



# Callington News

[www.callington.uk.net](http://www.callington.uk.net)

Issue 203

October 2008

## STOP PRESS

Back Lane is set to be closed for "remedial works" for one week, starting on 27 October.

The Christmas Charity and Craft Fair will be held on Saturday 8 November. Spaces are filling up fast — book yours via the Town Hall, contact as below.

Don't forget to order your Remembrance Day wreath from the Town Council office

*The copy deadline for the November issue is Wednesday 15 October*

Editorial copy can be sent to the editor, Kitty Bengé, at 21 Maple Close, Callington PL17 7HY. Or contact by phone on 383985 or email: [kitty@tamarmusic.com](mailto:kitty@tamarmusic.com). Copy can also be sent to the Town Hall at the addresses below.

Advertising space needs booking in advance. Please post or hand in copy to the Town Clerk, Callington Town Hall, New Road, Callington PL17 7BD. Phone 384039 or email [clerk@callington.uk.net](mailto:clerk@callington.uk.net)

The Town Clerk's Office is open 9am-2pm Mon-Fri. At other times an answerphone is available. Post can be put in the letter box in front of the office or through the entrance door.

## Honey Fair's big 30th anniversary

Final preparations are being made for this year's Honey Fair. This being the 30th year of the fair, the Lions Club has decided that the theme for the year is Anniversaries & Celebrations. The theme is used for the shop window, children's art competition and the exhibitions in the churches.

The Honey Show schedules are available in the Town Hall and this year's cookery classes are: Honey

fudge, Honey fruit cake, and Honey, sultana and apricot cake. Recipes are supplied with the schedules. It is hoped that more members of the public will enter this competition.

Also there are children's classes, which are any Artistic, Decorative or Instructive exhibit relating to bees, and will be in two sections: up to 10 years old, and 10-16s.

For any enquiries about Honey Fair contact 07875 075755.

### HONEY FAIR PROGRAMME

10am Fair Opening to be opened by John & June Trevithick

10am- Judging: Honey & Honey Products

12noon Shop Window Competition Children's Art

11am South East Cornwall Accordion Band

12noon Town Criers' Competition

2pm Prizes for Shop Window Competition

4pm Prize Giving for Honey & Honey Products by John & June Trevithick

4.15pm Callington Allotment Prize Giving by Portreeve Richard Lumley

6pm Town Band



## Tesco plans viewed by hundreds

Tesco came to Callington on the 11<sup>th</sup> and 12<sup>th</sup> September to exhibit plans for the proposed site on Tavistock Road.

The development who manned the exhibition were available throughout the two days to explain the plans and answer any particular questions that arose. They were also keen to receive feedback and provided Freepost response forms, of which nearly 1,000 were given out over the two days, to the estimated 1,500 interested visitors.

Dan Bramwell, spokesperson for Tesco, commented: "The two days were very successful. There is a lot of support for Tesco in Callington. We are really pleased that so many

of the public took time to see the plans and feedback their views. The main aim of a display like this is to get as many opinions from the local people as possible so we can, if necessary, incorporate them into the plans. It is therefore, very important that as many people as possible make their views known via the response forms provided."



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# Health Centre news

*Kathie Applebee, Strategic Management Partner of our health centres writes:*

The Callington and Gunnislake Group Practice, comprising the Callington and Gunnislake Health Centres, is changing its name to Tamar Valley Health to reflect the wide geographic area that the practice covers. With over 16,500 patients, the practice is one of the largest in Cornwall and provides an extensive range of services.

The practice has recently recruited three associate GPs to work alongside the 11 GP partners. Dr Adrian Kratky, who retired from full-time practice at the end of June, has returned as an associate GP and will be working for two days each week with the practice. He will be joined in October by Dr Sarah Gray, a former GP partner from Truro, who will be working at Callington Health Centre on Mondays. The third member of the associate GP team is Dr Chris Poplar, who will be known to some of you as he has had two extended periods working at Callington Health Centre. He will usually work two days a week at Gunnislake and be at Callington on Thursdays. He is not able to join the practice until January and his sessions will be covered until then by Dr Loman Fitzgerald, a former GP partner from Launceston Health Centre. The associate GPs differ from the GP partners in that they do not have patient lists, and are thus more able to meet the demand for urgent appointments.

