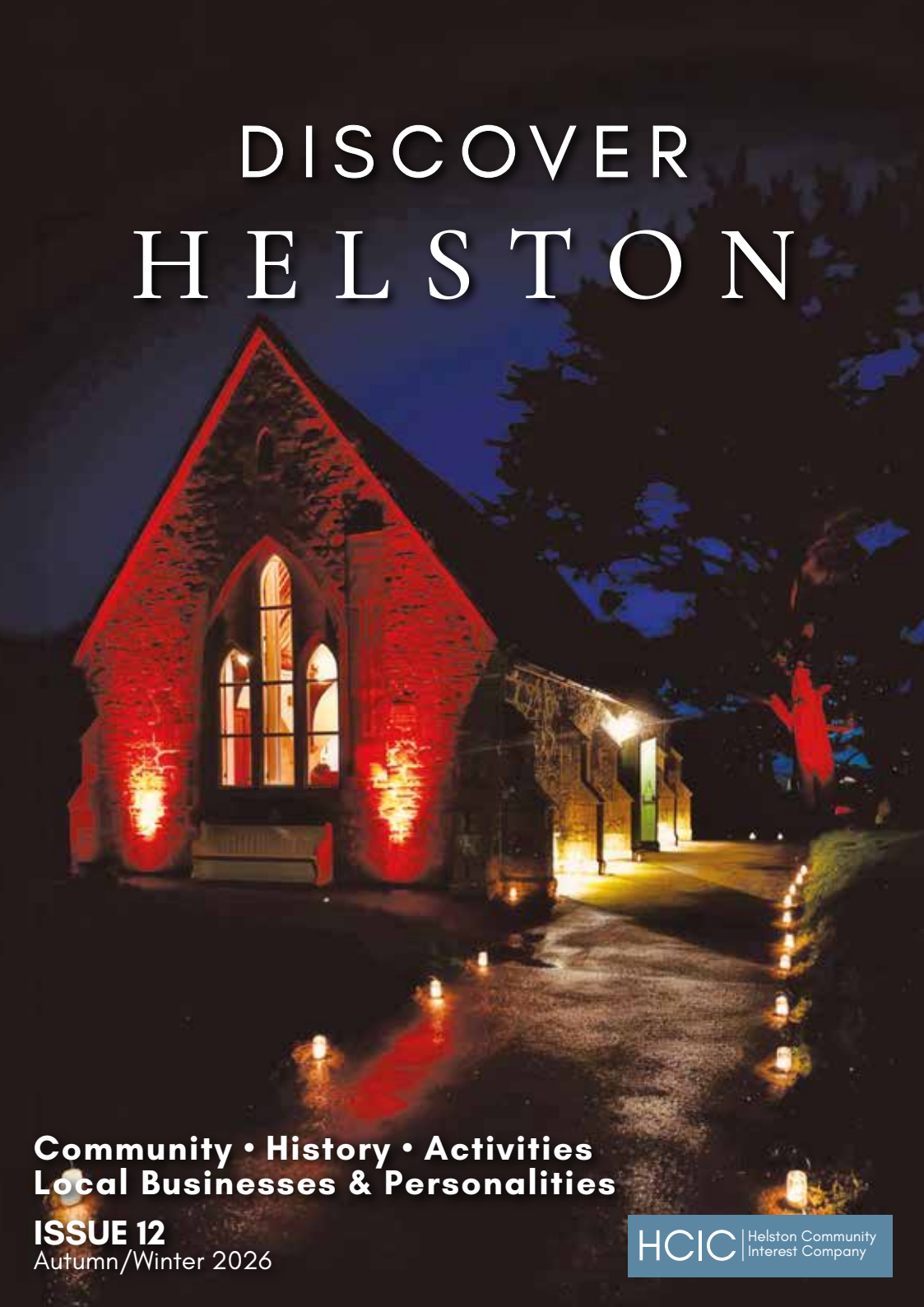


DISCOVER HELSTON



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ISSUE 12

Autumn/Winter 2026

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Welcome

to our 12th issue and thank you to all our advertisers and contributors who help make the magazine a success. We are delighted to receive positive feedback about the magazine and know that it makes an important contribution in promoting the town and surrounding area. In this issue we have 'Discover Business' where we highlight the story behind a business. If you would like to share how you got into a particular business and why you set up in Helston, please get in touch at marketing@discoverhelston.co.uk

This year we have produced the Discover Helston Calendar 2027 which is on sale at The Bookshop in Helston, the Museum of Cornish Life and The Guildhall. Be sure to get your calendar in time for Christmas. We have published 'Walks from Helston' which highlights eight walks from Helston and is on sale at The Bookshop, CAST café and the Museum of Cornish Life.

There are many venues in Helston hosting activities and events, and most weeks there is live music at many of the pubs. There are also some new annual events in the town starting with The Spring Thing which was first held in March 2025, and you can read more about The Spring Thing planned for 2027 on page 13. Wordplay for Winter will take place in November across several venues in Helston and there is more about this on page 15. To ensure you don't miss out on these activities and events and many more, scan the QR code to access the What's On page or visit www.discoverhelston.co.uk/whats-on where you can also sign up to receive our monthly email newsletter.

If you have any comments about the magazine, ideas for editorials and/or would like to advertise please write to us at marketing@discoverhelston.co.uk.

Jenny Morris *HCIC Chair & Director*
on behalf of the editorial and production team.

Developed and supported by:-
Helston Community Interest Company
71 Meneage Street, Helston TR15 8RB.

HCIC Helston Community
Interest Company

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DISCOVER
HELSTON

People of Helston

Baden Christophers

Baden Christophers was born in Lowertown in 1934 and is considered by many to be "Mr Helston".

As a child and young adult, he loved playing sport and represented many local teams at cricket and football. That said, he more than held his own at school and used his charming nature in adult life to succeed in business.

Aged 18, he commenced two years of National Service with the Royal Army Service Corps. After training, Baden was posted to Egypt which he recalls was a fantastic time. Although living in a tent throughout, he considered it to be a holiday paid for by the government.

Upon discharge, Baden eventually started work with Unilever, a company selling livestock food to local farmers. He stayed with the same company through its different guises for the rest of his working life.

Married in 1957 to Margaret Opie, they had two children, Alan and Denise. Living in Newlyn, when pregnant with Denise, both Baden and Margaret agreed she should return to Helston for the birth to "protect the future". This ensured that Denise would be eligible to lead the Midday Dance.



Baden is very much a family man who strongly believes in the power of friendships. As he says, "There is nothing more important than family".

