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Welcome

Dear friend and supporter,

This year there is definitely change in the air. As many of our supporters and volunteers have realised, our manager for many years, Corinna Woodall, is taking a two-year break, and we're delighted to welcome Tim Dart as our new manager. Tim started with us full-time in April, he lives locally, and he has previously been working as the Cornwall Council Environmental Growth Officer. James Luxton has also joined us as development manager for the National Lottery Heritage Fund project, Tamara Landscape Partnership.

After many years, the Calstock Parish Archive Trust will finally be moving to their own premises, giving them more space and more freedom.

We extend our hearty congratulations to Jo Pridham, our Monitoring and Reporting Officer, who received the prestigious Champion of the Year award at the recent Cornwall Council Health, Safety and Wellbeing Conference.

Our finances are stable, so thanks go to the various funding bodies and Defra's support in enabling us to launch another small development grant fund (SDF) for local projects that support nature or the community.

The new 5-year Management Plan will be launched at Calstock on 5 June, where there will also be a

celebration of the National Lottery Heritage funded schemes we are involved with.

As this year marks the Centre's 10th anniversary, we will be holding a series of 10 specific events to celebrate the occasion.

Yes, the nation's politics ebb and flow just as our weather, but the spring flowers and nature never fail to surprise us. Once again, hedgerows have been dressed in splendour, with primroses and bluebells and a new localised previously rare plant to Britain called Alexanders flowering in early spring.

Enjoy the summer and make the most of our very English countryside in the Tamar Valley AONB.

As ever,



Cllr. Neil Burden
Chair Tamar Valley
AONB Partnership



TamarValley
Area of Outstanding Natural Beauty

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Front cover image courtesy of James Evans

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 Charlotte on 01822 835030.

Follow us:



TVAONB



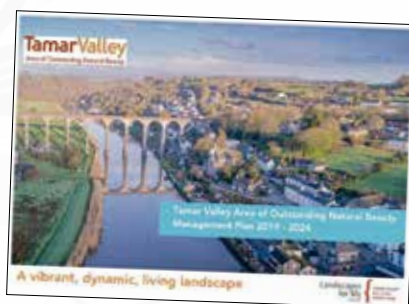
@TVAONB

5-year steer for AONB

The new Tamar Valley AONB Management Plan, guiding the work of the AONB team and its partners over the next five years, will be officially launched in Calstock on Wednesday 5 June.

Many organisations, groups and individuals have provided invaluable input to help shape the direction in which the landscape will be conserved and enhanced between 2019 and 2024.

Tim Dart, AONB Manager, identified a number of key areas that the AONB will be focusing on during the life of the new Plan, "The Tamara Landscape Partnership project, which is being developed, will support our ambitions to appreciate the abundant cultural heritage in the Valley, enhance the natural environment, increase diversity and abundance, and develop opportunities for health and wellbeing for people both living in and visiting the Valley."



Calstock Arts will provide the venue to launch the Plan and celebrate a number of projects supported by the National Lottery Heritage Fund that the AONB is involved in, including the Tamara Landscape Partnership project.

Those who have been instrumental in helping to devise new policies and actions will be invited to the launch event.

Keep a close eye on www.tamarvalley.org.uk over the coming months for ways in which you can join us at a number of events and activities to share all this treasured landscape has to offer. A summary document of the Management Plan will be available by the summer.

A warm welcome to the AONB team

Earlier this year we welcomed two new staff members to the AONB team.

Tim Dart joined as AONB Manager in February. He will steer the work of the team for the next two years while Corinna Woodall takes a career break.

Tim previously worked as Environmental Growth Officer for Cornwall Council, and before that for the Regional Development Agency, leading the delivery of agricultural policy in the South West region. Tim brings a wealth of experience from his time spent managing farms in Australia and a dairy farm in New Zealand. He also set up and managed his own farm, rural consultancy business and renewable energy business for nine years.

Tim now lives in Launceston with his wife and three-year-old son. He farms a herd of Pedigree South Devon cattle. Tim is particularly looking forward to developing the Tamara project and increasing income streams for the Valley.

James Luxton (known as Luxton) has been working as Development Manager for the Tamara Landscape Partnership project since mid-March.

For the past five years Luxton has worked for Truro-based Shelterbox where he managed emergency humanitarian responses.

He lives in St Agnes where he enjoys surfing, hiking, biking and spending time with his wife and baby daughter, Maren.

Luxton is keen to use his experience in project management, engaging with communities and managing teams and volunteers.



Above: James Luxton and Tim Dart

This July, the Tamar Valley Centre, Drakewalls, celebrates its tenth anniversary. Throughout the year, ten special events are being held at the Centre to mark the occasion.

Celebrating 10 years of the Tamar Valley Centre

The gateway for visitors to the Tamar Valley AONB was opened by HRH The Princess Royal in July 2009, and for the past decade it's been home to the Tamar Valley AONB team, Calstock Parish Council and the Calstock Parish Archive Trust. Many exhibitions, workshops, classes, events, celebrations and meetings have been held at the Centre during this time.



How it all began...

HRH Princess Anne, The Princess Royal officially opened the Tamar Valley Centre, at Drakewalls, near Gunnislake, on Monday 13 July 2009.

Her Royal Highness was impressed with the new building, with its attention to eco-friendliness, and the way it accommodates so many aspects of the local community. Almost 100 people who were involved in the development of the Centre, including representatives from the Tamar Valley AONB team, Calstock Parish Archive Trust and Calstock Parish Council, met with The Princess Royal, as she was given a guided tour of the building. Her Royal Highness found the Archives most interesting and a valuable historical resource.

The architects, builders and funders of the Centre spent time with The Princess Royal, explaining how the Centre had been designed as a low energy, zero

fossil emission building, with features including a biomass boiler, sedum roof, solar panels and an innovative ventilation system.

The new 'Multi-Activity' building received a wide range of support, including funding from the Rural Cornwall & Isles of Scilly Partnership (SWRDA Rural Renaissance) and Objective One ERDF, and was built as part of Cornwall Council's £2.3 million 'East Cornwall Regeneration Project', designed to encourage more visitors to the area bringing benefits to the local economy.

Between the showers of rain, Her Royal Highness officially opened the Centre by unveiling a plaque, covered by Cornish and Devonian flags, before being presented with a Tamar Valley cherry tree, kindly donated by Endsleigh Gardens Nursery, Milton Abbot.

Did you know?

- The external timber cladding of the Tamar Valley Centre is Tavistock-grown Western Red Cedar, cut down the road at Crocadon
- Internally, the ceilings are clad in Douglas Fir, the mezzanine floor is UK Larch and the reception desk is spolted Cornish Beech
- The green roof is planted with sedum which requires little maintenance and is a wonderful habitat for insects
- The stone-faced bank and Cornish hedge use local killas stone from Yennadon Quarry

Tamar Valley Centre

The Tamar Valley Centre is a gateway for visitors to the Tamar Valley AONB and a resource for the community, with space for exhibitions, public events and meetings.

The Centre is open Monday to Friday, 10am – 4pm, when visitors can drop in for information to make the most of their time in the Valley.

