



NEWSLETTER

Spring/Summer Edition from Millbrook Parish Council



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Thank you to Jo Bennetts, Cllr Roberts and Cllr Reilly who have worked so hard on putting this newsletter together, to the community groups for their contributions and to the local businesses who have supported the cost of this publication by placing adverts.

The role of the Parish Clerk is very varied. This year has been particularly rewarding because of the new Skatepark development. It has been an honour to be involved in such a project. I would like to thank the skatepark fundraisers and all those behind the project for their amazing hard work.

Thank you to the dedicated Councillors who give up their time and to Jo, Pete and James for their continual hard work and commitment.

*Karenza Heald,
Parish Clerk / RFO*

Contact Us

Phone: 01752 823128
Address: The Village Hall, The Parade,
Millbrook, Cornwall, PL10 1AX

Email: enquiries@millbrook-pc.gov.uk
Website: www.millbrook-pc.gov.uk
Facebook: @MillbrookParishCouncil

Welcome from the Chair of the Parish Council

by Cllr Nicky Roberts

Welcome to our third newsletter, which we hope you will find useful and interesting.

We have had a busy few months over the winter, with councillors and staff working hard on various projects to enhance our village and benefit our community.



I want to make sure everyone realises that next year, in May 2025, it will be local election time. In the more than twenty years since I first moved to Millbrook, there has never been a contested election for the Parish Council, because there have never been more candidates than available seats - often, there are not enough people standing to even fill the full complement of thirteen seats.

This might be interpreted as a huge vote of confidence in what the Council has been doing, but to be honest seems more like a belief the Council can just keep on going without any fresh input or new councillors. It can't. A number of the current councillors are retired; several have been councillors for many years. We need new people, and ideally we need a contested election in 2025 so that you, our parishioners, actually have the chance to vote on who should represent you and manage the public assets of the village for you.

We now have vacancies for two councillors to bring us up to full strength this year, so if you are interested in putting your name forward for co-option, please contact the Clerk. And please look out for more information in the next newsletter about how to stand for election in 2025 and what being a councillor entails. Your Council needs you!



Parish Councillor Vacancy

Join us on Millbrook Parish Council

Are you passionate about our community?

Would you like the opportunity to help shape the future of Millbrook?

Do you have concerns about an issue in Millbrook and would like to do something about it?

More information about the Council is available on the parish council website.

The Local Government Association also has some information:

<https://www.local.gov.uk/be-councillor/becoming-councillor-0>



To apply or find out more, please contact the Clerk's office.

How the Parish Council supports the community

www.millbrook-pc.gov.uk



**Parish Clerk's Office
within Millbrook Village Hall**

MPC has a budget for grants/community support to make other local organisations' projects more feasible.

Organisations who have benefitted from financial support in recent years include:

- Millbrook Skatepark Project
- The Peninsula Trust
- Rame Responders
- Millbrook Preschool
- Millbrook Village Hall
- Patchwork Studios
- Kingfishers Preschool
- 1st Millbrook Scout Group
- Millbrook Short Mat Bowls
- The Family Foraging Kitchen
- Black Prince Flowerboat Festival Committee

Who's Who at Millbrook Parish Council

Parish Councillors

Cllr Nicky Roberts *Chair*
Cllr Sharon Lewis *Vice Chair*

Cllr Don Wood
Cllr Richie Meeson
Cllr Chris Wilton
Cllr Petra Polak
Cllr Sarah Woffenden
Cllr Elisa Woffenden
Cllr Glenn Renshaw
Cllr Fiona McBain
Cllr Fran Reilly

Parish Council Staff

Karenza Heald *Parish Clerk/RFO*
Joanna Bennetts *Admin Support Officer*
Peter Gold *Caretaker*
James Sainsbury *Assistant Caretaker*



**Karenza, Peter, James & Joanna
(from left to right)**

For any council enquiries, please contact the Parish Clerk.

Parish Councillor Introductions



Cllr Don Wood

I moved from Hertfordshire to the Rame Peninsula in 1994, and ran an hotel and restaurant business for 5 years or so. Having sold the business, I moved into New Street, Millbrook, in 2001. For the first time in my life I was to be living alone, and was somewhat apprehensive about being lonely. I need not have worried; Millbrook made me very welcome and the few people I knew in the village immediately included me into their circle, resulting in an expanding number of new friends.

In 2003 Millbrook Parish Council was suffering from a dearth of members and had several unresolved ongoing problems. There was a new intake of members in the Spring of 2003; I and the current vice chair joined at the same time, making us the longest serving continuous members. My motivation was to give something back to a community that strongly reminded me of growing up in the 1950's in a village in rural Hertfordshire.

My successor from 2019, Nicky Roberts, has concentrated on firming up our procedures & practices, to the point of possibly entering Millbrook in the National Parish Council annual competition. Notwithstanding her administrative knowledge and skills she has also been very active in a variety of initiatives, the renewal of the skate park, traffic concerns, and I well remember her reading the proclamation of our King's appointment to our residents, followed by our wonderful Street (car park) party in our majesties' honour.

For my part, having walked the Camino through France and Spain and been struck by how even small villages, hamlets and communes took pride in their community, on my appointment I was suitably inspired. I made it my focus as chairman to improve the look of our Parish and hopefully, engender some pride in the village. This included forming a volunteer group, initially to clear gutters and storm drains of rubbish, not only improving the look but also reducing the flood risk. This volunteer group morphed into the Village Enhancement Team (VETS) who look after the flower displays weeding & planting etc – this group is still in operation under the guiding hand of Cllr. Lewis, giving the village an attractive, cared for, look.

It is my opinion that each chair and the appointment of new councillors builds on previous good work to the improving benefit of our community.

As a Parish Council member I also serve on the Finance Committee, Staffing Committee, Planning Committee and other behind the scenes initiatives. This keeps me involved in village life and active; now in my 70s, long may it continue.

Thank you Millbrook, despite some bumps along the way, it has been a privilege and a pleasure to serve our village, best move of my life.

Parish Councillor Introductions



Cllr Sharon Lewis

My name is Sharon Lewis and I have been a Millbrook Parish Councillor since 2003 and Vice Chair for 17 years.

I'm Millbrook born and bred and apart from a few years living abroad and elsewhere in the UK I have lived in our beautiful village all my life. I loved growing up in Millbrook, it is a safe place, and I was able to roam around the countryside and beaches with my friends having all sorts of adventures.

I joined the Council as I wanted to give something back to the village and help improve it for future generations.

I am now retired after 43 years working in the Civil Service and enjoy having more time to spend with family and friends plus my 2 cats. My hobbies are gardening, walking, reading and doing jigsaw puzzles.

I was very involved with the Rame Peninsula Neighbourhood Development Plan which has helped secure the future of the area based on what we as locals want. I and two other Millbrook Parish Councillors were part of the team comprising the five parishes led by George Truebody. It took six years of hard work, tears and laughter to get the plan to the stage where all the parishioners of the Rame Peninsula could vote. It was a very proud moment when we were told 88% voted in favour. An added bonus was that I made some great friends along the way.

Being a Parish Councillor is rewarding and it has been fantastic to support the creation of the new skatepark among other things over the years. I have learnt new skills along the way, for example, planning law, and I have been able to transfer my professional skills for the benefit of the Council. I head up the Village Enhancement Team (VETs) and now the rain appears to be stopping you will see us out and about again!

We currently have vacancies on the Council so if anyone wants to help make a difference, please contact Karenza our Clerk at: theclerk@millbrook-pc.gov.uk



A few words from Cornwall Councillor Kate Ewert

It has been an exceptionally busy few months, with lots happening around the Peninsula. I am delighted to see the Skatepark open and being so well used, it has been a joy to support the crew that have made this happen and I am really looking forward to the opening event on the 4th May – I hope we will see you all there.



Warming up for the BIG event of the annual Black Prince Flower Boat festival on Monday 6th May – if you live on the route, please do decorate your house, it adds so much to the day!

I am delighted to be able to share that the flooding at Nanny Parsons is finally to be sorted out, we at last have the funding AND the agreement in place to deal with the collapsed culvert – now we just need a good spell of dry weather, and the work will start. Huge thanks to the Edgumbes for helping get this sorted.

My casework load, at the moment, continues to be dominated with residents who are being evicted from properties through no fault evictions, and with a serious lack of affordable homes available for them to move to. I am looking forward to seeing the planning application being submitted for 20 new affordable rent homes up by Parsons Court; these will have Section 106 agreements on them, which means that they will be offered to those on the housing register with a local link to Millbrook Parish first and foremost.

As ever, I can be contacted at cllr.kate.ewert@cornwall.gov.uk or call on 07873193631 if I can help with any Cornwall Council related issues.

Contact:  07873 193631  Kate4Kernow  cllr.kate.ewert@cornwall.gov.uk

Devon & Cornwall Police - Torpoint Neighbourhood Team

It has been really useful meeting so many local residents at the Friday Meet Ups hearing all things Millbrook.

We will continue to attend as and when we can, however you can always contact us via 101 or use the following link to report something to us:

<https://www.devon-cornwall.police.uk/#sub-menu-1>

Regards, Sid
Torpoint Neighbourhood Team.