Living in the same house for over 60 years, Baden and Margaret provided refuge and respite for friends who were caring for poorly relatives. After Margaret's passing in 2009, Baden continued to provide support and transport for friends. Over the years this has morphed into the "Boys Club" and today they share days out and holidays together.

Baden and his good friend Martin Mathews started the Helston History Group. Together they ensured its success and it continues today which is fortunate because, as Baden says, "There is always a future for history".

Baden's legacy is assured with the family's name sitting proudly above a long-established business in Helston.



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Helston Repair Café

Repair and re-use your broken household goods

What happens to a broken toaster or a torn pair of trousers? In a world dominated by throwaway culture, these items are often destined for landfill.

Helston Repair Café, held on the first Sunday of the month at Helston Old Cattle Market (kindly hosted by South Kerrier Alliance), is fighting this trend by bringing together local residents and skilled volunteer repairers to mend household goods. Organised by Helston Climate Action Group, the café is part of a network of 23 repair cafés across Cornwall (800 nationally) that empower people to share practical skills, foster social connections, and reduce waste.

Along with free repairs, the café offers a welcoming space with tea and cake, turning a simple chore into a joyful community event. The café follows in the tradition of the global movement which started in 2009. There are now more than 4,000 cafés worldwide, supported by 89,000 volunteers, with a common purpose:

- **Skill Sharing:** A “do-it-together” approach, allowing people to learn practical repair skills from experienced volunteers.
- **Community Building:** People connect over coffee and conversation at repair events.
- **Waste Reduction:** Prevents tons of household items from ending up in landfills.

The heart of our local café lies in the skilled volunteers who donate their Sunday afternoons. Their diverse expertise means that faults are diagnosed, then followed

up with a repair if possible. Sadly, due to the planned obsolescence built into many consumer products, some items simply can't be repaired. We firmly believe in Right to Repair, the right for owners of devices and equipment to freely maintain, repair, or modify the products we buy.

Ultimately, Helston Repair Café is mending more than just objects. It is weaving a tighter, more sustainable social fabric in Cornwall, one repair at a time. If you have a broken item at home, or if you have skills to share, join us on the first Sunday of the month.

Facebook: [HelstonRepairCafe](#)

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People of Helston

Josh Bond – off grid in Helston

Staying local, succeeding nationally

For many young people raised locally, progressing their careers often means leaving Cornwall. However, there are many jobs that enable people to remain within communities they consider home. One such profession is plumbing and heating. For Josh Bond this proved to be a stepping stone to significant success.

On completion of secondary school, Josh decided to follow in the footsteps of his grandfather who was a plumber. Josh trained at Cornwall College, gaining Level 1, 2 and 3 qualifications and was subsequently employed for 10 years by a local plumbing firm. Building on his initial qualifications, Josh learned to provide servicing, maintenance and installation across many disciplines including, gas and oil boilers, cookers, fires and LPG gas. Despite having a steady job and earning a fair wage, in 2022 he decided to strike out on his own. He currently runs "Off Grid Plumbing and Heating Ltd", a local, friendly company that employs four engineers.

In 2025, Josh submitted one of his heating installations (a complex heating system into an old stone farmhouse) for consideration



in a trade competition; The Heating Installer Awards. After stiff competition, his work received first place in the area awards, crowning him the South West regional winner. Unaware this was a UK organisation, Josh was pleasantly surprised to find he was now entered into the national finals. It is a huge credit to Josh and his team that he was announced as the silver winner in the National Heating Installer Awards. It goes to show how national success and recognition can be home-grown and does not necessarily require young adults to leave their communities to succeed.

Josh and his team provide expert plumbing, heating and renewable energy solutions across a variety of jobs, ranging from the installation of complete systems to the repair of leaks and the replacement of tap washers. Whatever the size of job, they are here to help. Whilst they work across Cornwall, their focus is local to Helston and the Lizard area.



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DISCOVER HELSTON

Celebrating two years of Helston Spring Thing

Helston Spring Thing is celebrating two successful years of bringing creativity, exploration and community together, as organisers prepare for the event's return on 20-21 March 2027.

Since launching in 2025, the spring celebration has become a fixture in Helston's calendar, attracting thousands of residents and visitors into town to join workshops, walks, performances and family-friendly activities.

Commissioned and organised by the Helston Place Shaping Board, Spring Thing was created to celebrate the arrival of spring, while encouraging people to discover Helston from a fresh perspective.

At the heart of Spring Thing is The Quest – a town-wide adventure that changes each year.

dragon-hunting craze that delighted residents and visitors alike. The 2027 Quest will explore another fascinating part of Helston's identity – its waterways. Participants will uncover



stories inspired by the town's network of leats and kennels, and by the River Cober, discovering how water has shaped Helston's history, landscape and character.

Over its first two years, Spring Thing has welcomed more than 7,000 participants, supported local businesses and artists, and showcased the town's vibrant creative community.

Planning for 2027 is already under way, with another packed programme celebrating Helston's heritage, creativity and sense of place.

Organisers are also seeking local businesses and organisations interested in supporting Spring Thing through sponsorship or practical assistance.

Amy Webb.

Save the date for 20-21 March 2027

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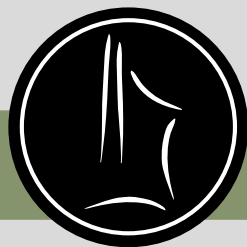
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DISCOVER
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WORD PLAY FOR WINTER

Have you noticed that these days there is more going on in Helston? As well as new business springing up, there are groups of people working hard to broaden the programme of events on offer to suit our diverse community. There are new venues and spaces which have been re-purposed, to bring music and literature, art and drama to our town. There are many creative options for children and their families. Helston can be proud of all the activities it offers, whatever your age or inclination. So don't be bored, go and find the stimulation you seek, whatever that may be.

An exciting new event is planned for November to celebrate the National Year of Reading. After the excitement of Hallowe'en but before Christmas gets into full swing we will bring a buzz to Helston, filling the town with words - most of them in English but with a helping of Kernewek. Helston Wordplay for Winter will offer residents a diverse programme of free and affordable activities and events across the town. Our town has a wide cultural offer but there is always room for more so a group of like-minded locals has come up with lots of ideas to create things to do at what is often a quiet time of year.

There will be opportunities for every resident to engage, be inspired, perform, discuss and come together. You could call it a festival of literature but that wouldn't do it justice.

Venues and organisations throughout Helston will host events which might be serious, light-hearted or even a bit bonkers.

Cultural Helston



We want to celebrate Helston's talent and foster a love of words as well as growing our community's ambition for the future of our town.

With funding from Helston Town Council, Cornwall Community Chest, the Downsland Trust, Helston Rotary and FEAST, we invite everyone to come along to support this initiative.