The practice is also seeking to recruit a pharmacist who will not only manage the two dispensaries but will also work with the GPs in helping patients on long-term medication. This is an almost unique role as very few practices employ pharmacists as team members unless they already

have an in-house pharmacy.

The pharmacist will be working with our team of fully qualified dispensers to further enhance our dispensing services, for which the practice has received the Quality Dispensing Scheme award annually in recent years. Dispensing is a thorny issue at present as the Department of Health has issued a consultation document on the future of dispensing practices. There is a risk that the practice may lose its dispensing status at one or even both health centres, and we will publish further information about this consultation exercise, in the health centres and on our website at [www.call-gunn.org.uk](http://www.call-gunn.org.uk), so as to keep you informed and possibly to ask for your help in supporting our dispensing services.

We are pleased to welcome several other new members to the team, including new receptionists Karen Costelloe and Dee O'Donoghue, and Jane Greaves who will be working in the data office. We have enjoyed working with a group of students over the summer who have provided cover for holiday absences and who have also done some project work: they may return during the next holiday period.

If you use the website to order repeat prescriptions, be assured that your request is securely stored. Our computer server can only be accessed by one of our staff who reads your requests and issues your prescription. This secure service means that your requests are not being emailed to the practice but are being held safely. As usual, please allow 48 hours for us to process the prescription, get it signed and, in the case of dispensing patients, dispense and check the medication.

Finally, as autumn approaches, we are preparing to immunise thousands of at-risk patients against flu. If you receive an invitation, please make every effort to attend one of our clinics.

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## NEWS IN BRIEF

**Jumble on sale**  
Callington New Outlook is holding a Jumble Sale in the Scout Hut on Saturday 11 October, from 9am to 12noon. Admission is free.

New Outlook is a well-established, friendly club for men and women that has been in existence for over 20 years and welcomes new members. It meets each Tuesday, during term time, at the Cricket Club from 10am to 12noon, and has a full programme of outings, speakers and other events planned for the Autumn term. For more information please phone Josée on 382626.

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## Legion Concert

The Callington Royal British Legion is holding a remembrance Concert at St Mary's Church at 7.30pm on Friday 7 November.

Callington Town Band and the Liskerret Male Voice Choir are the guests and there will be a short service of Remembrance after the concert. Tickets are £3 each and can be obtained from the Town Hall or the Legion members. All proceeds will go to this year's Poppy fund.

For any further enquiries please contact 07875 075755.

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# Carnival raises £750

With a splash of colour and music galore Callington Carnival returned in July after a long absence. There were nearly 30 entries varying from belly dancers to a Samba Band to commercial vehicles. It was good to see so many of the town's residents lining the streets to support this fabulous community event and they were also very generous in their donations to charity: a total of £750 was raised. The charities that benefitted were Cornish Air Ambulance, Precious Lives Appeal, Callington Town Band and St John Ambulance. If you would like to nominate a charity for next year please let a member of the Carnival Committee know.

The committee would like to thank the following for their kind sponsorship of the carnival: Callington Town Forum, Eastern Sway Belly Dancers, Town

Council, Kittows, the Co-op, Downderry Construction, Spar, Sun Fung House Chinese, Callington Motors, Andy's of Callington, Bibby's Engineers, Orchid Plastics, The Corner Shop and Natural Styles Hair Studio. Without their generous support the carnival would not have gone ahead.

The Best Overall Float was Noah's Ark by St Mary's Church. The other winners included Best Adult won by Callington WI as the Colander Girls, and Best Junior was a disguised PC Stribley! The Best Junior Pair were Turkish Delights. Thanks to everyone who entered the carnival and hopefully next year there will be more entries. If you are interested in entering please contact a member of the Carnival Committee or ring Denise Winfindale on 07866 249770.

## NEWS IN BRIEF

### Football news

The winners of the Callington Town Football Club lottery for August draw are: R Liddicott £100; M Roberts £50; A Olver £25; A Pook £15; and N Smith £10.

If you are interested in joining the CTFC Lottery please contact Nick Smith on 384137. He is also the contact for all enquiries relating to the town's various clubs, such as the Colts.