Contact Us:  101 (non-emergencies)  TorpointPolice

Voter ID - Get Ready to Vote!

Voters in England need to show photo ID to vote at polling stations in some elections.

This applies to:

- UK Parliamentary Elections; including General Elections,
- By-elections and Recall Petitions
- Local Elections and By-elections
- Police and Crime Commissioner Elections.

Some examples of valid IDs:

- UK Passport or Driving licence (*this includes a provisional driving licence*),
- A Blue Badge,
- Older person or disabled UK bus pass,
- Registered Blind SmartPass,
- Identity card (*bearing the Proof of Age Standards Scheme hologram - a PASS card*)



You will only need to show one form of photo ID which must be the original version and not a photocopy. Don't have ID? Apply for free voter ID now.

If you don't have accepted photo ID, you can apply for a free voter ID document, which is known as a Voter Authority Certificate. This can be done online or by post as follows:

Online: <https://www.gov.uk/apply-for-photo-id-voter-authority-certificate>

By post by downloading a form online:

<https://www.gov.uk/government/publications/apply-for-a-voter-authority-certificate-by-post-if-youre-living-in-the-uk>

Election of the Police and Crime Commissioner

The election of the Police and Crime Commissioner for Devon and Cornwall will be on Thursday 2nd May 2024 and polling cards have been sent out to all registered voters.

Tracey Lee, Chief Executive of Plymouth City Council, will be the Police Area Returning Officer (PARO) responsible for co-ordinating and running the election.

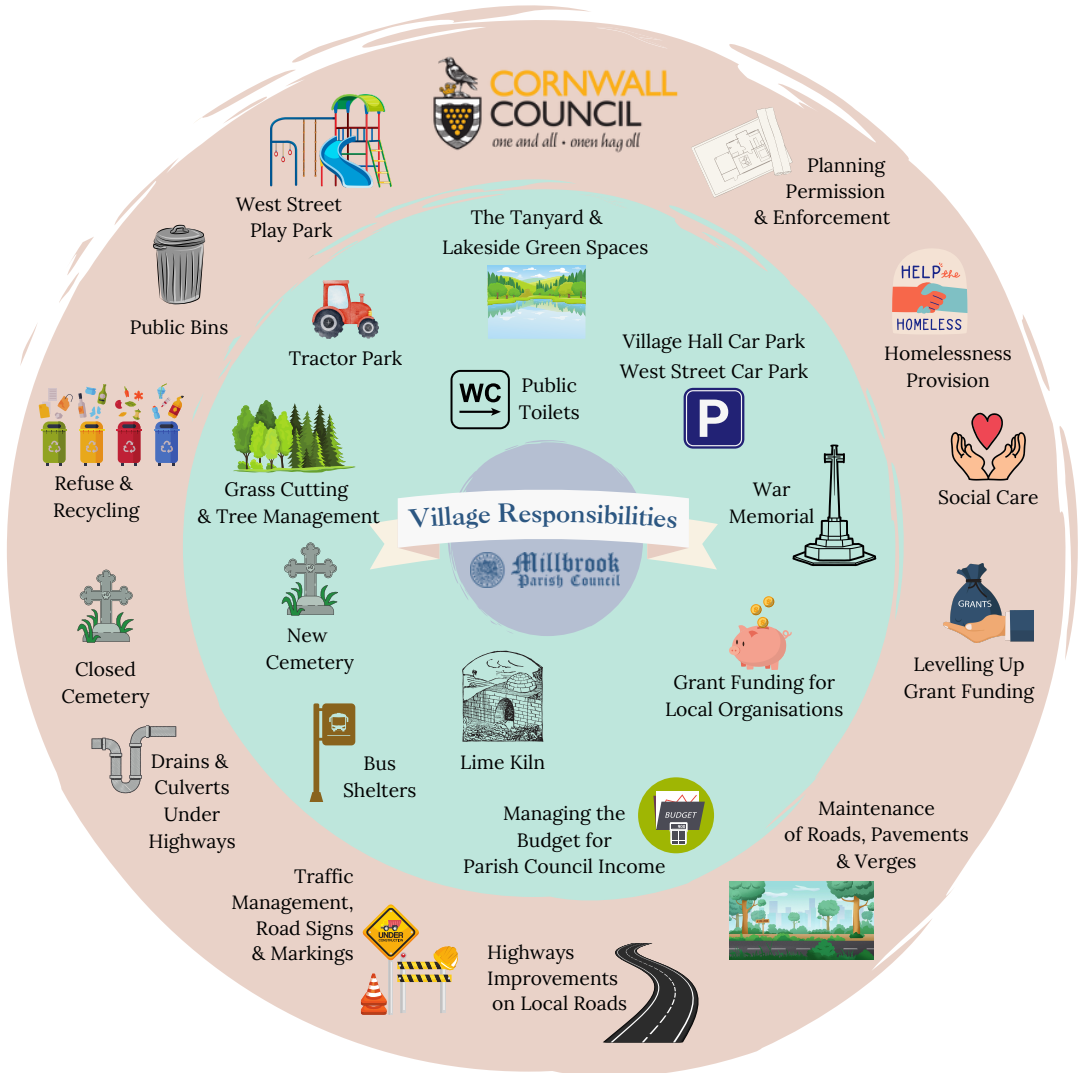
The Polling Station for Millbrook is the Village Hall and voting hours are 7am to 10pm.



PCC
Office of the Police and
Crime Commissioner
Devon and Cornwall

Responsibilities of our Parish Council & Unitary Authority (Cornwall Council)

The graphic below shows what Millbrook Parish Council deals with in the inner wheel and what Cornwall Council deals with in the outer wheel. These are examples covering the most obvious areas of responsibility; if you can't find something here, either check online at cornwall.gov.uk, visit the Parish Council's website millbrook-pc.gov.uk, or contact the Parish Clerk.



If you see it, report it!

Please help us to keep Millbrook's residents, streets and open spaces safe and looked after:



MILLBROOK PARISH COUNCIL

Parish Council Owned Property

For example, the Tractor Park, Millbrook Tanyard, the Public Toilets.

Please send an email to: enquiries@millbrook-pc.gov.uk



CORNWALL COUNCIL

Fly Tipping/Rubbish on Cornwall Council Owned Land

If unsure then please contact them for guidance.

Telephone: 0300 1234 141

Report online: www.cornwall.gov.uk/rubbish-recycling-and-waste/street-cleaning/fly-tipping.

Highways Issues

For example: potholes, hedges and verges, street lighting.

Report online: www.cornwall.gov.uk/report-something.



DEVON & CORNWALL POLICE

Anti-social Behaviour/Criminal Damage

If you witness a crime, please report this to the police.

This includes criminal damage & vandalism.

If crimes are not reported then the police cannot take any action.

Report online: www.devon-cornwall.police.uk/reportcrime



CRIMESTOPPERS

Reporting Crime Anonymously

Crimestoppers are an independent charity providing victim support and a service enabling you to report anonymously.

Telephone: 0800 555 111

Report online: www.crimestoppers-uk.org.



STREET LINK

Homelessness and Rough Sleeping

Help to end rough sleeping by letting support services know when they see someone sleeping rough.

Report online: www.thestreetlink.org.uk

Village Enhancement Team (VETs)

The VETs look after the Tanyard, the planters on the Quay and five boats.

We have not been out much since the last newsletter other than to tidy up the Tanyard for the Christmas Lights switch on. We hope the rain will eventually stop, and we can get going again.

Some of us were pleased to be able to help with the yellow rattle sowing in the lakeside verges in February, even if we did get quite muddy in the process of treading it all in!

A list of dates the VETs plan to meet will be published shortly.

The plan for the next few months is to continue tidying the Tanyard, planters and boats in addition to giving the boats a much need spruce up and coat of paint, as they are getting quite shabby and weatherbeaten.

The plants in the boats need to be tidied and pruned and any self-sown weeds or grass removed. In addition we need to replace plants that didn't survive either the hot dry summer or the amount of rain we have been subjected to in the last few months. The new plants will need to be tough to cope with the Cornish weather!

Local businesses can adopt a boat or planter and have a small plaque erected and we have received several donations of plants and money to help keep up our planting programme.

As the climate is changing, we are revising what we plant to avoid hours spent watering. The aim is to encourage bees and insects as well as making the village attractive.

We have a boat and a planter full of herbs from which people are welcome to take cuttings to use in their cookery.



We meet monthly for a couple of hours on a Saturday afternoon, weather permitting. Please contact us via the office if you are interested in joining this friendly group.

Village Maintenance - Yellow Rattle

Last year's consultations with parishioners and Cormac led to the suggestion from our grass-cutting contractor that sowing yellow rattle seeds in the verges adjacent to New Road might help reduce the number of complaints about the verges.

As Cormac has been trialling this approach elsewhere in Cornwall, their staff were happy to agree some areas alongside the lake could be included in the trial. This means that although the sections of verge immediately alongside the road will continue to be cut by Cormac as usual this year, the inner parts of the verge towards the Tractor Park and the area opposite the park entrance will be managed differently.