If you are organising an exhibition, public event or meeting, and would like to consider using the Tamar Valley Centre as a venue, please call **01822 835030**, email enquiries@tamarvalley.org.uk or visit www.tamarvalley.org.uk and click on 'Tamar Valley Centre' where you will find a booking form, charges and full terms and conditions.



HRH The Princess Royal images © Apex PR

A snapshot of events in 2019...

1. Spring Flower Walk & Daffodil Brooch Making activity – Friday 1 March
2. Journeys of the River, Art Exhibition by Drawn to the Valley artists – Sat. 30 March – Sun. 7 April
3. Recycling Workshop - Thursday 30 May
4. Wild Food Foraging Taster with Claire Roper - Friday 31 May
5. 25 Years of Gunnislake Station exhibition – 10-13 June
6. Tamar Valley Discovery Trail Challenge – Cornwall Taster – Saturday 6 July
7. Wildlife Event – 7-8 September
8. Structures & Landmarks of the Tamar Valley Photographic Exhibition – 7-11 October
9. Market Gardening and Bulb Market – October
10. Christmas Wreath Making Event – November/December

Donations café -10am-1pm, every Thursday

Our Thursday morning Donations Café has been a great success. So much so, that we are seeking more volunteers. If you think you could help serve refreshments, even if it's just once a month, we'd love to hear from you.

We'd also like to offer filter coffee to our visitors. If you have a filter coffee machine that you'd be willing to donate to the café, please get in touch – enquiries@tamarvalley.org.uk or call 01822 835030.

Back by popular demand, the Tamar Valley AONB team is pleased to announce that the Sustainable Development Fund (SDF) is open once again for small grants to support projects that help to conserve and enhance the AONB.



Sustainable Development Fund supports Tamar Valley projects

This year a total of £5,000 is available for grant requests of between £500 and £1,000 for projects that will benefit the area.

The Fund was first created for AONBs in 2005 to encourage individuals, community groups and businesses to work together to develop practical and sustainable solutions to manage their activities.

Projects previously supported have included improving village halls, wildlife conservation projects, small-scale renewable energy schemes, water-based recreation, advice for rural businesses and a number of exciting education-based projects.

New for 2019

Tamar TLC is running a small community grants scheme alongside SDF, for community groups and individuals to access smaller sums of money to help their projects. Four grants of £250 each are available to bid for.

If you have an idea for a project, where £250 to £1,000 would help to conserve or enhance the area, or get people involved with the work of the Tamar Valley AONB, please get in touch.

- Closing date for applications – Friday 28 June 2019.
- Applicants to be notified by mid August 2019.
- Successful projects must be completed by 31 December 2019 (1 March 2020 for Tamar TLC small community grant).

Please visit www.tamarvalley.org.uk for guidance notes and application forms. We strongly advise anyone interested in applying for a grant to discuss their project idea with AONB staff before submitting a completed application to make sure you are eligible to apply. Please call 01822 835030 or email enquiries@tamarvalley.org.uk

Need inspiration?

Take a look at two of last year's successful applicants (below and on page 7).

Kit Hill beekeepers are buzzing after successful funding bid

Thanks to funding from the Sustainable Development Fund, the Kit Hill Beekeepers have been able to construct a permanent workshop for training, meetings and storage.

A member of the Cornwall Bee Keepers' Association (CBKA), the Kit Hill group had been on the lookout for a suitable site for some years to provide education and training for prospective beekeepers and people interested in the welfare of pollinators.

Having set up a group apiary, the Group received start-up money from the CBKA to help purchase equipment, storage and hives. This funding was used to buy a mix of new and second-hand hives, together with some temporary storage to enable the Group to get the bees up and running for the season. Longer

term, additional fundraising would be needed for a more permanent base.

With funding from the SDF, the shed was constructed in early autumn 2018. The apiary is now well established and the Group's education programme has been continuing since the breeding cycle resumed in March this year.



Sallerton Wood comprises 10 acres of beautiful mixed deciduous woodland in West Devon, with a wide diversity of habitats, including valley-side Ash woodland, Hazel coppice, Alder woodland, and a beautiful stream.

Sallerton Wood offers free craft and conservation days

As part of the Sallerton Wood Conservation Project Andy and Jane Morton practice traditional and sustainable woodland management methods such as coppicing, as well as offering Green Woodwork courses and involving the local community in their own Forest School.

Now thanks to funding from the SDF Sallerton Wood is now able to also offer craft and conservation days. "We have been able to purchase new tools and wheelbarrows for carrying out conservation work in the woods as well as group cooking equipment for keeping our woodland visitors and volunteers topped up with refreshments," says Jane.

The free craft and conservation days are open to adults and accompanied young people over 12 years and held roughly once a month. Mornings are spent carrying out woodland conservation tasks (tools and tuition provided) and, after lunch, participants can try their hand at some wood craft under Andy's expert guidance.

Individuals or interested community groups are all welcome, and places can be booked through the woodland website: www.sallertonwood.org.uk

New home for Archives

Calstock Parish Archives will be moving to new premises thanks to a successful bid for funding.

The LEADER programme, designed to support rural businesses, has granted Calstock Parish Council money to help refurbish the Cemetery Chapel at Albaston.

The Archives, currently housed in the Tamar Valley Centre, get many visitors and enquiries every day and have been looking for bigger and better space to grow their service. This venue will provide that space, and it will be wonderful to see a lovely old building brought back into the public use.

We look forward to seeing the refurbishments start soon.



Our Tamar Valley Champion!

We are delighted to announce that Tamar Valley AONB's Monitoring and Reporting Officer, Jo Pridham, was awarded Champion of the Year at Cornwall Council's Health, Safety and Wellbeing Conference.



The award recognises outstanding contribution to the Champion and wider Staff Wellbeing programme through breadth of initiatives, innovative ideas and overall engagement with the programme throughout the year.

Jo became a Health Champion 18 months ago, and in that time, has achieved a great deal. A 'Making Every Contact Count' training event, tai chi sessions and yoga classes were held at the Tamar Valley Centre last year (yoga still continues) and the team visited Sylvia's Meadow in St Ann's Chapel to see the orchids during 30 Days Wild. Jo has introduced the team to 'walking meetings' and a 'happy new year calendar' where you aim to do something positive each day.

On the Devon side, Jo has sourced funding through Connecting Actively to Nature (Active Devon) for a

weekly walking group in Bere Alston, sits on the Naturally Healthy Forum through the Devon Local Nature Partnership, and is a representative on the Tavistock Health and Wellbeing Alliance.

Social isolation is an issue very close to Jo's heart. For a number of years, the AONB team has been looking into ways of tackling this issue. The walking groups help and there is also a new weekly Donations Café held at the Tamar Valley Centre (see page 5). Jo supports volunteer opportunities and looks to maximise the social aspect wherever she can.

May is Naturally Healthy Month

Naturally Healthy Month in May is all about inspiring people to get outdoors, enjoy our beautiful surroundings and feel happier and healthier in the (hopefully!) warm spring air!

Devon Local Nature Partnership (LNP) partners will be sharing ideas and activities on the Natural Devon website and via social media.

Dr James Szymankiewicz, North Devon GP and Chair of the Devon Local Nature Partnership is keen to promote the positive health benefits that getting out into the great outdoors can bring.

