



*life feels good*



## THE BEST OF CORNISH LIFESTYLE • WINTER 2022

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## A NOTE FROM THE EDITOR

Hello and welcome to the winter issue of Life Feels Good; a lifestyle publication created by us here at West Carclaze Garden Village.

This magazine is for people just like you - Cornish folk who love these lands and living in this special part of the world. We hope that it inspires you to try new things, cook new recipes, tread new paths or delve into some of the local fascinating history of the area.

Our main driving ethos in crafting this publication has been to shine a light on local talents, sharing their stories and discovering their unshakeable passion for what they do. In this edition you'll learn about upcoming events, the joy of cold water swimming and we celebrate the exciting new Sky Primary School which opened earlier this year.

So far, every single one of the families who have bought into the West Carclaze Garden Village Lifestyle has been delighted with the design and quality of their new homes. We speak with one such family and hear exactly what inspired them to live here and how they enjoy the local area. We hope that you enjoy this winter edition of the publication with a steaming hot cup of something delicious and your feet up.

*All the best,*

*Dorian Beresford, Chief Development Officer  
& The West Carclaze Garden Village Team*

*life feels good*



# The Ecology of Clay Country

Interview with **Steve Holloway**

Dr Steve Holloway has over twenty years' professional experience of ecology, environmental management and nature conservation in the private, public and voluntary sectors.

Born in Truro, he has lived for most of his life in the south-west and is very familiar with its diverse and wonderful landscape. Steve has experience of working with some of the leading development, energy and quarry/mining businesses across the country and is now enjoying the independence of running his own ecological consultancy business (South West Ecology Ltd) which is in charge of the ecology of the West Carclaze Garden Village site. This site is home to a diverse ecosystem of wildlife and plants and the clay country setting is very special in providing an interesting range of unique habitats. West Carclaze Garden Village is destined to be a very different kind of housing development, as Steve explains...



Photography Credits:  
Steve Holloway



*Hi Steve, thank you so much for your time today. Could you explain a little to us about the special nature of the West Carclaze site and the work you've undertaken there to protect it?*

The West Carclaze site is a very special one because of its rich china clay history. It is a large area that has undergone many years of mining which in turn has created an interesting associated ecology. You can find various habitats and species which haven't undergone human interference for many years. There is an abundance of bare substrate material which has enabled the development of pioneer plant and animal communities which are very disparate from the surrounding agricultural landscape and often akin to communities found in coastal and moorland heathland areas.

Before site clearance begins we carry out in-depth habitat and species surveys including those for reptiles, bats, and rare lower plants such as the western rustwort. The surveys enable us to establish where these species are, their approximate abundance, and the best ways to mitigate and compensate for the impacts of the development. Mitigation has included trapping and moving a large number of reptiles including slow worm, common lizard, grass snake and adder to safe areas outside of the development footprint. In a similar fashion communities of western rustwort have either been moved to safe areas or have remained in situ within protected enclosures.

*What kind of rare plant life did you find at the site?*

We found a rich diversity of plant life, the rarest species being the liverwort western rustwort, which is an early pioneer species that develops on weathered boulders and bare substrate. Most of the western rustwort found was actually just outside of the development area so we adjusted the development plans slightly so we could retain them. In addition new areas of bare substrate and boulders were created to enable future populations of this protected species to thrive. Any plant communities that had to be moved would have been done under a Natural England mitigation licence. Luckily, we haven't had to move any yet!

In addition to individual species protection there are two types of habitat compensation which we carry out - habitat enhancement and creation. Throughout the wider Carclaze area (just outside of the development boundary) there is a lot of degraded habitat overrun by rhododendron and other invasive plant species. The aim is to create new habitats of conservation value including dry heathland, wet heathland and wet woodland - so we are working hard to achieve this. The overarching aim is to provide sufficient compensation and enhancement so that there is an overall biodiversity net gain for the area.



West Carclaze quarry



*What will you do to encourage the new residents to have awareness of the unique biodiversity of their new site and protect it once they live there?*

There will be information boards located around the site describing the special ecology and how it is managed for wildlife. The types of habitats are fairly specialist, so it will be left down to the contractors brought in to manage them specifically under guidance of ecological advice. The ongoing strategy includes an element of monitoring so habitats which are created will be monitored and any modifications which are required will take place annually. For example - making sure that no invasive species such as rhododendron are taking over the heath.