To find out more visit

www.trevowhelston.co.uk/wordplay

Jude Carroll, Chair of Wordplay for Winter.

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More than just music

Rotten Records – the UK's most southerly record shop

Tucked away down an ope off Wendron Street you will find Rotten Records. The store is packed with music of all genres. Despite its small size, this place has a big impact and attracts customers from all over the UK and beyond.

Most albums on sale are vinyl, but there are CDs as well as an assortment of eclectic items. They also sell refurbished record player set ups, and Nick can clean up the grooves of old albums which might have become clogged over the years.

Here, you will find a great welcome from Nick and Ana, who opened the store in November 2025. This is their first venture into retail though they both have a passion for music and cater for all tastes. Ana's father was a drummer and she grew up with music. Nick has had a variety of jobs but loves being his own boss. Young people – for whom vinyl may be a recent discovery – drop in to listen to what their generation missed. Or they might come for a coffee or a chat – there is no selling pressure here. The couple love



what they do and communicate their passion to those who visit. They provide a safe and welcoming space for everyone. During our interview, a steady stream of visitors came to browse and chat. As we left, a visitor from Mallorca was happily searching for an album to add to her collection.

The shop is advertised by a yellow sign and the logo is the pair's three dogs. They are great animal lovers and have a system whereby hard to sell items can be taken in exchange for a donation to an animal charity, such as the Flicka Foundation.

When asked why they chose this particular town Nick and Ana said that they thought Helston needed cheering up. This couple have a lot of good will to share, so if you haven't found your way to Rotten Records, it is well worth a visit.




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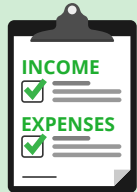
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Model makers of all ages

Cornwall's oldest model club still full steam ahead

The Helston & Falmouth Model Railway Club was founded originally as The Falmouth Model Railway Club in 1951, making it the oldest club of its kind in the South West. In 2009 the club took over a redundant farm building at Gunwalloe, near Helston. Having spread its net wider, it also took the opportunity to amend its name to 'Helston & Falmouth Model Railway Club' emphasising its outward-looking approach to attracting membership from the wider area.

In 2013 we held our first exhibition at the Old Cattle Market, Helston; eventually we outgrew this space and opened up to the wider model-making community with 'The Great Cornish Model Show' at Pool Academy where individuals, groups and clubs can show their skills. Along with a variety of working model railways, the event showcases radio-controlled boats, aircraft and vehicles; static model ships, aircraft, military subjects and cars; plastic kit modelling; model engineers; LEGO builders; dolls' houses and miniature rooms; card and paper modelling and vintage Meccano and tinplate models.

In our clubroom we have several model railway layouts under construction with more projects planned. We are also in the process of transferring one of our exhibition layouts 'Gweek North Quay' featuring a scene on the mythical narrow gauge Helford Valley Railway, to permanent display at the Helston Railway.

We are a small, friendly club with around 12 members drawn from a wide range of ages and abilities. Meeting Wednesday afternoons from 2.00 - 4.30pm, and Friday evenings 8.00-10.00pm, we extend a warm welcome to anyone who wishes to join us, with tea and biscuits (sometimes cake!) and a friendly atmosphere. Our membership rates are scaled to be realistic and affordable and we have a number of subscription options. Why not contact us to arrange an informal visit? We are based in Gunwalloe, about two miles south of Helston, near RNAS Culdrose.

Steve Howe, *Chair*
Helston & Falmouth Model Railway Club.

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National Trust – access for all

Ending unequal access to nature, beauty and history.

One of the ambitions within the National Trust's new strategy is to end unequal access to nature, beauty and history. Thanks to funding from the Cornwall National Landscape Access for All Grant, we have been able to deliver £80,000 of improvements across National Trust places in Cornwall, with a significant share of this investment benefiting the Lizard and Penrose.

At Church Cove, Gunwalloe, improvements focused on creating a more inclusive visitor experience. A new outdoor seating area and accessible serving hatch have been installed at the kiosk, alongside step-free access to the ladies' toilets. New bike racks and two sand chairs have also been purchased and will soon be available to help more people enjoy the beach and surrounding area.

Investment at Poldhu has improved the route between the car park and the boardwalk, making access easier for wheelchair users, families with pushchairs and visitors using mobility equipment. At Kynance Cove, additional benches offer resting points for visitors making the journey from the overflow car park to the beach.

At Lizard Point, serpentine-stone gabion benches provide comfortable places to enjoy spectacular coastal views, while accessibility to the Wildlife Watchpoint has been improved



by the installation of a ramp and handrail. The historic Lizard Wireless Station has a new entrance ramp, enabling more visitors to explore this important part of Cornwall's heritage.

The project also addressed sensory and hearing accessibility. Acoustic improvements have been installed at Penrose's Stables Café where hearing loops and sensory packs, including noise-cancelling headphones and fidget toys, have been purchased.

There's huge potential to improve access to the places in our care. While we can't do everything, everywhere, all at once, we are doing our best to have a positive impact with the changes we make. We would like to thank Cornwall National Landscape, contractors, staff and volunteers whose support has helped create more inclusive experiences for people living in and visiting Penrose and the Lizard.

Lydia Allt - Lizard & Mid-Cornwall National Trust Team

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Helston History Club

Learning more of Helston's ancient and modern history

Helston History Club was started back in 2010 by the late Martin Matthews and Baden Christophers, two well respected Helston gentlemen ably assisted initially by John Liddicoat as secretary. In 2014, another well-known Helstonian, Barry Cornish, took over as secretary from Judith Chambers. Meetings

light refreshments is welcome. The Methodist Hall is open from 10.00 on the meeting day, with talks starting at 10.30 and lasting approximately 60 - 90 minutes.

Remaining talks for 2026:

- November 11th - An English Civil War Battle nr. St. Martin - Kier Trevithick

- December 9th - The Nativity and Related Historic Events - Rev. Danny Reed

There are already speakers booked for 2027 giving the following talks:

- The River Cober

- Mining in Helston Part 2

- History of the South Kerrier Alliance / Cober Valley Health Centre

- Helston Vets and Horses in the Boer War

From humble beginnings with 12 attending in the early days, the club now attracts 50-60 each meeting. Currently Dr. Ken Whittle is secretary, Richard Curnow assists with technology (projectors etc.) and Brian Nelson is chairman. Details of future talks can be found on the Discover Helston website, just look for the What's On diary.

New members are always welcome, so why don't you come along to a meeting? Just turn up on the day.

Brian Nelson, Chairman.



continue to be held in The Methodist Chapel. Originally Martin was the regular speaker, with an occasional guest making an appearance. Since the passing of Martin in December 2023, a variety of guest speakers now attend each month, talking on subjects relative to Helston and District.