The designated areas were scarified by Cormac in February using specialist machinery, and then councillors and volunteers braved the erratic weather to sow and tread in the seed mix provided by Cormac. This involved raking over the top surface to make sure the rain hadn't compacted the soil too much, scattering the seed mix, and then doing what can only be described as a penguin waddle over the sown areas to tread the seeds into the soil. Dignified it was not!

The seed mix was part yellow rattle and part wildflower mix, so we are hoping for some splashes of colour when the seeds germinate and grow to full size.

The reason yellow rattle is so important to the mix is that it acts as a parasite plant to the grass, weakening the grass growth and keeping it from getting as long, while also providing a little colour itself.

Future cutting of the seeded areas will be carefully managed to allow any successful wildflowers to set seed, and any grass clippings will be removed to reduce the soil's fertility, because wildflowers actually thrive in fairly poor soil.

The Council would like to thank everyone who came out to help with the seed sowing, especially the children from Millbrook School and Millbrook Preschool, the VETs and Hill from Enhanscapes, who had to show us all how it was done!





Permaculture Ethics: Earth Care, People Care, Fair Share

The term permaculture is derived from the words “permanent” and “agriculture” and stands for long-term growing and land management.

Permaculture Kernow continues to work locally on the Rame Peninsula sharing knowledge in sustainably growing food and trees.

Working collaboratively with The Peninsula Trust, as well as the staff and children from Millbrook School who we meet regularly at The Millbrook Community Garden.

Observing nature's sounds and abundance, the children soon become enthusiastic and benefit from having the opportunity to engage with nature and plant and grow.

We cover a wide variety of subjects including using nature's gifts wisely, water, minerals in soil, composting, the web of life, growing and preparing food, community, our human family, connections, designing and much more.

Feedback from Millbrook School staff: *'It was great to see their enthusiasm, thank you for all your hard work'*



These inspiring designs are created by local children for our Millbrook Community Garden signs.



On 27 April, Rame Conservation Trust will be holding a public consultation, inviting members of the public to take a look around and have their say about the future of Millbrook's Chapel of Rest.

As well as asking opinions and telling people about the fantastic restoration work they've been doing, they'll also be exhibiting local creativity in a display of work by Maker Heights artists.

Don't miss this chance to see what our artists do, take a peek inside a normally restricted building, and tell its guardians what you think it should become.



Photograph Credit:
Dick Ogilvie and @cache.frey

RCT also cares for the heritage assets at Maker Heights, including 12 hectares of rare unimproved grassland, 4 Scheduled Ancient Monuments and the impressive Grade II Listed Barrack Block.*

The heritage assets at Maker Heights are unique, original and, at the present time, largely unaltered. Consequently, Maker Heights is of national importance, and of outstanding significance. These assets are all vital components of the Historic Landscape and are set in the Cornwall Area of Outstanding Natural Beauty (Rame Head AONB)

Final preparations and finishing touches are complete for Maker's 2024 season campsite, which re-opened on 19th April. Maker Camp is a charity-run enterprise. All profits are re-invested by the Rame Conservation Trust into the heritage and natural beauty of the site, protecting it for future generations

Pigshill & Clarrick Woods

www.pigshillandclarrickwoods.org.uk



We are a community interest company who manage our beautiful 66-acre woodland for ecology, community and sustainability.

We have had a busy few months, including hosting volunteer groups ranging from large companies like Babcock to small groups like TST, who work with young people with complex issues.

We also have a wonderful team of committed regular volunteers. Volunteer tasks have enabled us to continue to enhance the resilience and ecological integrity of the woods and to improve the woodland biodiversity. For example, removing diseased trees and invasive species, maintaining access and open spaces and managing a range of native tree species of differing ages.



Over this winter we were pleased to start a sustainable coppice rotation, using hand tools to cut our first coup. This increases the diversity of habitats within the woods.

Coppice products are available from Widdicombe's in West Street and other local outlets:

- Beanpoles: £8.50 for 6, or £1.50 each
- Fenceposts: £2 each
- Charcoal (*when available*): £10 per bag.

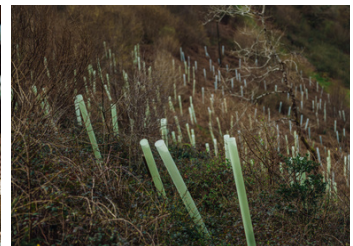
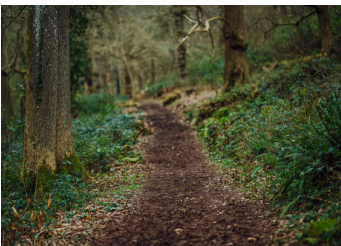


We also have a new tree nursery where we aim to grow native tree saplings for use in the woods and locally.

Throughout the very wet winter we continued to provide sustainable local firewood, with a Cornwall Community Foundation fund enabling us to supply subsidised firewood to lower income households.

Currently our volunteering days are on Mondays and Tuesdays with occasional Saturdays. All are welcome.

To find out more, please contact us.



Contact Us:



[PigshillandClarrickWoods](https://www.facebook.com/PigshillandClarrickWoods)



07539 680240



As part of our Wild Edges initiative, we're hosting FREE events throughout the year, welcoming all residents to join us in learning about nature.

Each event is free and can be joined without booking. We also provide all equipment, so you only need to turn up in weather-appropriate clothing with a phone and camera!

Here is what's on in April-June:

Fungi & Lichen Walk

Saturday 27th April, 10:00am - 12:00pm Milbrook Closed Churchyard

Yoga in Nature, Vinyasa Flow with Lowenna McGrellis

Saturday Morning 11th May, 10:30am - 12:30pm Milbrook Closed Churchyard

Yoga in Nature, Asana Yoga with Jackie Robinson

Saturday Afternoon 11th May, 2:00pm - 3:30pm Milbrook Closed Churchyard

Sacred Space Healing Sound Bath with Tracey Teague

Sunday 12th May, 2:00pm - 3:30pm Milbrook Closed Churchyard

Community Bio Blitz Day & Ornithology Walk

Sunday 19th May, 10:00am - 2:00pm Millbrook Closed Churchyard

Painting in Nature with Awenek Studio C.I.C.

Saturday 8th June, 10:00am - 12:00pm Millbrook Closed Churchyard

Wildlife Mono Printing with Helen Round

Sunday 9th June, 10:00am - 11:30am

Community Bio Blitz Day & Wild Water Life Workshop

Saturday 15th June, 10:00am - 2:00pm Millbrook's Lake Edges

Worm Charming Event and Competition

Sunday 16th June, 11:00am - 12:30pm @ Millbrook Playing Fields

For more information, please email kitchen@familyforagingkitchen.co.uk



Rame Peninsula Beach Care

www.ramepbc.org



Rame Peninsula Beach Care is a charity set up by like minded people to tackle the problem of plastic pollution on the beaches around the Rame Peninsula.

We are focused on conservation and preservation around the Rame Peninsula as well as promoting education to enhance conservation and improve our marine and shoreline environment. We also link with other organisations such as Cornwall Wildlife Trust and the Marine Conservation Society to enhance the effects of our work on marine conservation. We are a charity and rely on donations to keep operating so many thanks for any support.

Through regular beach cleans in 2023 we gathered 1,669kg of plastic waste from our beaches!

The source of the plastic is varied and some has travelled far on ocean currents, some from more local sources. Many people enjoy finding some of the 'treasures' uncovered, such as pieces of Lego from the spill in 1997.

Our beach cleans are carried out by many members of our fantastic community, families, young and old, groups such as Cubs, Duke of Edinburgh Award participants, student volunteers and also companies such as Babcock. Thank you all for your hard work improving our beaches.

To get involved by yourself or with your company, youth group or organisation to enjoy making a positive contribution please get in touch! We have all the necessary equipment and methods of recycling and disposal for you to use.

You can find us on Facebook or can email us at either:
info@ramepbc.org / jed.lewisrpb@gmail.com

We look forward to seeing you on the beach!



Contact Us:



[RamePeninsulaBeachCare](https://www.facebook.com/RamePeninsulaBeachCare)



info@ramepbc.org

Millbrook Lake Moorings Association (MLMA)

www.mlma.co.uk

Millbrook Lake Moorings Association is a company limited by guarantee set up by the local users of the lake to ensure that the control of lake moorings remains within the community.

The MLMA manages swinging and beach moorings on the tidal lake (on behalf of Millbrook Parish Council) and provides dinghy parks for tenders at the dam and Dexter's Spit.

The MLMA tries to ensure that the lake remains an asset to the community and carries out periodic inspections to ensure that moorings are being used in accordance with our lease with the Duchy of Cornwall - which owns most of the seabed.

Last year we refurbished the dinghy park at the dam to remove weeds and provide easier access to the water. Some dinghies of unknown origin were transferred to the Dexter's Spit dinghy park. We also scrapped a wrecked boat as it was in danger of breaking up.

This year, as part of our effort to ensure that we can contact boat owners if their vessel requires attention in an emergency, we will be providing licence stickers that should be displayed prominently on all vessels in order to identify them and confirm that they are entitled to moor on the lake.

If you live in Millbrook or the local area and would like a mooring, please contact our Mooring Officer via the contact details below.