Home fixtures for October are:

**4th**—Bude Town, kick off 2.30pm

**11th**—Truro City, 2.45pm

**18th**—Saltash United, 2pm

**25th**—Roche, 2.30pm, and St Merryn, 2.30pm.

## CORRECTION

Last month's article on the Citizens Advice Bureau contained out-of-date information. The Saltash office is open Tuesdays & Thursdays 9.30am-12noon and 1.30-4pm, Wednesdays & Fridays 10am-12.30pm; The Liskeard CAB is open Mondays-Thursdays 1am-12.30pm.

Jane at Saltash is the person to contact for the Pension and Benefits for the over 60s on 01752 848626. Ring Jean at Liskeard about the same benefits: 350179. Both Jane and Jean are available to give advice by appointment only.

The county phone number for CAB is 08444 994188.

## Prim-Raf's casting call

Callington's amateur dramatic group, Prim-Raf, are seeking new members. This most welcoming and fun-filled group are going through a period of re-building, following former members leaving the area.

While the group has a back-stage crew it is now looking for a new stage manager. The group is also looking for actors: late teens and upwards.

With two, one-act plays being

cast for performing at the beginning of December, followed by casting for the Pantomime in the new year, now is the time to join.

If you're not interested in actually appearing, but would like to help with things like costumes, sets and so on, then please contact Andy Frost, 11 Longfield Close, PL17 7EA. Or phone 382279 or email andy@acfrost.co.uk.

## Getting Real with photography

The Real Ideas Organisation has recently started a Photography Project for young people between 16 and 25 from the Caradon area who are not currently in employment or education.

The project is based at the Liskerret Centre in Liskeard, and it aims to train young people in photography and help move them smoothly into employment or further education.

For more information contact Marc Chadburn on 01872 275187 or marc.chadburn@realideas.org.

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# Co-op answers bag critics

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*The Town Forum writes that it is estimated that the average life of a single give-away carrier bag is only three minutes before it's discarded. Indeed, it's said the UK grocery industry uses enough carrier bags to carpet the entire planet twice a year. . .*

The Town Forum's article in the August issue, questioning the degradability of so-called degradable bags, has generated much interest and the council has had some fascinating and informative correspondence on the subject from the Co-op. The communications are long and it is difficult to give a fair synopsis of the content in a short article. If anyone would like to read the full letters please e-mail [lynda@research2004.fslife.co.uk](mailto:lynda@research2004.fslife.co.uk).

## First step forward

On 18 July Andrew North (Co-operative Regional Secretary) confirmed that the Co-operative: "offers degradable bags, made from plastics and, as you point out, they contain an agent to cause the materials to start to degrade after about 18 months. The Co-operative saw this as a first step forward. The Group appreciates that there are some concerns about degradable bags but our evidence is that the materials do degrade. However, the Co-operative regularly reviews whether we should continue to offer degradable bags."

On 26 July Pamela Newell (Co-operative Customer

Relations) added to this by saying; "The Co-op is the first British grocery retailer to use degradable carrier bags, which are supplied by Symphony Plastic Technologies and which uses EPI's TDP A technology. These bags are 100% degradable, but are still as strong as non-degradable carrier bags and can still be reused."

## Under-researched area

In response to this the Forum's scientific expert has said: "However, the breakdown of plastics, either biodegradable or non-degradable is still a very much under-researched area and we do not know what the full ecological or human health implications are of the formation of small particles as a result of plastic degradation. These types of micro-particles appear to be capable of binding and concentrating harmful aqueous or soil contaminant chemicals, which can then be taken up into the food chain with unknown consequences. On the basis of the 'precautionary principle' it is better to reduce the use of all types of plastic where possible when there is a possibility of plastic waste entering the environment. The alternative use of natural materials such as hemp, jute or cotton is obviously desirable. The Co-operative group is probably doing the best that it can based on the information available."

## Re-usable bags the answer

The Town Forum would re-iterate that the Co-operative is taking a very proactive position on the use of plastic bags, and

it simply questions the statement that these carrier bags are completely degradable. The Forum agrees with Laura Brooks (Co-operative Customer Relations) that "re-usable bags are the best answer".