Recent topics have included:

- Helston Bowling Club

- Mining in Helston

- A Local GP's Memories of Helston and Porthleven

- Public Health in Cornwall

Meetings are held on the second Wednesday each month, excluding May to August. Attendance is free but a donation of £2 for



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Helston Bowling Club

Competitive bowling, local spirit and year-round social hub

Established in 1760, Helston Bowling Club is one of the oldest in England and currently has 75 playing members. The green is wonderfully situated by the Grylls Monument at the bottom of Coinagehall Street.

The club provides the opportunity for members to take part in competitive league matches, to participate in more relaxed competitions within the club and also enjoy playing non-competitive social bowls.

Recently, significant efforts have been made to involve more of the local community in the club. Free 'Have a Go' sessions are held at the start of both the indoor and outdoor seasons.

Indoor bowling takes place between September and April. This is very popular, comprising four league teams. Helston Bowling Club is currently looking for new members who would like to play indoors for the 2026/2027 season.

The outdoor season starts in April and finishes mid-September and there are teams to suit all abilities and experience. The club provides free tuition and loans new members a set of bowls.

Helston Bowling Club is immensely proud

of its Youth Team who have been bowling together for three years and in 2024 won the Cornwall School Games. During the outdoor season they practise and have matches on Friday afternoons between 4pm and 5pm. The team is always looking for more young people to come and have a go.

The club has undergone extensive modernisation with a new roof and heating, refurbished changing rooms, a new kitchen and modernisation of the main clubroom.

Local organisations are welcome to come along and have a social evening for their members.

It is a pleasure to introduce the new Bowling Club President, Mr Chris Dale and we thank him for his sponsorship and support.

If you would like more information about playing bowls, hiring the facilities or have any other queries, please contact:-

Jen Mansell, Club Secretary 07800 597028
jenniferlynn@btinternet.com
or **Ian Wass 01326 240563/07432 571301**
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Attending a Town Council Meeting – Your Voice Matters

Helston Town Council meetings are open to everyone, and we encourage residents to come along and get involved in local decision making. Agendas are published on our website one week in advance. Printed copies are available upon request with at least 24 hours' notice.

Speaking at meetings: residents may speak for up to three minutes each, with a total of 15 minutes allocated per meeting for public comments. Raise a question, share a concern or speak on agenda items – your input matters.

Council meetings you can attend:

Full Council, Events Committee, Finance & General Purposes Committee, Leats & Kennels Joint Committee and Planning & Licensing Committee.

Please note: confidential items on an agenda may require us to temporarily exclude the public; these items will be placed at the end of an agenda.

Meeting Calendar

Our meeting calendar can be found on our website, www.helston-tc.gov.uk, or a printed 'Members and Appointments Book' can be picked up from the Guildhall during office opening hours.

The Guildhall, Helston, TR13 8ST

Open: Mon - Fri, 9am - 4pm
(excluding bank holidays)

contact@helston-tc.gov.uk

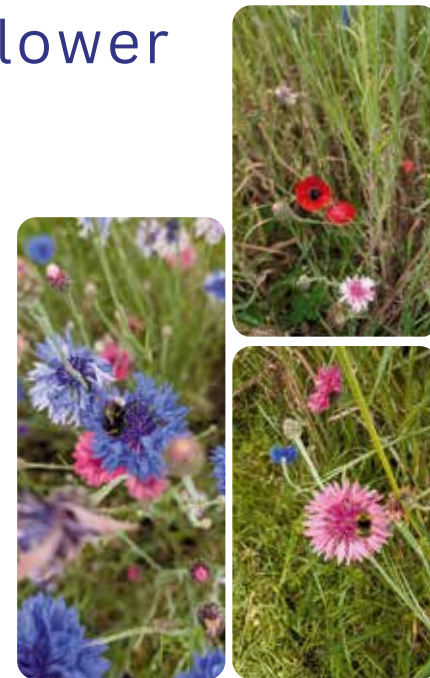
01326 572063

Bee-rillicant wildflower patches!

Helston is looking a little wilder than usual. Patches of grass around the town have been sown with wildflowers by our grounds maintenance team, and they're now coming into bloom.

They're a joy to see, lots of colour in some of the town's green spaces, with poppies, cornflowers and oxeye daisies swaying in the breeze.

Keep an eye out for them next time you're passing. Every patch is great for our pollinators, offering food and shelter for bees, butterflies and hoverflies through the summer months.



You Had Your Say - More Planters and Benches for Helston Town Centre!

The results are in! Earlier this year we asked residents how they would like to see £10,000 of the town's budget spent on a project of their choosing. The winner was 'town centre improvements', a project that includes more planters and benches for Helston town centre.

Work is now under way by our Projects Officer to bring your choice to life, and we'll share updates as the new planters and benches start appearing around the town centre.

Thank you to everyone who took part. Participatory budgeting is all about putting decisions in residents' hands.





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RNLI Water Safety Team

Helping keep locals and visitors safe on our coastline

Although the RNLI's lifeboats and lifeguards are familiar to us and a welcome presence around our coastline, there is another group of volunteers who provide essential education to people who use the water and visit the coast. The RNLI's Water Safety Team provides education to the public on the coast and at community events. Specially trained volunteers attend schools, colleges and community groups to give presentations on how to stay safe around our coastline.

The Helston and Lizard Water Safety Team covers the coastline between Praa Sands and Gweek. This year we supported Porthleven and Cadgwith Lifeboat Days, Mullion's Around the Island Swim, Helston's Fire Service Open Day and several other events.

If you get out and explore our beautiful coastline, please remember a few simple messages that could help avert a coastal accident:

- If you see a person or animal, you believe to be in trouble in the water DO NOT get in to try to save them. Too many people doing so have got themselves in difficulty. Call for help



by dialling 999 and ask for the coastguard, and if possible, throw them something to help floating.

- Keep your dog on a lead when walking along the coast path and cliffs.
- If you are a cold-water user do not do so alone – always go with another and always carry a means of calling for help.

If you enter the water unexpectedly:

- Take a minute. The initial effects of cold water pass in less than a minute so don't try to swim straight away.
- Relax and Float to Live.
- Keep calm then call for help or swim for safety if you're able.

If you would like to join the Helston and Lizard Water Safety Team, please send your enquiry to peter_griffiths@rnli.org. We meet in Helston every other month and it would be great if you could join us and take part in a few of our activities.

Peter Griffiths
Helston and Lizard Water Safety Officer.



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Helston, a caring community

Helping hands and kind hearts

I have lived in the centre of Helston for 26 years. My husband and I moved here when we were middle-aged and felt quite fit. Of course, we have known about old age approaching and now it is hardly surprising that it is here, though seemingly all of a sudden.