Contact Us:

 moorings@mlma.co.uk

 07866 603170

HELP US SECURE THE TRUST FOR THE FUTURE



From our community hub, the Rame Centre in Millbrook, we provide vital local support services, as well as the post office, a micro-library, access to computers and rentable work units for local enterprises. In addition, we provide a no judgement, low-cost food larder, host regular community events such as the weekly Meet Up and offer five affordable homes to local people.

We saved the Old Ship, a much-loved but burnt-out historic pub in the heart of Cawsand and transformed it into a community venue and café.



The Peninsula Trust has been a lifeline for our community for over 10 years. Now, we face a critical challenge. Soon we will be launching a crowdfunder to keep our vital services running and help secure the Trust so it can thrive for decades to come. Society as a whole is feeling the squeeze due to increased costs, and we are facing the reality of increased interest rates, increased running and maintenance costs and, like all community projects, increased demand for services.



We need vital breathing space to focus on reshaping how the trust operates and making sure our core operations are financially stable.

This is the understated heart of the Rame Peninsula, supporting thousands of local people for over 10 years - and we need you, our community, to show your support for what we do, by helping now when it's needed the most.



REGULAR EVENTS & SERVICES

The Rame Centre

Monday to Friday: 10am - 1pm

Old Ship Community Cafe

Monday & Thursday: 10am - 1pm

Weekly Meet Up

(Millbrook Village Hall)

Friday: 9:30am - 12pm

Rame Community Kitchen

(container at Millbrook Football Club)

Wednesday & Thursday: 1pm - 3pm

The Peninsula Trust

www.thepeninsulatrust.org.uk

The Peninsula Trust is a Community Benefit Society, with charitable status, supporting the people of the Rame Peninsula. It is made up of 930 members, 30 volunteers, 5 part-time staff and 5 volunteer Trustees.

Providing the local community with the Rame Centre, housing for local people, work units for local enterprises, community events, support services, volunteering opportunities, Rame Community Kitchen & The Old Ship community space.

Ways to get involved:

- Become a member
- Donate money – Help us to secure our future – New Crowdfunder to be launched soon!
- Like, follow & share our posts on Facebook & Instagram
- Run a fundraiser
- Become a volunteer – the Rame Centre, Rame Community Kitchen, Old Ship community cafe and weekly meet up all rely on volunteers
- Join us at the Friday Meet Up
- Bring your skills to the Board of Trustees
- Sell your art at the Rame Centre or come and buy some!
- Do a weekly window at the Rame Centre
- Use the library or the post office at the Rame Centre
- Rent the Old Ship for a private event or pop-up enterprise
- Buy a copy of the Rame Community Cookbook



Thank you to our members, volunteers, Trustees, staff, tenants, customers, funders, Cllr Kate Ewert, Millbrook Parish Council and all of the community members and organisations that support what we do!



Contact Us:

 admin@thepeninsulatrust.org.uk

 Rame Centre, 3 West Street, Millbrook, PL10 1AA

 [tptcommunity](https://www.facebook.com/tptcommunity)

 01752 658516 (Office)

 01752 823909 (Rame Centre)

Millbrook Village Hall

www.villagehallmillbrook.co.uk



MILLBROOK VILLAGE HALL REDUCES ITS CARBON FOOTPRINT!

**WE ARE SAVING 3.27 METRIC TONNES OF CO2 EMISSIONS EACH YEAR
(= 8,000+ miles driven by an average petrol car)**

We have achieved this in 2021 by replacing the failing oil boiler, which consumed an average of nearly 2,000 litres of oil a year, with an Air Source Heat Pump (ASHP) which is situated on the balcony (*the only location available*)

The total cost of installation, removal of boiler, failing oil tank and redecoration was £15,750
(£10,000 grant from the National Lottery + Parish Council £1600 grant for the electrics, remainder from Millbrook Village Hall funds)

We are very pleased with the ASHP. It works very well with the hall's underfloor heating, the excellent insulation within the building and double glazing to most windows and doors.

It's less odorous and overall a much cleaner set up than having oil but obviously now we have larger electricity bills. However we have 14 solar panels (*installed 2010*) and get 4 payments a year from the government scheme which helps.

In fact, we are having complaints that in some areas it's too warm despite the thermostats being turned right down.

Some rooms do need it be higher due to their location within the building.

Adjusting underfloor heating is a slow process and takes about 12-24hrs so, it's difficult to get a happy medium as you can imagine.

But at least the hall is warm even if a bit too cosy at times!

Clare Watkins
Chair Millbrook Village Charitable Trust



Millbrook Village Hall has 3 spaces available for hire at a reduced rate (half) for locals.

The Main Hall & Kitchen

(100sq metres - capacity 110 seated depending if stage)
Wooden floor. Hourly rate: £16/£8 locals

The Balcony Room & Kitchen

(47sq metres- capacity 50 seated)
Carpeted floor. Hourly rate: £14/£7 locals

The Attic Room

(30sq metres - capacity 30 seated)
Carpeted floor. Hourly rate: £12/£6 locals

**Please contact the bookings clerk for terms of use
and to make a booking:**

millbrookvillagehall@gmail.com

Millbrook Village Hall

www.villagehallmillbrook.co.uk

Some of the many great activities that you can join in with at Millbrook Village Hall!

- **Qigong** (Mon/Wed/Fri 08.00-09.00)

Contact Laurence Watkins via email: laurencemwatkins@gmail.com

- **Circle Dancing** (Tues 14.30-16.00)

Contact Jan Philips via email: janetelizabeth.phillips@gmail.com

- **Fitness** (Tues 19.00-20.00)

Contact Tania Morris on 07725735518 or via email: taniamorristrades@gmail.com

- **Circuits** (Thursday 19.00-20.00)

Contact Tania Morris on: 07725735518 or via email: taniamorristrades@gmail.com

- **Social Crafters** (Thurs 14.00-16.00)

Contact Wendy Fiander via email: wendy.fiander1@gmail.com

- **U3A Art** (1st&3rd Friday 10.30-12.30) for members of U3A

- **Bowls** (Monday 19.00-21.00)

Contact Carolyn Tucker via email: carolyntucker2003@yahoo.co.uk

- **Vinyasa Yoga** (Tues 10.30-11.30 & Thurs 19.00-20.30)

Contact Lowenna McGrellis via email: lmcgrellis@gmail.com

- **Yoga** (Tues 19.00-20.30 / Thurs 12.00-13.00)

Contact Jackie Robinson on: 07772344107 or via email: jackierobinson1@btopenworld.com

- **Pilates** (Thurs 17.30-18.30)

Contact Liz Doyle via email: lizdoylepilates@gmail.com

- **Film Club** (3rd Sat 18.30-22.00)

Contact Laurence Watkins via email: laurencemwatkins@gmail.com

- **Art Group** (Mon 13.00-16.00)

Contact Fiona Guy via email: fionaguyart@gmail.com

- **Yin Yoga & Sound Bath** (4th Tues 18.30-21.00)

Contact Tracy Teague via email: sacredspacehealing22@gmail.com

- **Folk Club** (3rd Fri 20.00-23.00)

Contact via email: millbrookfolk@gmail.com or find Millbrook Folk Club on Facebook

- **Tai-Chi** (Fri 14.00-15.00)

Contact Tim Porter via email: portershouseuk2002@yahoo.co.uk

Millbrook Care Hub

www.facebook.com/thecarehubmillbrook



The Care Hub
MILLBROOK

We are very pleased to announce that The Care Hub is now open!! We are based on the first floor of the old bank building (upstairs from our charity shop) and are providing many free services. Currently we are offering:

Befriending Service

Befriending offers supportive and reliable relationships through volunteer befrienders to people who would otherwise be socially isolated. Befriending often provides people with a new direction in life, opens up a range of activities and can lead to increased self-esteem and self-confidence. If you would like to become a volunteer befriender or know someone who would benefit from a befriender please contact us using the details below.

Free training for carers/family members

We are currently offering free individualised training, support and resources to develop the skills necessary to become more confident in your caring role. If you are interested in accessing free online training (with support) please contact us and we can discuss with you which courses would be suitable.

Carers Space

The Carer's Space is now open every Tuesday from 10am – 4pm (*shown below*)

This is an informal space for carers to meet up and talk / share experiences.

We also have a confidential space where carers can offload and talk 1-1. All carers welcome.

Carers Register

We are putting together a register of Carers in order to signpost details to people looking for help with caring for vulnerable friends and relatives. If you are a carer or thinking of becoming a carer please get in contact with us in order that we can add you to our list or support you in your new career.



Contact Us:



hello@thecarehubmillbrook.co.uk



01752 822186



1-2 West Quay, Millbrook, PL10 1AS



[thecarehubmillbrook](https://www.facebook.com/thecarehubmillbrook)

Rame Community First Responders

www.facebook.com/RameCFRs

Rame Community First Responders is a group of trained, unpaid volunteers with the ambulance service.

We attended around 220 calls in 2023. CFRs are deployed to patients when either there are no ambulances immediately available or the CFRs are able to attend promptly for immediate lifesaving care, such as cardiac arrest, chest pain, breathing difficulties, patients who are unconscious, fitting, or showing stroke symptoms.