## Job creation

In 2007, The Co-operative launched its Bag for a Better Life, made from Fairtrade cotton. These are manufactured in India and production has created 300 jobs. They are sold at cost - the group makes no profit on them. These bags are designed to be reused and can be washed. Cotton is a natural material and, unlike some other bags made from jute, the bags are not plastic-lined so that they can be readily recycled when they can be used no longer.

When this issue was first raised the Town Forum consulted the manufacturer of the jute bags sold in the Town Hall and the council is pleased to say that the 'plastic' lining is plant-based and will therefore degrade.

Another initiative of the Co-op be applauded was outlined by Pamela Newell: "Since June 2002, Co-op Organic Oranges and Co-op Organic Onions have utilised biodegradable netting. This form of plastic is starch based, made from natural renewable materials derived from non-genetically modified sources such as corn and potatoes." The Town Forum would of course, like to see the use of this type of netting extended.

The Co-op's Andrew North has informed us that: "The number of single-use degradable bags issued is reducing in Callington."

Now, how many of our other shops can say the same?

*Lynda Small*

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# What's new in town?

*We enjoy the continuity of our old established businesses but premises change use and new businesses continue to open in Callington. So what's been happening recently? asks Gail Buttery.*

## On the right track

Budding cyclists should make tracks go to Fore Street, where you'll get plenty of help and advice from Russell Hall at Callington Cycles. He has a wealth of experience in the bike trade as he first started working in a cycle shop while still at Callington School. Twelve years ago Russell took over Liskeard Cycles and opened his second shop in Callington earlier this year in the old Doney & Hancock premises. He and Darrell, his manager, are there each day to help you choose the right bike to suit your needs or to take on any repairs or servicing of your existing bike. They specialise in family bikes so check them out, they're open Monday to Friday 9am–5.30pm & Saturday 9am–5pm. Telephone them on 386824.

## She's got it nailed. . .

Surely the youngest entrepreneur in town is Vicky Worth. She is the nail technician who has recently opened Vix Nails at the top of Church Street, between the Bulls Head and the Pasty Shop. Only 18 years old, she already has two years salon experience in Pensilva. Vicky trained and qualified with credits at Saltash College and had further training at Creative Academy in Plymouth. As a local girl she is no stranger to Callington: Vicky is the latest generation of her family to provide a service to the local community. Dad is Clive Worth, who has an established removal business in Kelly Bray. Her Grandfather ran K Worth & Co, a removal company established in 1918. Vicky says: "I want to create the highest quality nails at the best prices in a nice atmosphere." The salon is open Tuesdays-Saturdays 10am–4pm although if you need an earlier or later appointment you can call her on 382106 or 07827 440 630.

## Market for success

2007 marked the opening of Salisbury Henderson in Fore Street, next to Lloyds bank: perhaps not the best time to launch an Estate Agents as the property market had already started to slow down. However, it proved to be the right move for directors Sally Salisbury and Steve England who are really pleased with the Callington's office early successes.

Sally says: "We have made a real impression in

the town and the office opening shows our commitment to Callington and our belief in its future." The company can be contacted on 382260.

## Stay and paint

A large removal van parked in Church Street is awkward at the best of times but on the first Wednesday in October, when there are extra visitors in Callington, it's even worse: Peter & Tessa Sulston didn't know that it was Honey Fair day when they moved into Lower House, in 2006.

They had wanted to open an Art School for some time and the town is fortunate they eventually chose Callington. They recognised the many benefits our town has to offer including its easy access to the coast, moor and the beautiful Tamar Valley - the perfect location to encourage holidaymakers to stay, particularly if they have an interest in art.

In 2007 Peter and Tessa renovated the old coach house behind Lower House, converting it into a magnificent studio complex. They were ready to open in 2008 and started trading as both Lower House Guest House and Callington School of Art. The guest house very quickly achieved four-star accreditation from Visit Britain, demonstrating the quality of accommodation available. If you have visitors, yet no room for them to stay, you can be guaranteed they will be extremely well looked after by Peter and Tessa.

The reputation of the Art School has already started to spread far and wide as artists are now arriving from all parts of the country (and abroad). The school offers both residential courses and one-day courses for local artists of all abilities. For details call 383491.