My husband had a pelvic fracture soon after I had a stroke, which have had an impact on many aspects of our life. We are so grateful to the friends and neighbours who care for us. Our shopping is done regularly, our daily newspaper is delivered, medication is collected from the pharmacy and those with an aptitude for gardening have planted window boxes and tidied the patio. A railing has enabled me to get up the steps so I can enjoy some sunshine when it pierces the clouds.

Visitors look in on a frequent basis. Sometimes there is quite a group around our table, informing me of developments in the town and the wider world. Yesterday I was taken out for afternoon tea at a local hotel – of course I can't drive so my car is rusting quietly away until I can make a decision about its future. I feel grateful towards unknown people walking past the house, always willing to give a hand with the recycling boxes or help me in and out with my shopping trolley walker. A man replacing water meters in the street offered to go and fetch me a bottle of milk if required and drivers always slow up or even stop for a wobbly old woman crossing the road.

Elsewhere in this magazine you can read



about some of those who are involved in the caring professions such as therapists and adult care workers. We made our decision to move here over half a century ago and now, when community is more important than ever, we know we made the right decision.

Jude Carroll





What was your highlight at Coronation Park this summer?

Scan the QR code to shape events for 2027

This summer 60% of our events were free. We're not-for-profit with no public funding, so we rely on your generosity. Please support your park with a donation.

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Kerrier Male Voice Choir

A proud choir with 82 years of history and camaraderie

If you happen to be passing Cober Valley Health Centre on Monday evenings you will hear Kerrier Male Choir practising in their new practice venue. They meet at 7pm for two hours singing Cornish, traditional, and popular songs under the musical directorship of Cornish Bard and former radio presenter Janette Eathorne, and Helston-born accompanist, Elizabeth Tremayne. The choir has a long history



*Male Choir at recent Mayoral service.
With Musical Director, Janette Eathorne (in gold) and accompanist, Elizabeth Tremayne.*

of singing, having been formed 82 years ago, at St Keverne. In 2014, following the relocation of the choir, it was decided to change the name to Kerrier, the name of the former local district council, which covered the area from the Lizard to Redruth. This friendly and happy choir has continued to support charities and good causes, and the international festival held every two years.

The choir sings all over Cornwall at weddings, funerals, clubs, pubs, churches and chapels and in the summer months outside at Coverack harbour and the Mounts Bay Inn Mullion. This year the choir was honoured to sing at Helston Civic Service at St. Michaels Church,

singing the wonderful anthem, 'Jesus Shall Reign', words by Isaac Watts, and music by Cornishman Goff Richards.

New members are always welcome to join the 30 strong choristers, all the music and uniforms supplied. No experience is necessary, all gentlemen are encouraged to come and listen or join in the singing, no voice tests!

This autumn there will be a special concert in memory of former member Laurel Eathorne who passed away last year and had sung in these choirs for 66 years. It starts with a three choir concert at Helston Central Methodist Chapel, with Four Lanes, Mevagissey and Kerrier choirs, a real feast of male voice singing. After concerts in Mullion and Ruan Minor, at Christmas there will be Cornish traditional carols at Wendron Cricket Club.

For more information contact:

Choir Secretary:
Bruce Laird 07753654671

Musical Director:
Janette Eathorne 01209 860025.

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DISCOVER HELSTON

Duncan Scobie

Hands that heal, drones that reveal.

Duncan Scobie has created a very interesting portfolio of employment that includes helping people with their musculoskeletal problems and creating dynamic imagery via drones.

Similar to many raised in Cornwall, he moved away to study and gain experience before returning to the place he loves. He spent five years training in London as an Osteopath before starting his own practice in Helston. For the past 30 years, the Kernow Pain Clinic has been located at 10 Coinagehall Street. Working alongside his associate, Bethany, the Kernow Pain Clinic has about 25000 patients registered with the practice; a far cry from the two that Duncan saw in his first week.

Osteopathy is a form of manual healthcare that uses an holistic approach, considering how the whole body interacts. Whilst every patient is unique, typical conditions treated include lower back pain, sciatica and sports injuries.

Duncan's interest in art and photography was piqued in 2014 when he realised the opportunity to fly drones. Having obtained all the required licences, he started two businesses, initially Granite Ocean Film and more recently, Dronework Southwest, both specialising in imagery from above.

He has produced adverts for many businesses, footage can be seen regularly on television and photographs have also been published in National Geographic. He regularly provides an interesting view of Flora Day and recently streamed live coverage of the World Gig Championships. Using goggles to provide a First Person View, Duncan can fly the drone as if he was sitting in it. This enables more immersive, accurate flights and filming detailed work in close spaces which is ideal for architects, estate agents and yachting companies.



Examples of his work can be found on YouTube, including videos detailing the impact of Storm Goretti and its devastating effect on the Cornwall landscape.

Duncan comments, "I am a very lucky person to have two careers that I love, providing both challenges and reward on many levels."



DISCOVER HELSTON
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DISCOVER
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Finding new spaces

Bob Dawson – acclaimed coastal-inspired sculptor and painter



Old Lifeboat House, Porthleven

Bob Dawson is a prominent contemporary sculptor and painter whose work is inspired by the maritime and weathered rock formations of the Southwest coast. His tactile sculptures and paintings blend natural environments with the human form. Primarily known for bronze and ceramic sculptures, Bob is also a prolific painter with work exhibited across the Southwest.

Bob left his teaching post in 1983 to become a full-time artist. With 43 years as a professional sculptor travelling and exhibiting in Cornwall, Bob now lives and works in Breage.

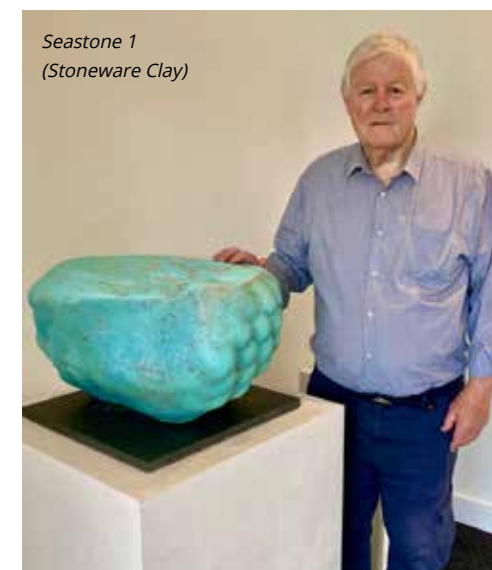
He is particularly fond of Breage Church which is dedicated to St. Breaca, an Irish missionary who is thought to have first come to Cornwall in 500 AD to bring Christianity to the area. The church's architecture and unique 15th century wall paintings are the inspiration of his St. Breaca sculpture which stands inside the building. Buckfast Abbey and Greenway on the River Dart (Agatha Christie's home) have also provided homes for Bob's work.

