centre, Drakewalls, Nr. Gunnislake, PL18 9FE.

For further information, visit
www.drawntothevalley.co.uk

Coming soon to a chapel near you...

Calstock Arts is proud to announce that Calstock Film has now arrived at The Old Chapel, thanks to C-Fylm, Cornwall's community film club.

C-Fylm helps community groups set up and run film clubs across Cornwall. Filmgoers must become members of the C-Fylm club and this enables them to see a wide variety of programming, including brand new releases on a subsidised basis.

New C-Fylm members pay £5 for their first visit and then £4 for subsequent shows. Existing C-Fylm members from other local locations are also welcome at a cost of £4 for each screening.

Tickets will only be for sale at the door on the night. Doors will open at 7.00pm for refreshments and the film will start at 7.30pm. As a bonus Calstock Film plan to show a short film before each main performance.



Photo: courtesy of Patti Henry

WHAT'S ON	10th November 2016 A series of Cornwall Film Horror Shorts.	24th November 2016 The Nice Guys.
	An evening of early Horror short films, with live musical accompaniment by Paul Shallcross.	A new 2016 American comedy thriller film directed by Shane Black. Starring Ryan Gosling and Russell Crowe.

Lights on at the Tamar Valley Centre

To make the Tamar Valley Centre at Drakewalls even more appealing to artists and others wishing to hire the space for exhibitions and events, new lighting was installed this summer.

Why not pop in when you're next passing to see how the new system could put your work in the spotlight?

The Tamar Valley Centre has hosted a range of art exhibitions, craft workshops, environmental courses, talks, demonstrations and more over the past seven years.

Donna Watterson, Office Manager for the Tamar Valley AONB says, "The spacious atrium within this low-carbon building really sets artists' work off beautifully. The Centre itself is set within the grounds of the atmospheric and inspirational Drakewalls Mine, and is only 5 minutes' walk from Gunnislake Train Station".

Why choose the Tamar Valley Centre?

Light, airy, flexible 124m² exhibition space
Seating for 60
Free WiFi
Projector and screen
Kitchen facilities
Evening hire available
Full disabled access
Free parking



Rates

Atrium (exhibition space) – from £25 per morning or afternoon
Meeting room – from £20 per morning or afternoon

Contact the AONB team for further information and availability – **01822 835030**, info@tamarvalley.org.uk



A song written
by local school children
about a journey along the Tamar
Valley Line has won first prize at the
annual National Community Rail Awards.

Children hear the finished song for the first time

Song about the Tamar Valley Line scoops national award

Organised by the Association of Community Rail Partnerships, the event saw the Partnership's song take the No.1 spot in the Community Art Schemes (Renewable and smaller projects) category.

School children from Calstock Primary and College Road Primary school in Plymouth composed the song over the course of two days after travelling the line and being inspired by what they saw. The song was then available for everyone to hear in a Dial a Song phone booth at Plymouth railway station and watch online.

Rebecca Catterall, Development Officer for the Devon and Cornwall Rail Partnership, who devised the project, said, "I'm thrilled we have been won this award. This project allowed the children involved to create and record a song in two days and then see that song online as well as exploring a new area and forming new friendships."

Sally Crabtree, a performance poet who worked with the children to help them create the song said, "It was a joy to work on a project that took poetry and song to places you may not normally expect to find it and which celebrated the railways in an original way."

The Partnership was also awarded a second place for its 'Mini Adventurers take the train' marketing project and third for the 'Loop the Loop' community engagement event. Exeter St Thomas and Copplestone were also named in the Gold category for the 'It's Your Station' section of the awards.

The National Community Rail Awards is an annual event that celebrates the work being done to promote and enhance Britain's rural and local railways around the country.

You can hear the winning song here:
<http://www.dcrp.org.uk/school-children-produce-tamar-valley-line-song/>

A group of children from a school near Plymouth are helping to brighten up their local railway station and encourage more people to visit the local area.

Schoolchildren unveil new artwork at Keyham railway station

Pupils from Drake Primary School, Keyham near Plymouth recently unveiled artwork they have created at Keyham Station.

The children took part in a project organised by the Plymouth University based Devon and Cornwall Rail Partnership to draw pictures inspired by a trip on the Tamar Valley Line, the scenic branch line which connects Plymouth with the rural villages of the Tamar Valley.

Over the course of two days, the children worked with Lucy Pulleyblank, an artist and graduate from Plymouth University, learning how to sketch and then they travelled from Keyham to Calstock where the children sketched the views from the train and the picturesque riverside village.

The pupils and their teachers travelled free on the Tamar Valley Line, thanks to the generous support of Great Western Railway.