*Next month Gail hopes to look at some of the oldest businesses in Callington. Who do you think has been trading here the longest? Drop a line to her at Langmans Restaurant in Church Street or to Kitty Bengel, c/o the Town Hall.*

## STOP PRESS

A new/old business has made a very welcome return to Callington. AllSew, the sewing and alterations concern run by Barbara Lower (she was Wright but has just got married - congratulations!), has taken on premises in Biscobes Lane. The shop is open Tuesdays-Fridays 9.30am-1pm and Saturdays 9.30am-12.30pm. Barbara can be contacted at the shop by phoning 350004, or 07727 159708.

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# Diary for October

FLU CLINICS START—Phone the Health Centres for more details

**Saturday 4** Tea Dance, Town Hall from 7.30.pm

**Monday 6** U3A monthly meeting, Town Hall 10am-12noon Speaker: Kirstie Newton, editor, *Cornwall Today*

**Wednesday 8** Celliwic Evergreens Town Hall, 2.00.pm

Callington WI, Town Hall Council Chamber 7.30pm

**Friday 10** Tea Dance, Town Hall starting at 2.30.pm

**Saturday 11** New Outlook Jumble Sale, Scout Hut 9am-12noon

Free Children's Film Show, Town Hall, doors open at 2.00.pm

**Sunday 12** Civic Parade and Church Service. Parade starts 2.30, service 3.00pm St Mary's.

**Thursday 23** Coffee Morning organised by Celliwic Evergreens, Town Hall from 9.30.am

**Friday 24** Tea Dance, Callington Town Hall, 2.30.pm Everyone welcome

**Saturday 25** "Ask Councillor Andrew Long", Town Hall Committee Room 10am-12noon

**Sunday 26** Callington Brotherhood's 84th Concert in Callington Methodist Church 7.45.pm with Four Lanes Male Voice Choir Admission £5.00

**Friday 31** Diabetic Support Group 2pm Monthly meeting, Cricket Club

**Friday 31** Halloween Disco at the Town Hall

**Town Hall Market:** 2nd and 4th Fridays of the month, Town Hall 9am-1pm.

**Country Markets:** every Wednesday 8.45-11.30am, Scout Hut, New Road car park

## Ragwort: a national menace

Ragwort is a plant growing up to a maximum height of about a metre with flat clusters of bright yellow daisy-like flowers generally in late June, July and August. The flowers are followed by dandelion-like seed heads and the seeds can be dispersed by the wind over a wide area.

### Why is it a Problem?

All parts of the plant are poisonous and are a hazard to grazing livestock. Stock do not generally eat the plant in its green state but consume it when dried in feed. The effect is cumulative and likely to lead to the death of the animal. It is particularly a problem for cattle horses, ponies and donkeys.

Ragwort is specified as an injurious weed in the Weeds Act 1959 and primary responsibility for its control rests with the occupier of the land concerned. In

view of the quantity of seeds produced by each individual plant and the wide area over which they may spread rapid action is necessary once a problem is identified. The specific concerns with regard to this species are reflected by the Ragwort Act 2004.

Cornwall Highways spend approximately £50,000 each year clearing ragwort from verges. They are concerned that other occupiers should also take the issue seriously and take appropriate action to reduce the spread of this

However, in the right place, and where there is no risk to animal welfare, ragwort contributes to the biodiversity of the flora and fauna in our countryside. At least 30 insect species (and 14 fungi species) are entirely reliant on Ragwort, and about a third of the insects are scarce or



rare. Ragwort is also a critically important nectar source for hundreds of species of butterflies, bees, moths, flies and other invertebrates, helping to maintain what remains of their much declined populations in the UK countryside

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## Callington in Bloom

The Town Council would like to thank the individuals and groups who have been responsible for the flower displays in the town.

Callington Lions, Royal British Legion, Rising Sun Nursery, St Johns Ambulance, Rotary, Geraldine Sharp\*, David Edson\*, Kivells, Callington WI, Mike Green, Heritage Centre, Town Forum\*, Jane Black, Joyce Lawrence, Larry Penning & Jodie Briggs

\* Sponsored by the Town Forum

## Autumn Show on schedule for next year

While the Callington Autumn Show committee expressed disappointment at this year's Show not taking place, the members wish to reassure everyone that the 2009 Show, which will held on the third Saturday in September, will take place, as ever, in the Town Hall.