Bob, now in his eighties, is displaying a

range of work made over many years in the new Cober Valley Health facility within the Helston Gateway building, where visitors can see Bob's sculpture in the entrance area and paintings throughout the community rooms. The Cober Valley Health team are delighted to have his work in the building bringing vibrant colour and energy to the public spaces. The collection enhances the building's character and contributes to a welcoming, stimulating atmosphere for everyone who visits or works in Helston Gateway.

Bob aims to dedicate a proportion of any proceeds from the sale of his work to Bowel Cancer UK and to the young peoples' activities which take place in Helston Gateway.

Contact Bob Dawson on 01326 558745



*Seastone 1
(Stoneware Clay)*







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Happy childhood memories

A glimpse into the town's more recent history

Our town has a very rich history, from the Blue Anchor to the Charter of 1201. But not all history is so distant. The town has changed so much over the years that even I, at the tender age of 59, have childhood memories of things that are no longer a feature of the current townscape.

For instance, I remember trips in to town on a Saturday morning with my grampa in the early seventies. He would take me to Coronation Park where he'd park in the adjacent car park which, I believe, was free at that time and I'd have the run of the park. I'd play on all of the swings and slides – the big slide was a cast iron monster that must have been 15 feet high and, in a time seemingly before health and safety was a “thing”, there was no soft landing for a base! We'd walk a couple of laps around the lake, where my dad learnt to swim as a child growing up in St. John's, feed the ducks and swans and occasionally take a

boat out for a row.

Right next to the big slide was what we called “the bamboo woods”. We would spend ages running through the maze of trails made within the bamboo stalks all of which have long since disappeared.

Something else that has disappeared is the cattle market opposite the park where the Old Cattle Market building is now. As a slightly older child I remember playing in the cattle pens and clanging all of the gates that would be occupied by cows on Monday morning.

We'd end our morning out with a visit to Frank Wearne's bakery in Meneage Street to collect some “splits” for the weekend. I remember going through a door, where Meneage Dental is now, and collecting our order from a storage shed that smelt deliciously of baked bread!

Andrew Songhurst



Efforts to unearth a genuine image of the famous old slide have proved fruitless . . . so I've created this image that might stir a few memories!

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Our Community

Could you be a magistrate?

Step forward - active citizens strengthen communities

Magistrates, also known as Justices of the Peace, have existed for more than 650 years and remain an essential part of today's judiciary. People from all walks of life are encouraged to consider becoming magistrates to help increase both the number and diversity of those undertaking this vital role. There are plans to recruit many more magistrates in the coming years to deal with the expected increase in workloads.

The role is part-time and can be balanced alongside other commitments. Magistrates develop highly transferable skills including critical analysis, problem-solving, mediation, influencing, and decision-making which benefit both their professional and personal lives.

Magistrates may serve in either the family court, making decisions that affect children and families, or the criminal court, where they hear cases and determine outcomes. In all instances, magistrates play a vital role in delivering justice and shaping lives.

No legal qualifications are required, full training is provided and you do not need legal experience to become a magistrate. Key qualities include integrity, sound judgment, fairness, strong communication skills, and the ability to consider different perspectives objectively. It is a serious but rewarding role. Magistrates are supported by a legal adviser (qualified solicitor or barrister) and sit as a panel of three, with one acting as chair.

If you run a business, please consider encouraging suitable employees to apply. The skills developed through this role can benefit the workplace.

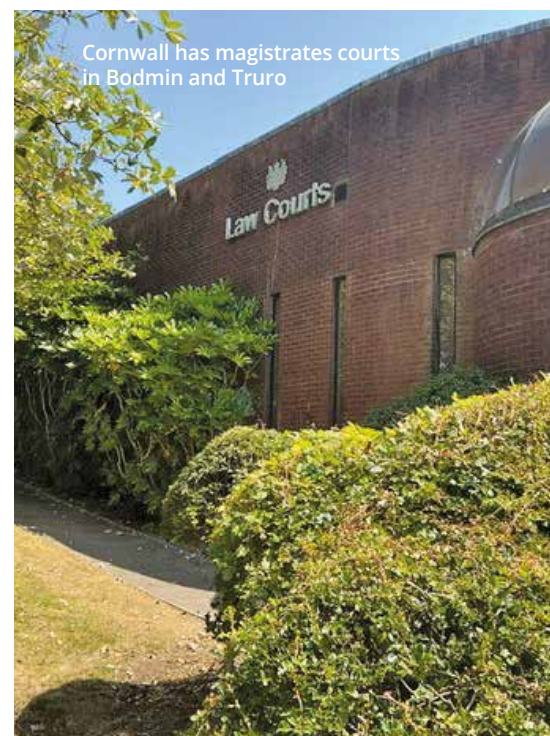
Eligibility criteria:

Candidates can apply if they:

- Are aged 18 to 74 (mandatory retirement age is 75)
- Are of good character
- Can commit to at least 13 days per year, plus training
- Are able to commit to a minimum of five years' service

Generally, candidates will not be appointed within five years of the statutory retirement age. Further information on the role of a magistrate and how to apply can be found on the Recruitment Platform at:

www.magistrates.judiciary.uk



Cornwall has magistrates courts in Bodmin and Truro

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DISCOVER
HELSTON

Our Community

Meet your town councillor... Margaret Riley

Aiming to make Helston a vibrant town again

In December 2024, I was telephoned by Andrew George's office to ask if I would be interested in applying for a casual vacancy on Helston Town Council for the four months leading up to the local elections in 2025. How could I refuse? I enjoyed it so much that I applied for a permanent position and experienced the joys of canvassing and knocking on doors and meeting people; fortunately I was voted in for a further four years.

The year since then has been a steep learning curve. I set out to meet as many people as I could in the businesses in Helston, learning about the problems they face in making a living in a town that has sadly fallen on hard times. I have made many friends and discovered that I could buy everything I need in the town, rather than online.

In addition to attending the monthly Helston Town Council meetings, I joined several committees, including the Planning Committee and the Events Committee. I particularly enjoyed contributing to the Cornwall Council led Neighbourhood Priority Statement which involved researching the problems faced by Helston such as declining footfall caused by out-of-town developments, lack of affordable/social housing, lack of 'connectivity' such as access to trains, and poor bus services to get our students to college and people to hospital appointments.