'It is not a pill or potion but consider connecting with nature as a prescription, one that works, costs nothing and has no side effects.'

For a full range of events taking place during Naturally Healthy Month, visit www.naturaldevon.org.uk/naturallyhealthymonth/





Discovery Trail Challenge supports Tamar TLC

This year's **Discovery Trail Challenge: Cornwall Taster** will once again raise funds for Tamar Tender Loving Care (TLC). Taking place on Saturday 6 July, this walk will explore the Cornish side of the Tamar Valley AONB's long-distance route.

Les Deering, Trustee for Tamar TLC says, "We want to be able to give even more back to help conserve and enhance the landscape, so we are delighted that the Tamar Valley AONB has chosen us again this year as their charity to support."

Coralie Barrow, Development Officer for the Tamar Valley AONB, says, "This Cornwall Taster is the second in a series of three Discovery Trail Challenge events to raise money for Tamar TLC. This year's route provides a great opportunity to explore the Cornish side of the Tamar Valley from Horsebridge to Drakewalls, with its picturesque, historic villages."

Two options are available for walkers this year, an 11.5-mile route starting at Horsebridge and finishing at Drakewalls (transport will be provided from the Tamar Valley Centre to the start), or a 2.5-mile Family Trail (starting at Drakewalls and finishing at Calstock, using the bus/train to return, with refreshments served at the Tamar Valley Centre afterwards).

Along the 11.5-mile route there will be free water top-ups, lunch, a cup of tea, experienced medical cover and regular check-in points staffed by marshals. Each walker will also receive a certificate and goody bag from the Tamar Valley AONB.

The cost to sign up for the Discovery Trail Challenge: Cornwall Taster is £20 per person (Family Trail, £3 each or £5 per family), but the Tamar Valley AONB team is

offering an early-bird special of just £15 for those signing up before Saturday 1 June. If you'd like to enter a team (3 or more people), the entrance fee is £10 per person.

To book your place, or for further details, please contact the Tamar Valley AONB team on **01822 835030** or email enquiries@tamarvalley.org.uk

Tamar TLC needs you!

Tamar TLC is seeking new Trustees to help steer the next stage of their work. The Charitable Incorporated Organisation raises money to support projects within the Tamar Valley area.

Tamar TLC is looking to strengthen their board of Trustees and would like to find enthusiastic people who have (but not exclusively) working knowledge of any of the following areas: [website management experience](#), [event management](#), [volunteer recruitment and management](#), [administration](#), [local knowledge](#), [links into local businesses](#).

The Trustees meet once every 6 to 8 weeks, and all other work can be done at a time to suit the Trustee. For further details, visit <https://tamartlc.org/who-we-are/> and click on the Trustee Pack. For an informal chat email alex.midlen@gmail.com.



Above; Cream tea with cherries, top right; Apple orchard in May, middle right; Hawthorn and sorrel – towards Pentillie, bottom right; Hot summer evening – view from Kit Hill heathland. Images © Mary Martin

For a rare opportunity to delight in the latest work of “one of Cornwall’s most important and best loved artists”, be sure to make a date in your diary to visit the Mary Martin Summer Exhibition.

Mary Martin Summer Exhibition 2019

Taking place at West Brendon, St Dominic, Cornwall PL12 6TB from Sunday 26 May to Sunday 2 June 2019, this is the first exhibition of Mary’s work since 2016.

The illustrious artist who has received extensive reviews for her work and was once described by The Guardian as “that delicious water colourist” will be showing 84 new works. Painted in all seasons, the works capture the brilliance, colour and special character of Mary’s beloved Tamar Valley - from the heat of last summer to rare wintry mornings when frost sparkled on the valley’s fields and woods.

Expanses across the tidal river, from the summit of Kit Hill, over the sea on the north coast, and towards Sharp Tor above the Lynher, contrast with shorter vistas in narrow lanes, ferny bluebell glades and orchards, full of

blossom or underlain with shoals of apples and baskets of cherries.

There are still-lifes of gathered narcissi catching early spring light on her kitchen window-sill and, from further away, a few paintings of heathery mountains in North Wales and of southern France.

Admission to the exhibition, which will be open from 11am to 6pm each day, is free and will be signposted from St Dominic Church and Ashton. Parking in the field behind the house involves a short walk downhill, so wear suitable footwear.

For more details call **01579 350696** or visit **www.marymartin.co**



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.

You will notice a number of events are badged as '10 Events for 10 Years' to mark the tenth anniversary of the Tamar Valley Centre at Drakewalls. Check www.tamarvalley.org.uk/events regularly, as autumn/winter events will be added shortly.

Next year, we celebrate 25 years since the Tamar Valley was designated as an Area of Outstanding Natural Beauty. We'd love to hear your ideas for events to mark the occasion...

MAY 2019

Various dates and times in May & June, check website for details River trips on Nancy Belle

Take a peaceful trip up the Tamar past Calstock and to Morwellham Quay learning about the history of the area as you go. The trip takes approx. 2 hours.

Cost: £15pp

Venue: National Trust Cotehele, St Dominick, Nr Saltash, PL12 6TA

Booking: essential, call 01579 351346 for details

Friday 17th, 10am – 12:30pm

Creative Watercolours with Gill Cairns

One of three sessions exploring loose wet in wet and pen and wash techniques.

Notes: please bring along your own basic materials: watercolours paints, palette, brushes and paper.

Cost: £12 per session

Venue: Tamar Valley Centre, Drakewalls, PL18 9FE

Booking: 01822 258351, westdevonartworkshops@gmail.com

Saturday 18th

Valley Volunteers: Working Party Tamar Trails

Organiser: Tamar Community Trust

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

(Dave Readman)

Saturday 18th, 2pm – 3:30pm

Guided Heritage Walk – 1000 Years of Tavistock Markets

Cost: £5 (accompanied under-16s free)

Meet: outside Tavistock Visitor Information Centre

Organiser: Tavistock Heritage Trust

Information: www.heritageintavistock.org/events

Wednesday 22nd, 11am – 4pm

Hotel Endsleigh Gardens Open Day

Quality crafts and plants from Endsleigh Nursery available for sale, Grand Draw, St Austell Strummers Ukulele Band. Raising funds for £60,000 Church Bell Repair Project.

Cost: £5 admission to include tea/coffee and biscuits.

Venue: Hotel Endsleigh, Milton Abbot, PL19 0PQ

Organiser: Milton Abbot Church PCC

Saturday 25th, 2pm – 3:30pm

Guided Heritage Walk – Tavistock's Wonderful Built Heritage

Cost: £5 (accompanied under-16s free)

Meet: outside Tavistock Visitor Information Centre

Organiser: Tavistock Heritage Trust

Information: www.heritageintavistock.org/events

Saturday 25th – Thursday 30th

Chair Making

Six-day greenwood chair making course, learning many skills, including steam-bending.

Cost: £410

Venue & Organiser: Sallerton Wood (nearest postcode PL16 0HH)

Booking: via website www.sallertonwood.org.uk or call 07722 435964

Saturday 25th – Saturday 1st June Advanced Chair Making

Eight-day greenwood chair making course, learning many skills, including steam-bending, and allowing more time for individual design and mastering more advanced techniques.