Rebecca Catterall from the Devon and Cornwall Rail Partnership said, "The children have produced some lovely artwork, which we are hoping will inspire local people to visit this beautiful area that is right on their doorstep and easy to reach, as Tamar Valley Line trains call at Keyham and the journey to Calstock takes just half an hour."

Sara Rogers Station Manager for Great Western Railway said, "Great Western Railway is committed to supporting the communities we serve. We are delighted to support this project between the Devon and Cornwall Rail Partnership and Drake Primary school, which will brighten up the station for rail passengers and the local community."

The Devon and Cornwall Rail Partnership works to promote the seven rural branch lines in two counties and is a non-profit partnership between local authorities, including Devon County Council,

Cornwall Council, Plymouth City Council, Plymouth University and the rail industry.

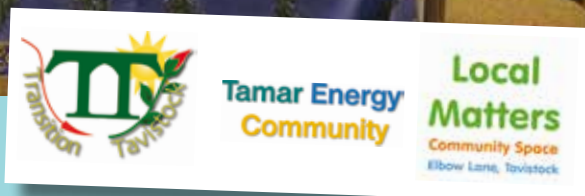
The project to produce the art panels at Keyham Station has been part-funded by The Designated Community Rail Development Fund, which is backed by the Department for Transport and the Association of Community Rail Partnerships (ACoRP).

Below: Children from Drake Primary school pictured with the artwork they created at the station.





A new community space has arrived in Tavistock. Local Matters, which is being run by Tamar Energy Community, is supporting a number of local organisations and activities.



Local Matters bringing the community together in Tavistock

Browse the displays, talk to volunteer advisors and discuss local challenges, opportunities and ideas, within this bright, open space with its relaxed atmosphere.

The space can also be hired for meetings and events during the day, evenings or weekends. Just call in and ask.

Local Matters features:

- An energy advice centre where trained advisors can provide advice and support about how to reduce your energy use at home or work, improve your home comfort and make your energy more affordable; advice can also be offered about generating your own energy, renovating your property or building your own energy efficient home.
- Local energy map. Have a look at the range of open homes and businesses with energy saving or generating features.
- A centre for promoting local businesses across Tavistock, Callington and surrounding parishes, including Totally Locally Tavistock. Pop in and find out more about the wonderful range of businesses and services available across the area.
- Information about the local economy featuring the Local Economic Blueprint.
- A number of activities across the area brought to you by Roots to Transition and Tasty Tavy. The team

has done a wonderful job in promoting edible growing throughout the town. A range of seeds is also available.

- A Climate Matters section. How is climate change impacting on us locally?
- Town Information. This is an area for you to develop with the centre. What information would be handy to be able to pop in and pick up? Bus timetables? Information about local events?
- Centre of operations for Tamar Energy Community and Transition Tavistock.
- Space for you to call in, chat and share ideas.

Local Matters will be open from 11:00am to 1:00pm Monday to Saturday. The centre is trying to open longer and welcomes more volunteers. It can also open by appointment. Local Matters is located in Elbow Lane, Tavistock, between Continental Fruits and Clinton Cards.

If you would like to get involved, have skills to offer, and would enjoy volunteering for a couple of hours a week, please get in touch.

Email hello@tamarenergycommunity.com, call **07969 569444** or visit

www.tamarenergycommunity.com for more details.

The Tamar Community Trust has enjoyed a productive summer, maintaining and tidying sites around the Tamar Valley with its supportive band of Valley Volunteers.

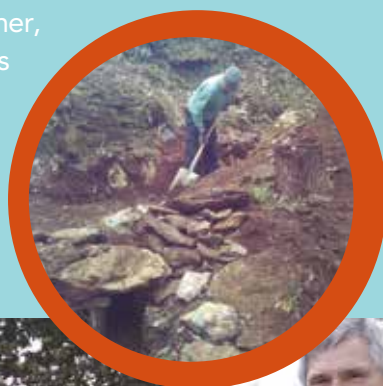
A busy time for the Tamar Community Trust

The potholes at Wacker Quay on the Lynher estuary were filled thanks to 16 tons of aggregate kindly supplied by Greystone Quarry. The picnic area and quayside were also trimmed in preparation for families to visit during the school holidays.

On the Devon bank, nettles and paths were cleared at the Family Fun Day at Cleave Wood, near Weir Quay, in mid July.

And so to autumn, with the Tamar Valley's first parkrun, held on 29th October after the Trust raised the necessary funds from the TaVi Network and Sport England. Anyone can turn up at the Tamar Trails each Saturday morning at 9am and enjoy a 5km run. Read more about parkrun below, and find out what's happening at the Tamar Trails on page 10.