We carry oxygen, a defibrillator, blood pressure/temperature/oxygen level monitors etc so we can relay crucial information to the ambulance service.

We also attend patients who have fallen but are uninjured, and we can use a lifting chair. Attending these incidents often frees an ambulance.

Rame group now has six CFRs allowing us to continue to try to provide 24 hour cover, 365 days per year. We are in a minority of CFRs nationally who have fundraised to buy and run our own dedicated liveried vehicle – you may see us around. Our fundraising is ongoing and we would like to take this opportunity to thank everyone who has donated.

We are proud that our work helps our community, and always interested to hear from potential recruits! We have a Facebook page which will also carry information relating to recruitment.



Location of Defibrillators in Millbrook

An Automated External Defibrillator (AED) or defibrillator is a life saving device that can help save the life of someone experiencing a sudden cardiac arrest.

They are easy to use, portable, with clear step-by-step instructions so anyone can use them.

There are 3 devices situated within the village and they can be found as follows:

Millbrook Public Toilets (outside)

- What 3 Words Location: *Medium. Police. Expensive.*

Millbrook Snooker & Billiard Hall (outside)

- What 3 Words Location: *Awkward. Promotion. Flame.*

Millbrook Football Club (inside)

- What 3 Words Location: *Trio. Headrest. Wished.*



AED units located at
The Snooker & Billiard Hall (Top)
Millbrook Public Toilets (Bottom)

The Rame Group Practice

www.theramegrouppractice.co.uk



THE RAME GROUP PRACTICE

Penntorr Health

Rame Group Practice looks after the health & wellbeing of 12,000 patients covering Torpoint, Millbrook, Cawsand, Kingsand and the Rame Peninsula.



Millbrook Surgery

Greenland,
Millbrook,
Cornwall, PL10 1DE

Millbrook Surgery

Opening Hours

Mon - Fri: 08:30 - 13:00



Pentorr Health, Torpoint

Trevol Business Park,
Trevol Road, Torpoint,
Cornwall, PL11 2TB

Pentorr Health, Torpoint

Opening Hours

Mon - Fri: 08:30 - 18:00

Contact Us

The Rame Group Practice - 01752 813277

Millbrook Pharmacy

The Old Blacksmith's Shop, The Parade, Millbrook, PL10 1AX

- *Situated opposite Millbrook Village Hall*

Opening hours

Monday	09:00 - 13:00	and	14:00 - 18:00
Tuesday	09:00 - 13:00	and	14:00 - 18:00
Wednesday	09:00 - 13:00	and	14:00 - 18:00
Thursday	09:00 - 13:00	and	14:00 - 18:00
Friday	09:00 - 13:00	and	14:00 - 18:00
Saturday	09:00 - 13:00		
Sunday	CLOSED		

- *Pharmacy closed between 13:00 and 14:00*

Prescription Requests

Please allow 4 working days before collection of your prescription.

If it is more convenient to hand your request to your local pharmacy then please allow 5 working days before collection.

Contact Us

Millbrook Pharmacy - 01752 822391

Patient Participation Group (PPG)

www.theramegrouppractice.co.uk

PPG is a group of volunteers, all of whom are patients of the Rame Group Practice.

We aim to advise Rame Group Practice on the issues which matter most to patients, and to work in partnership with them to help identify solutions to any challenges.

We always respect practice and patient confidentiality.



We meet four times a year, usually at the practice, and encourage any patient to become a member, endeavouring for the broadest representation of patients' views as possible. We work with the practice to achieve a better understanding of patients' health needs and to make every contact with the practice as rewarding as it can be for staff and patients alike.

We can assist the practice by informing patients in the community about preventative medicine, healthy lifestyle choices, appropriate use of healthcare services and any other areas to improve the health of both patients and staff of the Rame Group Practice. We get involved with and support healthy projects, for example we initiated the Wellbeing Garden at Penntorr, securing funding for its creation and ongoing development from Torpoint Town Council. Some of us also volunteer to help guide patients through the flu and Covid clinics.

Through sharing of views in a non-judgmental way, we can work collaboratively with the practice and support its aims for the health of the community.

If you would like to find out more about becoming a member of the PPG then please contact the practice to register, or follow the links on the web site via the menu on the left hand side.

PLEASE LET THE PRACTICE KNOW IF YOU CAN NOT KEEP YOUR APPOINTMENT.

More than 15 million GP appointments are being wasted across the country each year because patients do not turn up and fail to warn surgeries that they will not be attending.

Missed appointments add to the waiting times of other patients.

At the Rame Group Practice each month approximately 180 appointments are missed.

If you no longer need or cannot attend a consultation, please let your surgery know as soon as possible. You can cancel your appointment in the following ways:

- Via a mobile phone text reminder
 - *just press the blue link*
- By phone, avoiding Surgery peak times
 - (8.30 am - 11.00am)
- In person at reception
 - *(a friend or relative can do this on your behalf.)*
- Via the Rame Group Practice website.



The practice does understand that there are many reasons why appointments are missed. But if you can cancel an unwanted appointment, it really is much appreciated.

Christmas in Millbrook



The annual Millbrook Christmas Lights Switch On took place in the Tanyard on 5th December, with sighs of relief for a dry evening. Thanks go to Lady Megan for judging window displays, presenting prizes, and drawing the raffle, to Rear Admiral Mike Wood for opening the event and leading the all-important countdown, and to Millbrook Town Crier for announcing each stage of the event and encouraging the audience participation in the seasonal singing.



The tree was festooned with decorations handmade by local children, for which prizes were awarded. Santa's Grotto was a great success and so were the refreshments to keep out the chill! It couldn't have happened without a massive amount of work behind the scenes and on the night by the councillors and volunteers on the Events group and the Council staff, so thank you all.

*We look forward to creating more events in future for everyone in our community to enjoy.
If you would like to volunteer to help in any way, then please contact us via the Clerk.*

Black Prince Flower Boat Festival 2024

When: Monday 6th May 2024

Where: Millbrook, Kingsand, Cawsand

Come and join this year's parade to celebrate our annual May Day tradition in the Rame Peninsula, including morris dancing, maypole dancing, town crier competitions, crowning of the May King and Queen, local fetes and much more.

Interested in volunteering? Interested in donating a raffle prize? We would welcome any help with this annual event. Please email us at: blackprinceflowerboatfestival@gmail.com

We can't wait to hear from you!
The BP Crew.



Upcoming Events

AN INVITATION TO ALL MILLBROOK PARISHIONERS from Millbrook Parish Council

Saturday 11th May 2024 at Millbrook Village Hall

- *Community Engagement Event - 4pm to 6pm*
- *Millbrook Annual Parish Meeting - 6pm to 6:30pm.*

Come along and meet various local community groups, find out what they do and how you can get involved! Come and have a chat to Millbrook Parish Councillors and let us know what you think of our village, and what matters most to you.

The Annual Parish meeting is not a Council meeting, but is an opportunity for residents to meet their Parish Councillors and to receive an update from the Parish Council and other local groups on what they have been working on over the last year. It is also an opportunity for residents to have their say on anything they consider valuable to the people of the Parish.



Contact Us

Phone: 01752 823128

Address: The Village Hall, The Parade,
Millbrook, Cornwall, PL10 1AX

Email: enquiries@millbrook-pc.gov.uk

Website: www.millbrook-pc.gov.uk

Facebook: @MillbrookParishCouncil

In March the 1st Millbrook Scout group (Beavers, Cubs and Scouts) prepared the triangle of land that Millbrook Parish Council has entrusted us with.

When we did a survey with the Beavers all the invertebrates were hiding from the rain except 1 slug! We only found 8 different plant species.

The area was lifted and scarified by the Scouts and the Beavers sowed some native wildflowers.

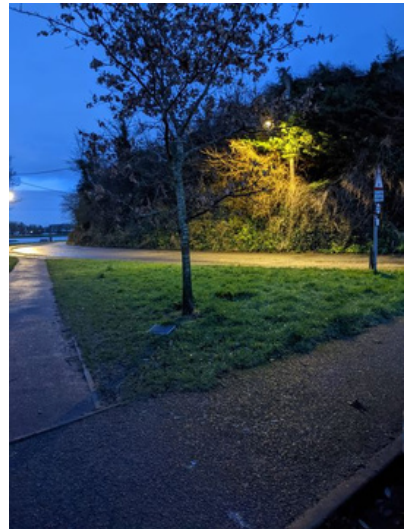
We are grateful to those who help fund and sponsor these projects to make learning come to life through passionate knowledgeable people!.

A massive thank you to the The Family Foraging Kitchen and funding partners The National Lottery and Cornwall Council for the 'Wild Edges' film, which can be found on YouTube.

Also to Cornwall Climate Care with their 'Food for Thought' documentary, which took us into the soil we will be custodians of, and provided insight into how important it is to look after every ounce of topsoil.