Cost: £550

Venue & Organiser: Sallerton Wood (nearest postcode PL16 0HH)

Booking: via website www.sallertonwood.org.uk or call 07722 435964

Sunday 26th

Valley Volunteers: Working Party

Wacker Quay

Organiser: Tamar Community Trust

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

Sunday 26th – Sunday 2nd June

Mary Martin Summer Exhibition

See page 10 for details

Monday 27th – Friday 31st, 12noon – 3pm

Children's half-term activities

Help the children get crafty this half term inspired by the pollinators who live at Cotehele. There'll be bee-box making and more.

Cost: usual admission applies, NT members free

Venue & Organiser: National Trust Cotehele, St Dominick, Nr Saltash, PL12 6TA

Information: tel 01579 351346 for details or visit www.nationaltrust.org.uk/cotehele

Thursday 30th, 10am – 1pm

10 Events for 10 Years - Recycling Workshop

With Cornwall Council Waste Management Team and Ali Humphreys from South Hill.

Venue: Tamar Valley Centre, Drakewalls, PL18 9FE

Organiser: Tamar Valley AONB

Information: 01822 835030, enquiries@tamarvalley.org.uk

Friday 31st

10 Events for 10 Years - Wild Food Foraging Taster

Join Claire Roper for a foraging taster, to include making 'herbal teas'.

Venue: Tamar Valley Centre, Drakewalls, PL18 9FE

Cost: £15

Organiser: Tamar Valley AONB

Booking essential: 01822 835030, enquiries@tamarvalley.org.uk

JUNE 2019

Saturday 1st, 2pm – 3:30pm

Guided Heritage Walk – Discover Tavistock

Cost: £5 (accompanied under-16s free)

Meet: outside Tavistock Visitor Information Centre

Organiser: Tavistock Heritage Trust

Information: www.heritageintavistock.org/events

Wednesday 5th

Valley Volunteers: Working Party Tamar Trails

Organiser: Tamar Community Trust

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

Saturday 8th, 2:30pm – 5pm

Afternoon Walk and Free Cream Tea

With the Friends of Churchtown Farm Committee.

Notes: Sorry no dogs. Please wear suitable clothing and footwear. Bring binoculars and camera. Children must be accompanied by an adult.

Cost: free for members of Friends group or Cornwall Wildlife Trust, £2 non-members.

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

Organiser: Friends of Churchtown

Farm Community Nature Reserve

Information: 01752 843852 (Mary)

Sunday 9th

Open Farm Sunday

Tractor and trailer guided tours 11am and 2pm. Donations to Tamar TLC appreciated.

Venue: Deer Park Farm, Luckett, PL17 8NW

Information: 01579 370292

Monday 10th – Thursday 13th,

10am – 4pm

10 Events for 10 Years – 25 Years of Gunnislake Train Station Exhibition

A celebration of Gunnislake Train Station's 25th anniversary.

Venue: Tamar Valley Centre, Drakewalls, PL18 9FE

Organiser: Devon & Cornwall Rail Partnership and Tamar Valley AONB

Information: 01822 835030, enquiries@tamarvalley.org.uk

Thursday 13th

Introduction to Green Woodwork

Learn the properties of green wood, cleaving techniques and production of simple craft objects created from a greenwood log using traditional hand tools. Anything you make during the day will be yours to take home.

Cost: £70

Venue & Organiser: Sallerton Wood (nearest postcode PL16 0HH)

Booking: via website www.sallertonwood.org.uk or call 07722 435964

Friday 14th, 8pm

Gallery Bar Special with Windjammer

Plymouth band Windjammer.

Notes: doors 7pm, start time 8pm

Cost: free entry, informal atmosphere, donations to the band please.

Venue & Organiser: Calstock Arts, The Old Chapel, Calstock, PL18 9QX

Booking: 01726 879500, www.calstockarts.org

Saturday 15th

Valley Volunteers: Working Party Tamar Trails

Organiser: Tamar Community Trust

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

Saturday 15th, 2pm – 3:30pm

Guided Heritage Walk – Tavistock's Historic Pubs and Breweries

Cost: £5 (accompanied under-16s free)

Meet: outside Tavistock Visitor Information Centre

Organiser: Tavistock Heritage Trust

Information: www.heritageintavistock.org/events

Sunday 16th, 10am – 5pm

Father's Classic Car Day, Morwellham Quay

Cost: normal day entry prices apply, free to Morwellham/Bicton members

Venue & Organiser: Morwellham Quay, nr Tavistock

Information: 01822 832766, admin@morwellhamquay.org

Tickets: www.morwellham-quay.co.uk

Wednesday 19th

Valley Volunteers: Working Party

Discovery Trail

Organiser: Tamar Community Trust

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

(Dave Readman)

Wednesday 19th – Friday 21st

Stool Making

Three-day course covering the green woodworking skills and processes needed to construct your own sturdy stool from a green ash log.

Cost: £220

Venue & Organiser: Sallerton Wood (nearest postcode PL16 0HH)

Booking: via website www.sallertonwood.org.uk or call 07722 435964

Friday 21st, 10am – 12:30pm

Creative Watercolours with Gill Cairns

See 17th May for details

Saturday 22nd, 2pm – 4pm

Guided Heritage Walk – Tavistock's Railways

Cost: £5 (accompanied under-16s free)

Meet: outside Tavistock Visitor Information Centre

Organiser: Tavistock Heritage Trust

Information: www.heritageintavistock.org/events

Saturday 22nd, from 9pm

Midsummer Bonfire on Kit Hill

Entertainment from 9pm, ceremony and bonfire 10pm

Venue: Kit Hill summit

Information: 01579 370344

Sunday 23rd, 2pm – 5pm

Guitar Workshop with Ben Walker

Aimed at intermediate to advanced guitarists.

Cost: £15 in advance, £14 Friends of Calstock Arts (max 15 places)

Venue & Organiser: Calstock Arts, The Old Chapel, Calstock, PL18 9QX

Booking: 01726 879500, www.calstockarts.org

Monday 24th – Saturday 29th

Chair Making

See 25th – 30th May for details

Monday 24th – Monday 1st July
Advanced Chair Making

See 25th May – 1st June for details

Wednesday 26th**Valley Volunteers: Training Day – Scything****Organiser:** Tamar Community Trust
Information: 07410 411440,
dreadman@tamarvalley.org.uk
(Dave Readman)**Wednesday 26th – Saturday 29th**
Open Art Exhibition

See page 15 for details

Friday 28th, 11am**Guided Walk around Penlee Battery, Rame Head**

With Natalie Mitchell, Cornwall Wildlife Trust. Learn about the history of the area, see wildflowers, including orchids, as well as butterflies.