All those who took part in the 2007 Show will receive a schedule, which will also be available in the Town Hall or by contacting Andy Frost at 11 Longfield Close or by email: [andy@acfrost.co.uk](mailto:andy@acfrost.co.uk).

For those new to the Show there are classes in flowers, plants, vegetables, cookery, handicrafts, art, photography, sugarcraft, wine, flower arranging, composition and poetry.

## FREE CHILDREN'S FILM SHOWS

The next film show is on  
Saturday 11th October 2008

Town Hall, Callington  
2.30pm, doors open at 2.00pm



See Notice Boards in the Town for details of the film

## Ginsters Win Prize

Representatives of Ginsters and Caradon District Council are due to go to Canada this month to receive the 2008 World Leisure Innovation prize.

The fitness project set up by the groups has improved the health of more than 400 local people and secured long-term improvements for our town.

Since the scheme started three years ago, Ginsters has seen a dramatic decrease in sickness levels, as well as improved staff retention, morale and team spirit. And the positive effects extend beyond employees, as the project was widened to encourage them to volunteer within the community.

## Blankets Wanted

Do you have any blankets that you don't need any more? A team from Callington, including Jeremy Gist, Jamie Dowdall, June Trevithick and Andrew Burnard, is working to help homeless people and needs some warm bedding for them before the winter sets in.

Clean blankets can be dropped into Jeremy's office in Fore Street, or you can phone him on 383456 for more details.

## St John Ambulance FIRST AID COURSE

*Community & First Aid Certificate*

Thursday 23rd October

Callington Town Hall  
18.00hrs-22.00hrs

Course fee £18.00

to cover information pack and certification.  
Instructors are giving their time free.

**ONLY SIX PLACES LEFT**

Please book at the Town Hall  
( 01579 384039

## Halloween Fancy Dress Disco

Friday 31st October  
Family Disco 6.30.pm-9.00.pm

Entry 50p child £1.00 per adult

Pumpkin Competition

Refreshments available

Tickets available from the Town Hall, Kivells, and Spar  
All proceeds go towards the Christmas Lights Appeal

# Ceramic Tiling

All aspects of wall and floor tiling.  
Ceramic, porcelain, marble and  
slate.

Commercial and residential.

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## D & C Clearance Services



"Clearing out -  
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we will help you  
out!"

38 Harris Close, Kelly Bray, Callington, PL17 8QT  
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Mobile: 07929 740904 or 07951 598679

## Reflexology

Monica Rowe

### How can reflexology help me?

Reflexology can be used to help restore and maintain the body's natural equilibrium. This gentle therapy encourages the body to work naturally to restore its own healthy balance.

- << Back pain
- << Migraine
- << Infertility
- << Arthritis
- << Sleep disorders
- << Sports injuries
- << Stress related conditions

Home visits can be arranged, please phone me to discuss  
on: **(01579) 389639 or 07800 605 309**

## WATCH OUT!

### Lead thief about

Did anyone using the Pannier Market over the weekend of 13th/14th Sep. see anything suspicious?

Maybe a flat bed truck by the kitchens at the back of the hall on Sunday evening?

If you think you might have seen something please contact the Police Station or the Town Council Office

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Dave: 07967 994 627



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Kit Hill Castle, Kit Hill, Callington

### Boarding Kennels & Cattery

- 15 acres of grassed play area.
- Vet recommended
- Day Care Service
- Inspection Welcome
- Family Run Business
- All year round



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SPECIAL OFFER- Eating In or Takeaway  
Every Monday Banquet Night

MENU: 2 Papadums & Chutneys, Starter of your choice,  
Any Main Course (*King Prawns £2 extra*), Rice & Nan  
6 Course Meal for £10.95

10% Discount on collected Takeaways when you spend  
£10 and over - CASH ONLY

Sunday-Thursday 5.30pm-11.30pm  
Friday-Saturday 5.30pm-Midnight Including Bank Holidays