To watch the 'Wild Edges' film, please visit:

<https://youtu.be/GYZ8g5H29i4?si=BpsqTDLq8Qv8vZ8>



Triangle of land next to the lake & Millbrook GP Surgery, Greenlands



The Scouts, Beavers and Cubs meet in Millbrook Scout Hall at the following times:

Beavers (ages 6- 8 years old)
Wednesday @ 17.15-18.30

Cubs (ages 8-10.5 years old)
Tuesday @ 18.30- 20.00

Scouts (ages 10.5- 14 years old)
Thursday @ 19.00-20.30

Come along and join in!

All Saints Church

www.achurchnearyou.com/church/2558/

I'm Jo, the new Oversight Minister for the Church of England in our area, covering the Rame Peninsula team and the neighbouring St Germans, Antony & Shevioc benefice too. This means that my job is to help build the fabulous teams of people who lead these communities!



We've loved moving to Millbrook, I love getting out & about with my labradoodle Louie so say hi if you bump into me walking around the lake or if you are a hardy sea swimmer too!



I have a history of teaching and youth work so love getting involved with helping families explore faith. It was great getting to know some during our Easter trail and I've already loved getting involved with Millbrook and Furlanesend Primary Schools.

We are about to run an alpha course for people wanting to explore faith where no question is too stupid - so if you fancy a meal and to think about what faith means to you give me a ring or WhatsApp & join us. My number is 07807 188912.

We are trying all sorts of things like a quiet morning prayer 8am on a Saturday morning as well as our service at 10am on a 1st Sunday morning and a new 4pm Sunday afternoon service with tea cake & fun kids activities monthly too.

Kingfisher Preschool

www.kingfisherpreschool.org



We were very grateful to receive a donation of £615 from Millbrook Parish Council, which helped us to buy some essential resources for the children to use in the setting.



The money was used to purchase much needed paper, pens, craft materials and art resources for the children to enjoy.

Kingfisher Preschool is a small committee run charity that provides high quality early years education to children on the Rame Peninsula.



Our curriculum is child-led, using open ended natural resources with an emphasis on outdoor learning.

Contact Us:  kingfisherpreschooll@gmail.com

 01752 822392



During the autumn term, Millbrook Parish Council supported Millbrook Preschool with a grant. We truly appreciate the support from the Parish Council and we used this grant to help us become more involved with our local community.

Since receiving this support we have held a Christmas family day in which we invited grandparents and members of the community to join us for crafts and carols; we took the children to meet local councillors and volunteers for wild flower seed scattering and we have taken the children to visit the team building the skatepark.



We have also held a community roast dinner with thanks to Julie Elworthy and family for their amazing cooking and organisational skills.

Millbrook Preschool is based in the village hall and open Monday to Thursday mornings 9.00am-12.45pm. We accept two and three year funding for eligible children. Our staff team are caring, dedicated and have a wealth of knowledge and experience between them.



We take children outdoors every day for learning in nature with walks, games, stories and yoga outdoors. We look forward to seeing the changes and watching the wild flowers grow as we adventure around the village with the children.

If you would like to visit our preschool and meet the team please get touch!



Millbrook Skatepark Project

www.millbrookskatepark.co.uk



Millbrook Celebrates The Opening of New State-of-the-Art Skatepark *Announcement from 28th March 2024*

There's a distinct buzz in the air in Millbrook and the surrounding areas of the Rame Peninsula as the community celebrates and enjoys its new gem: a cutting-edge skatepark. Opening on March 29, the skatepark is the result of unwavering community spirit and generous contributions from various sponsors, including Sport England, Cornwall Council, local people and businesses - raising over £280,000.

Constructed by Maverick, a leading skatepark provider in the UK, the new facility promises awesome wheeled experiences for skaters, BMX riders, and scooter enthusiasts alike. Sandy Stevenson, a member of the Millbrook Skatepark Project (MSP) committee, expressed his sheer amazement at the park's completion, remarking, "We can hardly believe our eyes. The new park is custom built to cater to the needs of the local skate and wider community - and it looks absolutely AMAZING!"

Millbrook Skatepark Project

www.millbrookskatepark.co.uk

The centrepiece of the skatepark, aptly named "The Wave," pays tribute to the stunning coastal landscape that surrounds Millbrook. This unique feature adds an element of excitement and challenge for skaters.

Nicky Roberts, Chair of Millbrook Parish Council, commended the fundraising team, emphasizing the park's significance as a hub for community engagement and healthy recreation. She said, "It's so brilliant to see people, young and old, visiting the skatepark and enjoying a free, healthy and entertaining way of keeping active and meeting as a community."

The road to the new skatepark was paved with determination and support from various stakeholders, including Cllr Kate Ewert and the Millbrook, Maker with Rame and St Germans Parish Councils, whose contributions played a vital role in bringing the project to fruition.

The project also received support from various organizations, including Sport England, Cornwall Council, the Good Growth Fund, Samworth Brothers Sports Opportunity Fund, The Cornish Bakery, British Cycling Places to Ride, National Lottery Community Fund, The Royal Countryside Fund, The Cornwall Community Fund, Devon and Cornwall Police, and the UK Government Levelling Up initiative and the Carew Pole Charitable Trust. Additionally, hundreds of local individuals and businesses pledged their support on Crowdfunder.co.uk.

Aaron Barrett, Chair of the Millbrook Skatepark Project, expressed gratitude for the collaborative effort that made the skatepark a reality. "We're blown away by the support we have received from people and businesses from the Rame Peninsula and beyond. A huge thank you to all our supporters and Maverick who did an amazing job."

To mark the occasion, Cornish Pod, beloved local bakery, crafted a fun skatepark-themed cake, setting the stage for a grand celebration. A SkateJam event and festive party are now slated for May 4th.

MASSIVE THANKS TO: Sandy Stevenson, Hetty Kalantar, Dawn Bebe (lead fundraisers), Aaron Barrett (group Chair and project instigator), Kelly Stone, Barry Dye, Chris Graham, Joe Smale, Sol Smith, Matthew Beadnall, Andrew Price and to all of the individuals who have worked so hard and the local schools, local businesses & community groups who have supported this incredible project.



RoSPA Inspection completed - Friday 22nd March 2024

The Cornish Pod Team baked a special Skatepark cake to celebrate its opening. (shown middle)

Millbrook Skatepark Project

www.millbrookskatepark.co.uk

A glimpse into the construction journey from January to completion in March 2024



Progress photographs taken by Maverick Industries



Photo credit: Aaron Barrett / Offshore Visuals



Photo credit: Aaron Barrett / Offshore Visuals



Millbrook Skatepark Project

www.millbrookskatepark.co.uk

A lot has happened since the last time TEAM Rubicon came to Millbrook Skatepark, to run the Millbrook Skatepark Project Group's first fundraising event in September 2021 - not least the fastest Crowdfunder on record, which has helped us successfully apply for grant funding from several organisations. We have been supported throughout by both Millbrook Parish Council and Cornwall Councillor Kate Ewert, and by so many local businesses and individuals, so we are thrilled to have literally made our dreams concrete!

It was a fantastic event last time, but now we are welcoming TEAM Rubicon back for another Skatepark Jam to celebrate the opening of the new skatepark, and it will be like nothing Millbrook has seen before, because this time it will be held using the amazing resource that is the new, community designed, community funded Millbrook Skatepark.

SAT MAY 4TH
FROM 12 - 4PM

Millbrook SKATEPARK JAM



MUSIC

RIDER DEMOS

COMPETITIONS

PRIZES



what3words
group.rave.pulse
SOUTHDOWN RD. MILLBROOK
TORPOINT. PL10 1EH



Contact Us:



project@millbrookskatepark.co.uk



[millbrookskatepark](https://www.instagram.com/millbrookskatepark)

Upcoming Projects - Youth Consultation

www.millbrook-pc.gov.uk



In collaboration with Cllr Kate Ewert and Action for Children, Millbrook Parish Council would like to find out if there are any activities or things to do that young people in Millbrook would like within our community.

We are aware that there is not a lot of provision for our young people currently and we would like to change that. We feel the best way to do that is to ask you directly.

Please send us your comments on any activities the young people of Millbrook would like to try or do longer term here in the village.

We will be looking at external providers to support this. We cannot promise we can do everything but we will endeavour to explore your suggestions and try to set up one or two of the most popular.

Thank you for your time and we look forward to seeing your ideas!



*We would warmly welcome any feedback or suggestions.
Please contact the Clerk via email at: enquiries@millbrook-pc.gov.uk*

Millbrook Football Club

www.linktr.ee/thebrookmafc



It's been quite a start to 2024 for us here at Millbrook Football Club, from the progress of the team on the pitch of Jenkins Park (despite the weather!) to the improvements and efforts of everyone involved in The Brook Clubhouse here at Millbrook Football Club.

We have made a lot of changes behind the scenes and have restructured how the Club operates. We held an EGM in January to detail this and an info pack can be found in the Clubhouse. We have also reinstated our Club Membership. Annual membership is just £1 and will allow members to register a vote at our AGM. All funds from this will go towards our fundraising for the children's play area.