Notes: optional lunch at The Canteen afterwards (booking essential)**Cost:** minimum £2 donation to Cornwall Wildlife Trust**Meet:** Penlee Battery car park, Rame Head**Organiser:** Friends of the Tamar Valley
Booking: essential 01822 834964,
janekielyintamarvalley@uwclub.net**Saturday 29th – Sunday 30th,**
10am – 5pm**Lister Engine Festival, Morwellham Quay****Cost:** normal day entry prices apply, Free to Morwellham/Bicton members**Venue & Organiser:** Morwellham Quay, nr Tavistock**Information:** 01822 832766, admin@morwellhamquay.org**Tickets:** www.morwellham-quay.co.uk**Sunday 30th****Valley Volunteers: Working Party**
Wacker Quay**Organiser:** Tamar Community Trust
Information: 07410 411440,
dreadman@tamarvalley.org.uk
(Dave Readman)**JULY 2019****Saturday 6th****10 Events for 10 Years - Tamar Valley Discovery Trail Challenge – Cornwall Taster**

A non-competitive walking challenge along the Cornish side of the Tamar Valley Discovery Trail. Choose from 11.5 miles or 6.6 miles. Raising funds for Tamar TLC.

Notes: transport available from Tamar Valley Centre to start point at Horsebridge.**Cost:** £20 per person, £10 each for team of three or more.**Organiser:** Tamar Valley AONB**Booking:** 01822 835030, enquiries@tamarvalley.org.uk**Saturday 6th – Sunday 7th****Make a Shave Horse**

Two-day course teaching techniques to make your own shaving horse using hardwood timber.

Cost: £150**Venue & Organiser:** Sallerton Wood (nearest postcode PL16 0HH)**Booking:** via website www.sallertonwood.org.uk or call 07722 435964**Wednesday 10th – Friday 12th**
Stool Making

See 19th – 21st June for details

Saturday 13th – Sunday 14th,
10am – 5pm, 5pm – late**Summer Cider Festival, Morwellham Quay****Cost:** Normal day entry prices apply, free to Morwellham/Bicton members. Saturday evening £15 Adult, £10 Child, Weekend tickets £30 Adult, £20 Child. Camping £6 per pitch per night.**Venue & Organiser:** Morwellham Quay, nr Tavistock**Information:** 01822 832766,
admin@morwellhamquay.org**Tickets:** www.morwellham-quay.co.uk**Tuesday 16th, 11am****Guided Walk around Royal William Yard**

With Ron Smith. Looking at the buildings, both restored and awaiting restoration.

Notes: plenty of places for coffee beforehand and lunch afterwards.**Cost:** collection for Ron's charity.**Organiser:** Friends of the Tamar Valley**Booking:** essential 01822 834964,
janekielyintamarvalley@uwclub.net**Saturday 20th, 10am – 1pm****Butterflies and Moths**

With Gary Lewis.

Notes: Sorry no dogs. Please wear suitable clothing and footwear. Bring binoculars and camera. Children must be accompanied by an adult.**Cost:** free for members of Friends group or Cornwall Wildlife Trust, £2 non-members.**Meet:** Cecil Arms by St Stephen's Church, Saltash, PL12 4AR, SX417583**Organiser:** Friends of Churchtown Farm Community Nature Reserve**Saturday 20th – Thursday 25th**
Chair Making

See 25th – 30th May for details

Saturday 20th – Saturday 27th
Advanced Chair Making

See 25th May – 1st June for details

Wednesday 24th, gardens open from 5:30pm, 7:30pm start**Outdoor Theatre at Pentillie**

The Lord Chamberlain's Men ~

A Midsummer Night's Dream

Cost: adult £16, child (under 12) £10, family £47 (2 adults, 2 children), carers accompanying disabled guests free.**Venue & Organiser:** Pentillie Castle & Estate, St Mellion**Information:** 01579 350044**Friday 26th – Sunday 28th**
Calstock Heritage Weekend

See page 21 for details

Saturday 27th, from 12noon
Latchley, Chilsworthy and Coxpark Show

Entertainment for all the family, including a dog show, pony show, vintage vehicles, marquee filled with all types of produce and crafts

Venue: the Showfield, Chilsworthy**Information:** 01822 834315 or
www.lccpshow.org**AUGUST 2019****Weekdays 1st – 30th, 12noon – 3pm**
Summer holiday activities at Cotehele

Come along, join in and have some fun at Cotehele, with different family activities each day of the week.

Cost: normal admission applies**Venue & Organiser:** National Trust Cotehele, St Dominick, Nr Saltash, PL12 6TA**Information:** tel 01579 351346 for details or visit www.nationaltrust.org.uk/cotehele**Sunday 4th, 10am – 5pm**
Pengrillie BBQ Festival

Annual BBQ Festival, including food festival, live music, BBQ competition, and more.

Venue & Organiser: Pentillie Castle & Estate, St Mellion**Information:** 01579 350044**Tickets:** www.pentillie.co.uk

Saturday 10th, 10:30am – 1pm**Wild Flowers**

Learn about the wide variety of wild flowers on the Reserve, with Ian Bennallick.

Notes: Please wear suitable clothing and footwear. Bring binoculars and camera. Children must be accompanied by an adult.

Cost: free for members of Friends group or Cornwall Wildlife Trust, £2 non-members.

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

Organiser: Friends of Churchtown Farm Community Nature Reserve

Information: 01752 843852 (Mary)

Wednesday 21st, 2pm – 4pm**Guided Walk around Calstock to see****Blue Plaques**

With Jill Lane.

Notes: optional cream tea afterwards in Tamar Inn (payable in advance, £6.50)

Cost: donations of at least £2 for Calstock Parish Archive Trust

Meet: outside Village Hall, Calstock Quay

Organiser: Friends of the Tamar Valley

Information: 01822 834964, janekielyintamarvalley@uwclub.net

Saturday 31st –**Sunday 1st September****Make a Shave Horse**

See 6th -7th July for details.

SEPTEMBER 2019**Friday 6th, 7:30pm****The Lost Garden of Lew Trenchard Talk**

With Terry Faulk

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

Venue: Tamar Valley Centre, Drakewalls, PL18 9FE

Organiser: Friends of the Tamar Valley

Booking: Essential 01822 834964, janekielyintamarvalley@uwclub.net

Saturday 7th – Sunday 8th**10 Events for 10 Years - Wildlife Event**

A series of planned activities and walks celebrating and showcasing the wildlife of the Tamar Valley.

Organiser: Tamar Valley AONB

Information: 01822 835030, enquiries@tamarvalley.org.uk

Monday 9th – Tuesday 10th**Make a Shave Horse**

See 6th -7th July for details.

Saturday 14th, 11am – 1:30pm**Geology Walk**

With Gus Horsley

Notes: Please wear suitable clothing and footwear. Bring binoculars and camera. Children must be accompanied by an adult.

Cost: free for members of Friends group or Cornwall Wildlife Trust, £2 non-members.

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

Organiser: Friends of Churchtown Farm Community Nature Reserve

Information: 01752 843852 (Mary)

Saturday 14th – Sunday 15th**Kuksa Carving**

Learn the skills you need to make a traditional hand-carved Scandinavian wooden mug or bowl, used for eating and drinking.

Cost: £135

Venue & Organiser: Sallerton Wood (nearest postcode PL16 0HH)

Booking: via website www.sallertonwood.org.uk or call 07722 435964

Wednesday 18th – Friday 20th**Stool Making**

See 19th – 21st June for details

Saturday 21st – Sunday 22nd,**11am – 4pm****Apple weekend at Cotehele**

Join us for displays and tastings of many apple varieties, orchard tours and the Big Squeeze in the orchard barn.