The Cober Valley Health Centre has been a shining example of what can be achieved with entirely local input - coming in on budget, on time and using all local



tradespeople. Together with the Basement and Tide Climbing on the same site I am really hopeful that the tide really is turning for Helston.

My ambition for the next three years is to help make Helston the vibrant town it once was, and with the support of the townspeople and local businesses to encourage more people to come and visit us, not just on Flora Day.

Get in touch with Councillor Riley:-
Email: m.riley@helston-tc.gov.uk
Mobile: 07734 441436

Freemasonry in Helston

Ancient fellowship devoted to integrity, community & charity

Freemasonry is one of the world's oldest social and charitable organisations, with origins dating back to the traditions of medieval stonemasons who built cathedrals, castles and other public buildings. Modern Freemasonry uses the symbolism of building to teach moral and ethical lessons. Members strive to lead meaningful lives, support one another and contribute positively to their communities. Groups of Freemasons come together as lodges.

A global organisation, across England and Wales there are over 6000 lodges playing host to around 180,000 members. Cornwall has approximately 2200 members within 75 lodges which meet across 31 venues. There are two lodges in Helston. True and Faithful Lodge was founded in 1799 and has met continuously since. The second, Penhellaz Lodge, was founded in 1959. Both lodges have a combined membership of about 140 men. In addition, there are two ladies' lodges in Cornwall which meet in Liskeard and Redruth.

Each lodge contributes to the Masonic Charitable Foundation which makes

donations to support those affected by overseas disasters as well as those at home, such as the Grenfell Tower disaster.

Charitable work within Cornwall includes over £40k being donated annually to many local organisations including Cornwall Air Ambulance, Cornwall Blood Bikes and the children's hospice, Little Harbour.

In Helston, local members have provided funding for Helston Community Hospital, the town band, Guides, Scouts, sports clubs, the Mustard Seed and foodbanks. They have also supported individual school children attending overseas events. All funds are raised from within the organisation through donations and organised events.

Freemasonry is open to people who are over the age of 18; it is open to anyone regardless of ethnic group, political views, economic standing or religion. However, you are expected to have a belief in a "supreme being" and a faith.

If you'd like to learn more about Freemasonry in general or Cornwall specifically, please go to www.pglcornwall.org.uk



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CHUTNEY SEASON

In High Cross, Constantine, Liz Pearce has been opening her beautiful garden, Lital for charity this summer. Visitors have enjoyed exploring the charming 'rooms' of this cottage garden through a network of paths and tasting the delicious home-made cakes. It features exotic shrubs, ferns, fruit trees and a beautiful rose covered Moon Gate, which leads to a tranquil pond. In autumn however, the productive vegetable area really takes centre stage because it's time to preserve all that lovely home-grown produce.

Liz uses her tomatoes, onions and garlic to make a sauce which she freezes and uses as a basis for chilli, bolognese and pasta throughout the winter. However, it's her Runner Bean Chutney which has proved to be a real winner because it's in great demand with her son's Uni mates, who devour it eagerly!

Runner Bean Chutney

Ingredients

1.2 kg runner beans
3 large onions chopped
700 ml white wine vinegar
400 g light brown sugar
1 tbsp ground turmeric
1.5 tbsp mustard seeds
.5 tbsp English mustard powder
65 g cornflour



Method

Trim the ends of the beans and any stringy bits on the sides. Cut diagonally into 1/2 cm pieces. Bring a large pan of water to the boil and cook the beans for around 3 mins to soften slightly. Drain and plunge into a bowl of iced water, leave to cool for 5 mins, then drain and set aside.

Put the pan back on the hob and cook the onions in 350 ml of vinegar over a medium-low heat for 15 minutes to soften, stirring occasionally. Add the sugar and 250 ml of the remaining vinegar and cook for 2 mins more.

Combine the turmeric, mustard seeds and powder with the cornflour, a good pinch of salt and the remaining 100 ml vinegar. Mix well then tip into the onion mixture and stir to combine. Cook for 3 mins to thicken, then add the beans. Bring to the boil, then turn the heat down and simmer for 30 mins, stirring regularly until the beans are tender but have a slight bite and the chutney has thickened slightly. Remove from the heat and decant into sterilised jars. Keeps for about 3 months.

Each visit supports the work of these amazing charities:



Website <https://ngs.org.uk/cornwall>

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<https://www.instagram.com/cornwall.ngs>

The National Garden Scheme is a registered charity in the UK. Charity Number 1112664

DISCOVER
HELSTON

Discover Business

Making Tax Digital

Still unsure about what Making Tax Digital means for you?



Many self-employed individuals and landlords are still unsure what Making Tax Digital for Income Tax (MTD for IT) means and whether it applies to them. With the first quarterly update now behind us, affected taxpayers should already be preparing for their second MTD quarterly submission. If you're affected and haven't yet started, now is the time to act.

From 6 April 2026, taxpayers with qualifying income of more than £50,000 from self-employment and/or property became required to comply with the new rules. The threshold will reduce to more than £30,000 from April 2027 and more than £20,000 from April 2028, bringing many more taxpayers within the scope of MTD. A common misconception is that these thresholds relate to profit, when in fact they are based on your gross qualifying income before expenses.

The biggest change is that, instead of keeping manual records and submitting one Self Assessment tax return each year, affected

taxpayers must keep digital records using HMRC-compatible software and submit quarterly updates to HMRC.

Don't panic though – quarterly updates are not four tax returns, and they do not mean paying tax four times a year. They simply provide HMRC with regular summaries of your income and expenses. Your final tax position is still confirmed after the end of the tax year.

If you have more than one source of qualifying income, such as a business alongside rental property, the reporting requirements can become more complex. That's why it's important to understand the rules and ensure you're meeting your obligations.

If you've delayed getting started, now is the time to get your records up to date and make sure you're using compatible software. The sooner you begin, the easier it will be to keep on top of your quarterly submissions.

Marie Ridge MAAT ATT
Ridge Accountancy & Payroll Services Ltd.

Craig Little

Serving country, community and customers

After a full career in the Royal Navy, in 2013 Craig Little continued to serve his community through a brainchild of his, Rebuild Southwest CIC. Its primary aim was to provide veterans struggling with the transition to civilian life and to young locals, the opportunity to springboard into a job or second career.