We have worked tirelessly as a club to shed the previous image of only being football orientated with a bar attached. Our committee is passionate about being a fully inclusive community hub for all ages to enjoy and is constantly working to ensure there is something for everyone:

*Fitness Classes for all ages - Baby Group - Guitar Lessons - Youth Football Training
Live Music - Monthly Bingo - Weekly Meat Raffle - Carboot Sales*

On the pitch, we near the end of a hard but very rewarding season. It's not been plain sailing to say the least, but from where we started at the beginning of the season to now, there has been a massive improvement, gaining confidence in the Western League; everyone should be proud of how much stronger individually and as a team they have become. We still keep fighting to avoid relegation and with six games left, we have the opportunity to do so.

Future projects and plans are for a multi use area attached to the ground, where our teams, along with schools and clubs, can train/practice. This will be a huge step to becoming self sufficient and save money long term by not having to pay fees to external sports halls and gyms. Incorporated in this will be an opportunity to start a Millbrook Youth Club which will provide a great opportunity for the many talented players to begin their journey to senior football, in turn developing the next generation of players for Millbrook Football Club.

To achieve our future plans, it takes a village! Any assistance to help us maximise our potential is hugely appreciated. We need volunteers for everything; for the business and on the Committee. Keep an eye on our noticeboard or social media for more info: @thebrookmafc

Contact Us:  thebrook.mfc@gmail.com

 [thebrookmafc](https://www.facebook.com/thebrookmafc)

Exciting News!! The studio has successfully secured £153,779 in funding from The National Lottery Community Fund for the period 2024-2027.

This grant is in recognition of the excellent track record of our team in meeting the needs of the community and supporting community wellbeing through creative arts.

Since we started in 2017, Awenek Studio has been creating welcoming, inclusive spaces where individuals of all ages can engage in art, crafts, and creative activities, enhancing individual wellbeing and bringing joy and community cohesion through engaging in art.

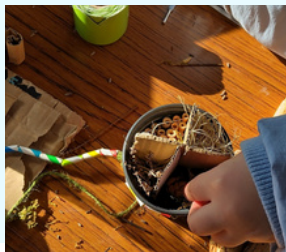
In the last 30 months alone, we have held over 500 affordable activities in the heart of our community, including weekly sessions at Millbrook Meetup, Family Art days in the Old Ship and Paint Jams at the Football Club, as well as working with local children in Creative Learning Labs.

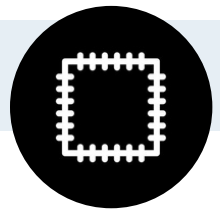
The newly acquired funding will enable Awenek Studio in the community to maintain the high standard and variety of its program offerings and carry on giving access to creativity and support for local people affected by the cost of living crisis.

Creativity is a great therapy for people struggling with stress, mental health problems and financial worries, giving them an outlet that can improve wellbeing. This funding means we will be able to continue working with individuals and families in need, helping individuals reach their full potential and increasing accessibility to our services by using more local halls and community hubs. We will be able to work more closely with local groups including Torpoint Town Council, Friends of Thanckes Park, Torpoint Library & Community Hub, CHAT, Deviock Activity Group, The Peninsula Trust and others to allow more people to use our services. We also hope to help people access local employment opportunities through strategic partnerships.

Looking ahead, we are excited about the potential for new projects with sponsors Case UK and deeper community engagement.

Awenek Studio would like to thank the National Lottery Community Fund, lottery players, and the community for their unwavering support. Together, we are dedicated to making a lasting difference, bringing joy, support, and creativity to the very heart of our community.





YOUTH MUSIC LAB AT PATCHWORK STUDIOS

Patchwork Studios is a creative community centre housing a recording studio, a performance venue, and an art space, gallery and cocktail bar. An ambitious social enterprise run by volunteer directors, all profits are reinvested into projects that help people.

Our safe spaces atop the hill encourage creativity and provide freedom for self expression and exploration, helping to develop talents, skills and confidence. We curate an annual programme of creative workshops, exhibitions and events to inspire and empower. Our flagship youth project is Youth Music Lab, which this winter has been generously supported by Millbrook Parish Council.

With six mentors and up to two dozen local youths in regular attendance, these weekly gatherings for band development and songcraft are helping to pave the way for many young people to improve their musicianship, their confidence to perform, and their ability to work together, whilst providing a solid platform to grow creatively and socially as they mature into adulthood.

We consider antisocial behaviour a critical symptom of a larger social issue, brought on by a lack of youth services and opportunities, reduced creative education in state curriculums, and a lack of outlets for boredom and frustration. It's important to us that this project will always be free for youths to attend, in order to provide equal opportunity to everyone, despite income or background.

In the eight years our doors have been open, a growing number of people have relied on us to help improve their mental health and wellbeing. Our affordable schedule works to bridge the culture gap between old and young, creating a better understanding of beliefs and values, and improving respect across our community. Want to know more? We would love to hear from you. Please email: hello@patchwork-studios.co.uk or visit our website.

A huge thank you to the Councillors at Millbrook Parish Council for understanding the vital role that this project is playing in the lives of so many young people around the Peninsula.



Maker with Rame Community Bus

Reg Charity No. 1103104



The Community Bus, a registered charity run by volunteers, is a wonderful local resource, enabling residents of the Rame Peninsula to access the parts other transport does not reach.

Our regular services, excursions and fundraising events are always advertised with posters on Millbrook notice boards and shop windows. If there are additional communication methods or contact points that we could use, please let us know.

Best regards, Carole Satterthwaite,
Booking Clerk - Maker with Rame Community Bus.

2024 DAY TRIPS

May 3	POWDERHAM CASTLE FEST	£10
May 21	DARTMOUTH & KINGSBRIDGE	£12
June 7	BOVEY TRACEY CRAFT FAIR	£10
June 18	BUDE	£10
July 13	LISKEARD SHOW	£7
July 20	COWSLIP CRAFT FAIR	£9
July 23	TREBAH GARDENS	£12
August 2	SIDMOUTH FOLK FESTIVAL	£12
September 10	WIDECOMBE FAIR	£10
September 24	PADSTOW	£10
October 1	MEVAGISSEY	£10
October 15	TRAGO MILLS & LISKEARD	£8
November 8	LAUNCESTON & FARM SHOP	£10
November 19	WADEBRIDGE & TRELAWNEY	£10
December 6	EXETER CHRISTMAS MARKET	£12

REGULAR MONTHLY TRIPS

1st Wednesday	SALTASH & KERNOW MILL	£6
2nd Wednesday	TRURO CITY	£9
3rd Friday	TOTNES & DARTINGTON VILLAGE	£8
4th Friday	TAVISTOCK & PANNIER MARKET	£8

Booking Phone No: 07874 831814

- **Departures:** Cawsand Car Park at 9am
- **Bus Emergency Mobile Phone No:** 07928 937092
 - Other Pick-ups only by prior arrangement



Contact Us:



Maker with Rame Community Bus



01752 822491 / 07874 831814

On the Buses

Update from the Rame Peninsula Public Transport Users Group

Several folk have told me that due to the endless cancellations of local bus services they have waited for ages at a bus stop and then had to get a taxi to get to work or to attend a hospital or other medical or important appointment.

If you do have to get a taxi because the bus doesn't turn up ask for a receipt from the driver and send it to Plymouth City Bus and I've been told they may refund your taxi fare!!

Also, at a recent meeting of our Rame Peninsula Public Transport Users Group I asked a City Bus manager who attended why I hadn't received the usual bus timetables to distribute. His response: "You all do things online now!"

I replied that people like me in their eighties and nineties do not all do things on line and it was discrimination against the local elderly population. In a couple of days' time I had 200 timetables delivered to me by Cornwall Council!

We also raised passenger feedback about the huge size of the current bus timetables covering the whole of Cornwall and asked why we couldn't have a more regional one. A few weeks ago I had a call from Plymouth City bus to say that when the new bus timetables come out at the beginning of April there will be a localised one for the Rame Peninsula area!!

See you on the bus one day!
Margaret Parker

Cornwall Council Bus News - Partnership Electric Bus Venture

Cornwall's first electric buses will take to our streets next year, helping to cut carbon emissions and improve air quality.

Cornwall Council has successfully bid for funding from the Department for Transport ZEBRA 2 fund to replace the entire Truro Park & Ride fleet with electric buses and provide a new electric bus for the Falmouth Town Service.



A further six electric buses are set to be introduced in South-East Cornwall as part of a bid led by Plymouth City Council and Plymouth CityBus/Go Cornwall Bus in partnership with Cornwall Council.

These buses will run on the 70/A/B routes around Torpoint and the Rame Peninsula.

Community Consultation - Millbrook Car Park

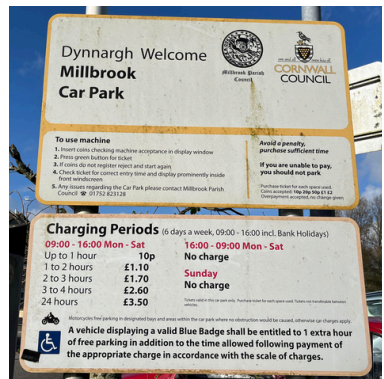
In July 2012, following negotiations with Cornwall Council, Millbrook Parish Council signed a 99-year lease agreement for the operation and maintenance of Millbrook Car Park in West Street and the public toilets on The Parade. This asset “devolution” was led by former Cornwall Councillor George Trubody, following concerns that Cornwall Council intended to close the public toilets and dramatically increase the car parking charges.