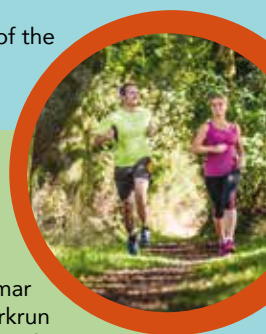
The Trust is also working to produce a new and improved website, and, working with SW Skills, is hoping to develop a programme of activities and an education programme for young people.



Above: New sign for Tamar Trails Centre gardens.
Top right: Rebuilding a culvert at Sheepridge

See the Events section on pages 11 to 15 for details of Valley Volunteer Working Party dates over the coming months.

For further information on the work of the Tamar Community Trust, please visit www.tamarcommunitytrust.org.uk



Parkrun comes to Tamar Trails

Tamar Trails is one of the latest locations to play host to the ever growing popular 'parkrun' phenomenon.

Begun at the end of October attracting 171 runners, parkrun will be held at Tamar Trails every Saturday.

Parkrun UK organise weekly 5km runs on Saturday mornings in open spaces around the UK. They are open to everyone, free, safe and easy to take part in, and great for families.

Tamar Community Trust, who manages the Trails, secured the set-up funding. Huge thanks go to Jane Kiely of the Trust for her involvement and to Adrian High, Tavistock Woodlands Estate and West Devon Borough Council as landowners for allowing this to happen.

Robert Plumb, Chairman of Tamar Community Trust said, "We are thrilled to have been part of the team that has brought parkrun to the Tamar Trails. We look forward to its continuing success and the opportunity to open up the Trails to the widest possible range of uses."

Event Director for Tamar Trails parkrun Stuart Queen said, "The Tamar Trails is a fantastic area to have a parkrun event. The trails have varied terrain, with easy and difficult sections for runners and the most stunning views across the valley. The trails wind through an area steeped in mining history and rich in wildlife, and we are delighted to be able to offer this running event here."

Parkrun relies entirely on volunteers to set up and run events. It provides a great opportunity to bring the people from the local community together in the stunning setting of the Tamar Trails, with the added benefit of regular exercise and a healthier lifestyle.

This weekly event based at the Tamar Trails in Gulworthy is free to enter and available for people of all ages (under 11s must be with an adult).

For more information about the parkrun event at Tamar Trails, visit www.tamartrails.co.uk or call 01822 833409.

About Us

The Tamar Valley AONB Partnership helps to conserve and enhance the natural beauty of the Tamar Valley Area of Outstanding Natural Beauty, by offering advice and assistance to community groups, landowners, farmers, residents and visitors.

There are 38 AONBs in England and Wales. The Tamar Valley itself covers an area of 75 square miles (195 sq km) and is the youngest of all AONBs, designated in 1995.

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Help us keep the AONB special

We hope you enjoy exploring the Tamar Valley. Please follow the Countryside Code when you're out and about, to keep this living, working landscape special.

Your Valley, Your News

If you have a story that you would like to be considered for the next issue of The Valley (spring/summer 2017), or would like to discuss advertising opportunities, please contact Charlotte Dancer, Information & Communications Officer for the Tamar Valley AONB – cdancer@tamarvalley.org.uk, 01822 835030.

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While every effort has been made to ensure accuracy within this newsletter, no responsibility will be accepted for any omissions.



Please pass this newsletter on to a friend before recycling.

Bumper year for glow worms

After a couple of disappointing years, 2016 has been a bumper year for glow worms at Weir Quay this summer.

Dr Frances Howard, who has collected records of glow worms at Weir Quay for a number of years, has reported 18 regularly displaying along the riverside road close to the silver mine car park.

Frances has also recently provided us with detailed records dating back to 2007, which give a valuable insight into the status of this captivating creature.

This information will now be fed back to the UK glow worm survey website, which passes the records onto the Devon Biodiversity Records Centre or the Environmental and Biological Record Centre in Cornwall.

More information about the UK survey is available at www.glowworms.org.uk



Above: Tapestry border showing birds and fruit, Cotehele ©National Trust Images /John Hammond.

Right: Medlar fruit in autumn in the grounds at Lacock Abbey, Wiltshire. ©National Trust Images/Mark Bolton.

Weave your way around Cotehele

There's a vast collection of tapestries in Cotehele House, each covering a different subject and with its own story to tell. Many of the designs were inspired by beautiful plants. A trail around Cotehele garden highlights plants that correspond to those depicted in the tapestries.

One favourite is the Medlar tree behind the house. Introduced to Britain by the Romans, the Medlar's fruit is hard, acidic and high in bitter tannins. It becomes edible after being bletted (softened) by frost, or ripened after a period in storage.

Visit Cotehele Garden all year long to discover the interwoven history of plants and tapestries. The house will re-open on 11 March 2017, when you'll be able to see the tapestries themselves and enjoy tapestry-themed specials in the Barn Restaurant.