Cost: Normal admission charge applies, NT members free

Venue & Organiser: National Trust Cotehele, St Dominick, Nr Saltash, PL12 6TA

Information: tel 01579 351346 for details or visit www.nationaltrust.org.uk/cotehele

Friday 27th, 10am – 12noon**World's Biggest Coffee Morning**

Come and join us for a cup of tea or coffee and slice of cake to raise funds for Macmillan Cancer Support.

Venue: Tamar Valley Centre, Drakewalls, PL18 9FE

Organiser: Tamar Valley AONB

Information: 01822 835030, enquiries@tamarvalley.org.uk

Brunch & Produce Market

Carpenters Arms, Lower Metherell

Saturday 1st June

Saturday 6th July

Saturday 3rd August

Saturday 7th September

11am – 2pm

Brunch & Produce Market

with Community Apple

Pressing

Saturday 5th October

11am – 2pm

3 day bee-keeping for beginners course

11th, 18th & 25th May (All Sats)

1st, 2nd & 3rd July (Mon, Tues, Wed)

9th, 10th & 11th August (Fri, Sat & Sun)

10am-4pm

Venue: Henwood

Cost: £140.00

Information:

For further details, please contact

Tamar Grow Local

info@tamargrowlocal.org,

01579 208412

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/>

Art exhibition draws on Tavistock's rich mining heritage

As part of the National Lottery Heritage Fund supported Guildhall Gateway Centre project, Tavistock Heritage Trust and Tavistock Town Council are delighted to present an Open Art Exhibition this summer.

The exhibition, which will take place between 26 and 29 June will reflect Tavistock's status as a World Heritage Site Gateway. Chosen works will draw upon the striking subject of the Cornwall and West Devon Mining Landscape World Heritage Site, exploring metals that were mined, the machinery used, and the geographical reach of the mining technology.

Featuring categories for both adults and young people (18 and under), the exhibition will be the first of many activities to celebrate the Guildhall Gateway Centre project. With the support of the National Lottery Heritage Fund, the Town Council and Tavistock Heritage Trust will repair, restore and convert Tavistock's historic Guildhall and Magistrate's Court.



Image © Barry Gamble



For more information, visit <https://www.heritageintavistock.org/artexhibition>

Focus on US market to boost tourism in South West

Unveiling exciting plans to boost the tourist economy within Devon and Cornwall was the focal point of a recent conference.

Attended by leading industry speakers, the event held by the Tamar Valley Tourism Association (www.TAVATA.co.uk), acknowledged that tourism is an essential lifeline for the south west economy. Speakers shared imaginative ideas and opportunities planned to promote the industry in the coming years.

Chief Executive of Visit Cornwall, Malcolm Bell gave an informative and inspirational talk, sharing how the future is very much focused on working with overseas visitors and, in particular, visitors from the USA.

"Visit Cornwall has a five-year commitment to double the size of the USA market, building on the Mayflower 400 celebrations next year. A 1% growth over the next 10 years means an extra 2 million visitors to the South West."

Tom Cox of Mayflower 400 let local businesses know how they could get involved with the celebrations and benefit from the expected 500,000 visitors to Plymouth in 2020.

He advised businesses to advertise their events, along with the 150 other events already planned from street parties to genealogical conventions, on the Mayflower 400 website. If you have an event to advertise, email mayflower400uk@plymouth.gov.uk

We Love The
Tamar Valley



Helping protect Gunnislake's rare bats



We take a look at a range of partnership projects that the Tamar Valley AONB is involved with over the following three pages.

A five-year project is working across Devon and parts of east Cornwall to secure the future of the region's greater horseshoe bats. The Devon Greater Horseshoe Bat Project, supported by the National Lottery Heritage Fund and led by Devon Wildlife Trust along with 17 other project partners, including Tamar Valley AONB is helping this nocturnal wonder whose numbers have decreased 90% over the last 100 years.

The Gunnislake area is a particular focus for the project as it is home to one of only 11 breeding roosts in Devon/ east Cornwall. It is important that the countryside near the roost, which is located in a disused mine, provides lots of hedges, woods, rivers and fields, to help the bats produce healthy young for the next generation.

Project outreach

The project is reaching out to many different groups to help with its work. It has visited 34 farmers in the area to offer advice about bat friendly land management. Local projects such as orchard restoration and wildflower seed sowing have helped improve habitats for bats to live and hunt in.

The Bat Buddy School Award helps young people become 'bat champions'. Gunnislake, Delaware, and Lamerton Primaries have all achieved their Bronze level award. Gulworthy Primary has even made it to Silver! The project is working with Gunnislake Community Matters to make Gunnislake a 'bat friendly' place to live and work. Look out for their summer bat detecting walks where you may see and hear bats in flight.

Devon Bat Survey

This annual 'Citizen Science' survey gets everyone involved with recording bats. In 2018, over 700 people helped collect around 350,000 bat records across Devon. Each volunteer receives a report identifying the bats they recorded. To take part this year, select your survey square at www.devonbatproject.org/dev-on-bat-survey. The detector can be collected from the Tamar Valley Centre.

Bat friendly gardening

Anyone can help bats in the Tamar Valley by creating a bat friendly garden. Planting wildflowers in your garden will create a home for more insects, which in turn attracts bats and other wildlife. Leaving a small log pile will provide shelter for insects and other animals such as hedgehogs. Download the 'Stars of the Night Sky booklet' from the Devon Bat project website for lots of ideas.

Get involved

Join Gunnislake Community Matters, and contact the Tamar Community Trust to take part in practical conservation. For further information about volunteering, email bats@devonwildlifetrust.org.

For further information

- visit www.devonbatproject.org
- follow @devonbatproject on Twitter and Facebook
- www.facebook.com/groups/GunnislakeCommunityMatters
- visit tamarcommunitytrust.wordpress.com

New season celebrating Tamar Valley's historic daffodils



The Heralds of Spring project has entered its third season recording and celebrating historic daffodil varieties in the Tamar Valley landscape.

Two training events were held earlier this year where over 30 people learned what to look for when surveying daffodils. A new phone app was also introduced to make surveying easier with more accurate results.

Rachael Forster from Tamar Grow Local, the organisation who delivered the training, explains more. "We hope that the app will be able to speed up the surveying process, increase the accuracy of the results and also enable our eagle-eyed daffodil spotting volunteers to be able to capture interesting or old varieties when out and about in the Valley."

Lesley Strong, Project Officer for Tamar Valley AONB says, "Heralds of Spring was initially funded by the Heritage Lottery Fund Sharing Heritage programme and the Tamar Valley AONB, and delivered by Tamar Grow Local. We are delighted that Tamar TLC has agreed to support the project from this point on and enable further training and surveys to take place this year."

More activities and events will take place over the next

few months. Keep a close eye on Tamar Valley AONB's social media and website www.tamarvalley.org.uk or contact Charlotte Dancer to receive monthly ebulletins – cdancer@tamarvalley.org.uk, 01822 835030.



Above, left: Thanks to Harrowbarrow School for this beautiful photo. Harrowbarrow received daffodil bulbs last autumn.

Doing your bit for woodland conservation

The Atlantic woodland of the Tamar Valley is a rare habitat, under threat from changes in climate and woodland management, tree disease and air pollution. Conservation organisations want to do more to address these threats and make this important part of our heritage more resilient.