Patchwork repairs to the car park surface have been carried out several times already, the most recent repair costing nearly £2000. Full resurfacing could cost as much as £100k. The Council needs to build up reserves for a new car park machine (costing approximately £5,000) and future surface repair/replacement.

The car park machine fees have not changed since Millbrook Parish Council took over responsibility, although permit charges have been increased. It seems unfair that daily visitor parking has not also gone up yet, but before we can alter the car park daily charges the Council is required to carry out a consultation.

Your feedback is needed on the following:

- **Car Park Fees**
 - Would you be in support of increasing the car park charges, so that the cost of maintaining the car park is absorbed by the users of the car park?
 - Would you be in support of not increasing the charges but adding maintenance costs to the precept so the costs would be built into your council tax charges?
- **Vehicle Size**
 - Do you think there should be a vehicle size restriction for parking in West Street Car park?



Ways you can respond:

- Pop into the Village Hall or Rame Centre to complete the survey paper version.
- Go to MPC website to the News Post section to comment/complete the consultation survey
- Attend the Parish Council Community Engagement event on 11th May to give your feedback.
- Keep an eye on Facebook where we will share a link to the survey on our page.
- Send an email to the office with your feedback: enquiries@millbrook-pc.gov.uk

- Average income received in car park takings and car park permits in the last six years (which includes some funds from Beyond Paradise) = £7244
- Average expenditure on both the public toilets and the car park in the last six years = £7,564.

Full details of these figures are on the Parish Council website

Millbrook Folk Club

The last few months have been a bit of a curate's egg in some ways.

The good bits have been the astonishingly versatile and magical musicianship of The Ciderhouse Rebellion, who performed for us in early December, and the regular monthly singarounds on the third Friday of each month.

The not-so-good was having to say our farewells to Folk Club treasurer and much-loved performer Bridget Taylor, who died suddenly in February.



We gave her a rousing send-off at a memorial event and filled the room with daffodils, as we think she would have wanted. A collection for her chosen charities The Woodland Trust and ME Research raised £150 and a further £200 has been donated from Folk Club funds, the total of £350 being divided equally between the two organisations,

Upcoming singarounds and other occasional events are publicised on our Facebook page and around the village noticeboards. The regular singaround takes place in the Balcony Room of the Village Hall on the third Friday of each month, and everyone is welcome, whether to perform or just to listen.

Entry is £2 per person for both performers and audience (entirely up to you which you want to be!) for which you will receive a loyalty card stamp valid against the purchase of a ticket to our bi-annual gigs where visiting artists perform in the main hall. All our events benefit from an inexpensive licensed bottle bar.

Upcoming gigs:

- Wildwood Jack
- 27th April in the Village Hall
- Doors at 7:30pm.
- Tickets from Millbrook News or online:
- www.ticketsource.co.uk/millbrook-folk-club



- The Rheingans Sisters
- 9th November in the Village Hall
- Doors 7:30pm
- Tickets available online from 17th August
- and at the monthly singarounds from July
- and from Millbrook News from 17th August

Folk world royalty - not to be missed!



Millbrook Arts & Crafts Club



The Millbrook Art and Craft Club was founded in 1994. It meets in the Village Hall on the evening of the last Wednesday of each month, to share skills and learn about a wide range of arts and crafts, such as painting, paper crafts, sewing, knitting and crochet.

There is an annual programme of topics for each month, and external facilitators are invited to teach members about specialist crafts. One meeting each year is devoted to producing items for charity and the club usually enters the Christmas Tree Festival in Millbrook Church with tree decorations made by members.

The Club holds a Craft Fair and Coffee Morning in the Village Hall on the last Saturday of each month, when members can have stalls to sell their work and refreshments are available. In addition, the Club holds a Craft Fair in the Tanyard on the first Saturday of each month from April to October, weather permitting.

To celebrate the 30th birthday of the club we are holding an exhibition of the work of current and past members in the Village Hall – together with our normal Craft Fair and Coffee Morning. All welcome!

Exhibition: the mornings of 24th and 25th September - look out for further details over the summer.

New members would be most welcome, whatever your crafting interest - beginner or expert - so please contact millbrookcraftclub@yahoo.co.uk for more information.



Crafters' Social Group

The Crafters' Social Group meets at 2-4pm every Thursday in Millbrook Village Hall. Those attending can bring any portable craft to do – art, knitting, crochet, sewing, cardmaking etc - or just come along for a chat and a cup of tea.

It is a great place to share ideas and skills and there is usually someone who can help with a crafting question or problem.

We don't have a membership fee and just ask for £2 each week to cover the costs of refreshments and the hire of the hall.

Just come along when you can, and for more information contact: wendy.fiander1@gmail.com



Maker with Rame Women's Institute



We are a smallish group of 15 members and we meet on the third Friday of each month in Kingsand Institute at 2.30pm.

We have interesting speakers on all sorts of different subjects and our Cornwall Federation organises many varied outings and talks. Forget our old fashioned reputation of "Jam and Jerusalem" we do all sorts of things these days!



This summer some of us are going on a camping weekend, others to a talk about future proofing for farming. There is also a boat trip on the river Fal coming up shortly.

Besides this we also run campaigns each year on a national level. Our aim for this year is to get more National Health dentists for Cornwall.

If you are interested in joining us please contact me on 822491. You don't have to commit yourself straight away; you can come twice as a visitor for no charge and see how you like us. So why not give us a try?

Carole Amphlett

Circle Dancing

Circle dancing is a social activity where the dances are taught afresh each time. The music is a joy to listen to and the health benefits are numerous.

They include improvements in balance and coordination, stamina, joint mobility, mental and physical agility, and enhanced mood due to movement, music and laughter combined.

I am retired but Circle dancing is keeping me fit and active. We perform ancient folk or peasant dances, mainly from Greece, Israel and Eastern Europe, as well as more recent choreography to modern tunes.



- The sessions are on Tuesday afternoons from 2.30 to 4.00 in the Village Hall.
- Summer sessions start on Tuesday 21st May and continue until 16th July.
- The cost is £3.00. Refreshments provided.

Pop in, call 823238 or email janetelizabeth.phillips@gmail.com

Look forward to seeing you... Jan.

Mt. Edgcumbe Model Railway Society

As our name implies we can be found at Mount Edgcumbe either at our miniature railway site called the Great Woodland Railway (GWR) or in the Old Sawmill in the Barrow Centre.

The Sawmill no longer operates as a sawmill but provides a building displaying its origins and accommodating model railways and other models.

The GWR hosts a miniature railway running steam and electric locomotives offering rides to the public between Easter and the end of September. It also has a raised track for smaller scales that we refer to as our Garden Railway.

Both these sites are run by a small group of volunteers, always looking for new members, with a great interest in model railways of all sizes and building models in general.

In this day and age these interests have a relatively niche following that struggles to attract the younger generation. We are online however, and more information can be found at:

- www.facebook.com/merms.co.uk
- www.merms.co.uk
- admin@merms.co.uk

Please come and visit us to see for yourself. We hope to see you soon.



Get in Touch

The next issue of the Parish Council Newsletter will be produced in the Autumn and we welcome your thoughts on the newsletters to date, as well as any ideas for the content to be included within future issues:

- What would you like to see included?
- Is there a local topic you would like to know more about?
- What ideas or vision do you have for our village?

All published newsletters to date will be available online via our website www.millbrook-pc.gov.uk

Please contact us with your feedback via the Parish Clerk at:
enquiries@millbrook-pc.gov.uk



Village Services



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Weekly popup in the Rame Centre

**Tuesday & Friday Mornings
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in the charity shop.**

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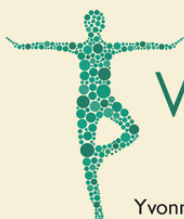


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Newport Street: April 2024



Newport Street: February 2024

Fly-tipping is the illegal dumping of rubbish or bulky items on land not licensed to receive it.

- Not only does fly tipping make the village look untidy it is also illegal and you could receive a fine of up to £1,000.
- Although it appears to save individuals money in the short term, the knock on effect means that everyone is affected - the costs of Cornwall Council's fly tipping are recovered through your Council Tax.
- The nearest recycling centre is in Saltash - approximately 17 miles away.
- Bulky waste collections can be arranged with Cornwall Council for a fee - see the CC website.
- There are also local companies who collect unwanted items.
- If you are giving away items via the local Facebook sites please only leave items out when they are due to be collected.

Information on the cost of fly tipping in this country is available on the UK Government website & states: ***“For these large fly-tipping incidents, the cost of clearance to local authorities in England in 2022/23 was £13.2 million”.***

Information about fly tipping is available on Cornwall Council's website:
www.cornwall.gov.uk/rubbish-recycling-and-waste/street-cleaning/fly-tipping

Thank you to all parishioners who dispose of their bulky waste items properly.

Contact Us

Phone: 01752 823128

Address: The Village Hall, The Parade,
Millbrook, Cornwall, PL10 1AX

Email: enquiries@millbrook-pc.gov.uk

Website: www.millbrook-pc.gov.uk

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