This entrepreneurial venture focused on gaining practical experience in the building trade whilst renovating empty properties and the awarding of necessary qualifications enabling employment on building sites. With people coming from a variety of backgrounds and age ranges, Craig always encouraged trainees with the strap-line, "Live your life on purpose."



it is a place where tradition meets modern flair. In addition to a cosy bar and inviting atmosphere, it also incorporates an on-site distillery. 'Ruby' the Still is an intriguing piece of engineering, currently producing Bucca Rum, Balmaiden Gin, and Conger Vodka, and is a sight to behold. Committed to continuing to serve, at the Inn and Still Craig hosts a number of veterans' groups and community organisations. What was a derelict site is now a vibrant venue which regularly hosts events in its function room. Not wishing to stand still, Craig also has plans for visitor accommodation. Currently President of Helston & Lizard Rotary Club, Craig is keen to promote events in Helston. He also continues a long-standing desire to provide emergency accommodation to those who find themselves on hard times.

Chapeaux Craig for your continued service.



Supported by the job centre and other organisations, over a seven-year period Craig and his team trained 1035 people. Whilst the country ground to a halt in 2020, Craig's spirit shone through and he continued to look for other opportunities. The pub formerly known as The Fitzsimmons Arms was in a state of disrepair and drew his attention.

In 2022 support from the job centre came to an end, the pub became Craig's focus and after much hard work, the Inn and Still was born. Situated in Coinagehall Street,

ACTIVITIES & EVENTS BASED ORGANISATIONS

CAST - www.castcornwall.art

Helston Theatre Company - www.helstontheatrecompany.co.uk

Museum of Cornish Life - www.museumofcornishlife.co.uk

The Old Cattle Market - www.theoldcattlemarket.co.uk

Trevow Helston - www.trevowhelston.co.uk

42 The Living Room - www.42thelivingroom.com

COMMUNITY FACILITIES & SERVICES

CHAPELS & CHURCHES

Degibna Prayer Chapel, Degibna Lane TR12 7PR.

www.degibnaprayerchapel.org.uk

Helston Baptist Church

Post 16 Centre, Church Hill TR13 8NR.

www.helstonbaptist.org.uk

Helston Methodist Church

42 Coinagehall Street TR13 8EQ.

www.lizardandmountsbay.org/what-s-on-central

Kingdom Hall of Jehovah's Witnesses

St. John's Road TR13 8HP.

www.jw.org/en

Light & Life Helston

Water-ma-Trout Industrial Estate TR13 0LW.

www.lightandlife.co.uk/helston

St. Mary's Catholic Church, Clodgely Lane TR13 8PJ.

www.falmouthcatholicchurch.org.uk

St. Michael's Parish Church, Church Lane TR13 8GT.

www.stmichaelschurchhelston.org.uk

The Church of Jesus Christ of Latter Day Saints,

Clodgely Lane, TR13 8PJ.

www.local.churchofjesuschrist.org/en/gb/england/helston/clodgely-lane

COMMUNITY VENUES FOR HIRE

Andrew Hall, Church Street TR13 8NJ. 01326 561613

Culdrose Community Centre,

Hibernia Road TR13 8DJ. 01326 565132

Epworth Centre,

Coinagehall Street TR13 8EL. 07942 361160

Helston Town Council,

The Guildhall TR13 8ST. 01326 572063

The Godolphin Club,

Wendron Street TR13 8PS. 01326 573282

The Old Cattle Market,

Portleven Road TR13 0SR. 01326 560606

DENTAL PRACTICES

Angel Dental Practice,

Tyack Road TR13 8RR. 01326 560730

Helston Dental Practice Partnership,

2 Meneage Street TR13 8AB. 01326 562600

Meneage Dental Care,

41a Meneage Street TR13 8AB. 01326 574006

Smile Dental Care,

22 Meneage Street TR13 8AB. 01326 569323

FLORA CINEMA

17 Wendron Street TR13 8AG. 01326 569977

HELSTON LIBRARY AND INFORMATION SERVICE

Trengrouse Way TR13 8AG. 0300 1234111

Opening: Mon, Weds, Fri 10am-5pm; Sat 10am-1pm



@discoverhelston

Scan the QR code to find out what's on in Helston

www.discoverhelston.co.uk/whats-on

HELSTON SPORTS CENTRE & SWIMMING POOL (GLL)

Church Hill TR13 8YQ. 01326 563320

MEDICAL CENTRES & HOSPITALS

Cober Valley Health

Helston Gateway, The Parade, TR13 8RT. 01326 558714

Helston Community Hospital **Minor Injury 0800-1600**

Meneage Road TR13 8DR. 01326 435900/435930

Helston Medical Centre,

Trelawney Road TR13 8AU. 01326 572637

Royal Cornwall Hospital Trust,

Truro TR1 3LJ. 01872 250000

West Cornwall Hospital 24 hour Urgent Care Centre

St. Clare Street, Penzance TR18 2PF. 01736 874000

THE MUSEUM OF CORNISH LIFE

Market Place TR13 8TH. 01326 564027

Opening: Mon-Fri 10am-4pm; Sat 12-4pm

OPTICIANS

Matthew Opticians and Hearing Care

39 Coinagehall Street TR13 8ER. 01326 572172

Raison Opticians,

26 Meneage Street TR13 8AB. 01326 565519

Specsavers Opticians and Audiologists

39 Meneage Street TR13 8RB. 01326 572573

Vision Express Opticians

Tesco, Clodgely Lane TR13 8PJ. 01326 336868

PHARMACIES

Boots, 40 Meneage Street TR13 8QY. 01326 572030

Halls, Trelawney Road TR13 8AU. 01326 561400

Tesco, Clodgely Lane TR13 8PJ. 01172 918753

POST OFFICE

28-30 Coinagehall Street TR13 8EE.

SCHOOLS

Helston Community College

Church Hill TR13 8NR. 01326 572685

www.helston.cornwall.sch.uk

Nansloe Academy

Bulwark Road TR13 8JF. 01326 572966 www.nansloe.org.uk

Parc Eglos School

Church Hill TR13 8UP. 01326 572998

www.parc-eglos.cornwall.sch.uk

St. Michael's Church of England Primary School

Pemberthy Road TR13 8AR. 01326 572386

www.st-michaels-helston.org

VETERINARY PRACTICES

Head and Head

Water-ma-Trout TR13 0LW. 01326 572216

Rosemullion Veterinary Practice

Isaac House, Tyake Road TR13 8RR. 01326 572596

DISCOVER HELSTON

Situated at the head of the Lizard Peninsula, Helston (Hellys in Cornish) is a historic market town in West Cornwall and one of the county's oldest. It's known for its traditional granite buildings, open water channels called 'kennels' that run along many streets, and the famous Flora Day dance - an ancient spring festival.

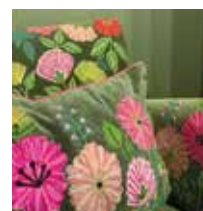


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8-10 Meneage Street, Helston 01326 572357 www.jcwilliams.co.uk

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Book an activity at your local centre, or start your membership online.

better.org.uk/helston



BETTER