This is where you come in...

Do you love the woods? Would you like to get involved in helping protect these important woodlands?

Building Resilience in South West Woodlands, a project led by Plantlife in partnership with Tamar Valley AONB and other conservation organisations in the region, needs people to take part in a 1-2 hour walk in their local woods and carry out a Rapid Woodland Assessment. This easy to carry out survey will tell the project where Atlantic woodlands are, what condition they are in and whether they are likely



to be home to some of our most rare and vulnerable lichens, mosses and liverworts. They can then focus further survey, woodland management and training on the places that need them the most.

Although you don't need training to get involved, it is on offer. Local training opportunities include a session on 9 May at Burrator Discovery Centre, Dartmoor. On 16 July, a training session will be held in the Walkham Valley, Tamar Valley AONB.

To find out more about the project, to get involved and for other training opportunities, visit www.plantlife.org.uk

To receive a hard copy of the Rapid Woodland Assessment, visit www.surveymonkey.co.uk/r/MDCP KTG

For information on training see Building Resilience in South West Woodlands Project's Facebook page.

Launched in 2017 by the University of Exeter, the Understanding Landscapes project enhances learning about the area's rich archaeological heritage.

Project teaches children about Roman Britain

The three-year project, funded by the National Lottery Heritage Fund and supported by a range of partners, including the Tamar Valley AONB and Calstock Parish Council is holding workshops with five local primary schools, using the wealth of local archaeology and heritage to teach children about a range of historical periods, including Roman Britain.

The project team visited Calstock, Delaware, Gunnislake, and Stoke Climsland schools and will soon be visiting Bere Alston. Here, they ran practical classes exploring the buildings used by the Roman army, how archaeological sites are formed, and how archaeologists excavate and understand these places.

The children had great fun building models of Roman barrack blocks and then dismantling them to consider what would and would not survive in the archaeological record. One of the pupils, Jensen said, "I really liked making the houses because you could see what the Romans were really like."

The school children will be visiting the excavation at Calstock Roman fort in June to see and do these things for real!



Personal perspective on Healthy Walks group

Encouraging people to explore the Tamar Valley, while experiencing the health and wellbeing benefits of the great outdoors, the Tamar Valley AONB offers a number of walking groups.



The Bere Alston Healthy Walks group meets every Tuesday morning. One regular walker, Adrian, says he has benefited greatly from taking part. *"The group has certainly encouraged me to get fitter. It has introduced me to new people, given me an interest in the surrounding countryside, improved my lung capacity, hopefully will help me lose weight, and given me a real sense of wellbeing. Most of all being part of the group has given me something to look forward to each week."*

If you would like to find out more about the Tamar Valley AONB walking groups, visit <http://www.tamarvalley.org.uk/explore/walking/>

Bringing great ideas to life

The Tamara Landscape Partnership has now entered the 'development phase', this means we have 15 months to turn the great ideas, which won National Lottery Heritage Fund support, into full projects to bid for £3 million to run a programme of work running from 2021 to 2026.

Together, these projects will work with communities, farmers and landowners to provide a brighter future for the Tamar Valley, protecting and enhancing this unique place for wildlife and people. We will shortly be recruiting two new staff members, a full time Development Officer and a part time Finance Officer to join Manager James Luxton (known as Luxton) on the Tamara team. There's a lot to do over the next 15 months but the whole team is determined to make a success of this fantastic opportunity.

For any further information please contact Luxton on **01822 835030** or email jluxton@tamarvalley.org.uk



Turning the clock back on sustainable packaging

Lesley Strong, Project Officer – Tamar Valley AONB,
Julie Overnell and Kat Piper

As the plastics debate continues to gather pace, a sustainable packaging experiment in the Tamar Valley has seen a resurgence of traditional skills.

The Tamar Valley's rich market gardening heritage is well known and the demand for 'chip' baskets and punnets for soft fruit became a cottage industry in the area. Originally made from wafer thin veneers of birch or pine, a number of factories set up in the Valley in the 19th century to supply local growers.

However, the introduction of alternative plastic packaging among other factors led to the end of the 'chip industry' in the 1960s. In response to the current plastics debate, and the need to source sustainable alternatives, a kitchen in the heart of the Valley was transformed into a pop-up basket factory.

Strips of New Zealand flax were interwoven to form the



bottom of the punnets and then folded upwards to form the sides. Finally, a rim was added and fixed with staples.

Time will tell if the material shrinks as it dries, but it was fascinating to explore a contemporary take on a local skill that has almost faded into memory. It has been an opportunity to bring the packaging debate full circle and to explore transforming locally sourced natural materials into a simple practical product.

Foraging for food in the Tamar Valley

The Tamar Valley is a great area for foraging, with its extensive network of footpaths and diverse range of habitats.

The Cornish banks and hedgerows are home to the all year-round staple navelwort, with its fleshy leaves and pea-pod taste, and a wide range of tree and shrubs. The verges contain three-cornered leek, cow-parsley, jack-by-the-hedge, and primroses, while in the spring the damp woodlands are carpeted with ramsons ideal for pesto.

Along the streamsides the medicinal meadowsweet abounds; a great hedgerow cold remedy containing a natural form of aspirin. A good companion to the meadowsweet is elderflower - look out for the short-lived flowers in May to dry and add to your natural cold remedy.

Elderflowers also make fabulous cordial and champagne, with the berries full of anti-viral properties, making a tincture for your winter store cupboard.

Nettles are common everywhere and one of the best plants for foragers. The fresh tips in spring are full of iron and micronutrients and can be used in soup or

simply wilted and used instead of spinach, while the stems yield a useful fibre and the roots a yellow dye.

Plant identification skills are key to foraging, and you must always observe the country code. It is illegal to dig plants up in the wild or without the landowner's permission.

Claire Roper is a local ecologist and leads wild food forays in the Tamar Valley. See page 12 for details of a Wild Food Foraging Taster event on 31 May.
Claire.wildbydesign@gmail.com.





Fruitful artwork reflects Valley's diversity

A new ceramic installation by the platform at Gunnislake train station is nearing completion.

The artwork entitled 'Fruitful' depicts a series of twelve fruit bushes, each representing a different aspect of the Tamar Valley, including children's self-portraits, traditional produce, mining and wildlife.

Artist, Rosie Fierek, gave local children paper templates to design the fruit, and she has faithfully copied each design into clay. The leaves and soil are all finished with glazes containing copper - a traditional local mineral. Rosie says, "The installation is intended to give a metaphorical 'snapshot' of today in the Tamar Valley and reflects our rich diversity and history. I was inspired to choose the theme of fruit bushes because the Tamar Valley Line was traditionally used to transport our local produce to the main line and around Britain. The bearing of fruit also signifies growth and renewal."

The soil for the fruit bushes is made up of 'pebbles', each with a word impressed into it reflecting an aspect of the locality. Local community workshops were held and every child at Delaware and Gunnislake Schools was also involved.

The installation, sponsored by Devon and Cornwall Rail Partnership, will be launched in early summer.

A related community ceramics project is also being planned for Gunnislake. The theme will be 'our locality and mining'.

The project has been part funded by the Designated Community Rail Development Fund, which is backed by the Department for Transport and ACoRP, the Association of Community Rail Partnerships.



Celebrating Calstock's steamboat heyday

Visitors to Calstock this summer will be able to step back in time to remember an era when this village on the banks of the River Tamar enjoyed a true heyday.



Above: Thanks to Calstock Parish Archive Trust for the historic image and text

The Calstock Heritage Weekend, which will take place between 26th and 28th July, will see a flotilla of steamboats once again moor off the pontoon at Calstock and mark the centrepiece of three days of celebrations.

During the industrial boom of the nineteenth century, Calstock was the largest of the industrial ports upstream from Plymouth. The River Tamar was the main highway for the import and export of goods to the region due to the lack of suitable roads. During the peak of river trade there were up to 40 barges and 20 deep water boats operating from the many quays at Calstock. Loads included farm and market garden produce sent to Plymouth for distribution, and copper ore transported to Swansea to be smelted, while granite, bricks and tiles were shipped as far afield as Russia.

As well as trade, the Tamar was a very popular destination for river excursions. One of the most popular outings was the trip up the Tamar to Calstock and Morwellham, where the cherry blossom and fields of daffodils were a sight to be seen. In 1856, Queen Victoria and her family travelled up the Tamar to Morwellham, giving river excursions the royal seal of approval.

In June 2018 four local steamboat enthusiasts invited some friends to bring their steamboats to Calstock and explore the beautiful Tamar Valley. Few of them had visited before but they all fell in love with the area and wanted to return. Such was their enthusiasm that after speaking with various Calstock people and the Village Hall committee, the Calstock Heritage Weekend was born.

For a fun packed weekend of celebrations recreating times gone by in this beautiful part of the Tamar Valley, be sure not to miss out.

Calstock Heritage Weekend (26-28 July)

Friday 26

- 10 steamboats launch at Cotehele Quay before being towed up to their moorings just off the pontoon at Calstock.
- The Countrymen will be performing at Calstock Arts

Saturday 27

- Calstock Parish Archives' display of Heritage and the Tamar Valley
- 12.30pm - Boats leave in grand style at for Weir Head, stopping at Morwellham Quay for refreshments.
- Bar in Calstock Village Hall and beer tent sponsored by Bere Brewery of Bere Alston.
- Shanty Singers singing onboard the "Spirit of Mystery", courtesy of Calstock Boatyard.
- Morris dancing on the quay
- Evening – Singing and dancing with "The Pirates of St Piran"

Sunday 28

Flotilla heads to Pentillie Castle for picnic
3.00pm – Return to Cotehele Quay

Mill Lane Acres is Tamar Grow Local's farm start project for new entrants into horticulture. With four tenants currently running their own start-up growing businesses, including a vineyard, orchard and a traditional fruit and vegetable market garden, we caught up with John Lewis from Rabbit Acre to see how 2018 went for his business and what's planned for 2019.

Rabbit Acre is growing in leaps and bounds

Name of business? Rabbit Acre (named after my rescue bunnies who like their veggies!).

Who makes up the team? Me, with occasional help from my partner Helena.

Tell us about your business? After carrying out research and growing trials during 2016 and 2017, I decided to focus on garlic production, as it is a relatively high value crop that does not require frequent attention, and it stores well. Most of the garlic that we buy in the UK is imported, mainly from China. Therefore, I felt that locally-grown garlic, with good provenance, should have a market.

My garlic crop is naturally air dried and stored indoors in cool, ambient conditions – no bleaching or cold storage is used or required.

What were the crop successes in 2018? I carried out growing and storage trials with several garlic varieties and had particular success with traditional French varieties such as Printanor and Germidour.

What have been the highlights and hurdles? In 2018, I began selling my garlic through Tavistock Market Wholefoods in the town's Pannier Market. It has been very encouraging to see how popular it has become with their customers. Scaling up production is something of a hurdle. Currently I grow the garlic entirely manually, but this does limit how much I can sow each year. Mechanisation is prohibitively expensive unless production is scaled up massively, and garlic production machinery is difficult to come by too.

What's planned for 2019? In addition to garlic, I'm also growing soft fruit varieties such as blackcurrant, jostaberry and gooseberry as well as potatoes.

What are your long-term plans at Rabbit Acre? I'd like to expand my garlic production as I am now selling as much as I can produce. I also want to explore value added products such as smoked garlic and black garlic. Tamar Grow Local has two vacant plots available for new tenants looking for a stepping-stone for their own horticultural businesses. For further details, please contact info@tamargrowlocal.org or call 01579 208412.





TAMAR TRAILS

The **Tamar Trails** Centre is a great starting point for exploring the **Tamar Trails**. Open all year round the **Tamar Trails** offer 25km of free-to-use trails to suit all the family.

Why not take a walk, hire a bike or a tramper and take your adventure further, discovering more of the mining heritage. Speak to any of the staff on hand at the **Tamar Trails** to find out how to make the most of your time in the Tamar Valley.

Feeling hungry? The **Tamar Trails** Centre offers a good range of locally sourced food and drink at its Beech Café, from tea and homemade cake to fantastic hot meals there is something for everyone.

The **Tamar Trails** Centre is also home to the famous Tree Surfers high ropes course. This premier high ropes course deep in the forest is a challenging tree top adventure designed to test your nerve and awaken your senses, perfect for groups of friends, colleagues and families!



The **Tamar Trails** Centre is located just off the A390 between Gunnislake and Tavistock.

A £2.40 car parking charge applies for the day or £1.20 for 2 hours, 100% of which is used to maintain, and reinvest in, the **Tamar Trails**.

www.tamartrails.co.uk / tel: 01822 833409



Beech Café
Opening times:

Every day between
Easter and end of
October



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.

Tamar Valley AONB
Tamar Valley Centre
Cemetery Road, Drakewalls
Gunnislake
Cornwall
PL18 9FE

t: 01822 835030
e: enquiries@tamarvalley.org.uk
w: www.tamarvalley.org.uk

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 (winter 2019), 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.

Produced by

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Print

Latimer Trend

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.



The Tree Council has launched a national plan for local authorities to tackle ash dieback, the most significant tree disease to hit the UK since Dutch Elm disease was first recognised in the 1960s.

Tree Council launches ash dieback toolkit

The plan, to be circulated as an easy-to-use toolkit, is designed to raise awareness of the disease, help councils create local action plans, identify best practice for managing non-woodland trees and advise on recovery and creation of alternative treescapes.

Ash dieback was first officially recorded in the UK in 2012, with only a small fraction of trees proving resistant.

Launching the toolkit, Sarah Lom, Chief Executive of the Tree Council said, "It's essential we support local authorities to manage the risks posed by the death of ash trees throughout the country. It's a very real challenge, not only for them but also for our wonderful British treescape."

Future of The Valley

With rising costs and restricted budgets, we are considering our options with regards The Valley newsletter. One idea is to produce an online version only for our Winter issues, as print and distribution is our biggest cost.

Teaming up with other local community newsletters is another idea. We'd love to know what you think.

If you have any thoughts please contact Charlotte Dancer cdancer@tamarvalley.org.uk, 01822 835030, as we want to continue to provide the best information we can to as many people as possible in a way that suits our readers.