*Could you tell us a little about the species-specific measures you have put in place at West Carclaze?*

The habitats being created provide foraging for a wide range of fauna, however for some species breeding opportunities are scarce. That is why we plan to include a series of wildlife boxes across the site - some on houses, some standalone within the site, and some around the wider site. For example, there are bat boxes on the outward facing houses on the edge of the development, bat boxes on retained trees and individual bat houses. There will also be one bird nest box per dwelling. We have created opportunities for invertebrates too including bee blocks for solitary bees (an increasingly rare group). We are also installing underground bumblebee boxes, solitary bee posts, and hornet boxes. The aim once development has completed is that there will be a range of valuable wildlife habitats and opportunities for breeding that combined enable a dynamic ecosystem to flourish.

*Thank you so much for your time today, this is so interesting and it's amazing to hear that you are going to such lengths to protect the natural environment. We can't wait to hear future updates about the ecology of the West Carclaze Garden Village. Thank you.*

“

The West Carclaze site is a very special one because of its rich china clay history.”





# Welcome to the Village

Buying a new home can benefit you and your family in many ways. An extra bedroom or two if you're growing; a bit of outdoor space to enjoy; For downsizes, you might be looking to release built up equity to enjoy your retirement without sacrificing your creature comforts.

But there are times when a move can bring a change to your life that goes much deeper than the practical, affecting your mental and physical wellbeing, and giving you the chance to live a healthier, more active lifestyle, whatever your stage of life.

Jack, Georgia, and their two young children are St Austell born and bred. With a growing family, they were looking for more space, but they had plenty of other boxes to tick.

"We're a young married couple with two small children aged 1 and 3 years old. We are both Cornish and have lived in the St Austell area most of our lives with the exception of a few years away when we went to University" said Jack. "I'm Head of Social Prescribing at St Austell Healthcare, which involves delivering non-medical health and wellbeing services to the residents of St. Austell and Georgia is a part-time Family Health Worker for Cornwall Council covering the St. Austell area."

"As soon as I saw the project on Instagram, I knew it was where I wanted our family to live because it's going to be a lovely place for our children to grow up. I was concerned we wouldn't be able to afford to live there but we were delighted there were houses available in our price range. We were the first people in line at the first open day and the first to reserve a plot."

"We'd been looking at other houses in the area and as we're on relatively modest wages, we thought the properties at West Carclaze would be out of our price range – especially considering all the eco credentials and the onsite amenities. But with savings and the sale of our existing house, we are delighted to have bought a 3-bedroom home. We currently own and live in a 2-bedroom home in St Austell and we're so excited to be moving to a house with more square feet and much better layout — we'll finally have more space as family. With two children, we have outgrown our existing house so an extra bedroom, a garage and sun terrace as well as a garden are going to be welcome additions. We love everything about it!"

Jack says he was drawn to the ethos of development, especially the community focus, the school connected with Eden Project, and the beautiful lakes and surrounding countryside that encourage the outdoor lifestyle.

Jack's job highlights how important being part of a community is, with meaningful face to face connections. "It's a big part of mental and physical health. We need to be less reliant on pills and more focused on building communities that support each other. This could be anything from health



support, social isolation, struggling to lose weight and managing chronic pain. I believe we need more projects like West Carclaze Garden Village so we can return to a life where you know and support your neighbours. This way of living will help manage or solve many of the health conditions I see on a daily basis, and take pressure off local NHS services.

Jack went on to say, "We also feel very fortunate to be benefitting from a 70% reduction in energy

community; local amenities, and the active outdoor lifestyle on your doorstep. We're looking forward to the children making friends and living in a really family friendly place.

"We have a very excited three year old who starts at the nursery at the beginning of September. Her first year will be based at Eden Project and then she will move into the school onsite the year after and the one year old will then follow on when he is old enough."

"We love that it's new and starting small, and we love the outdoor education ethos, using the outdoors as much as possible and also that it's carbon neutral. This is a positive step forward. Just everything about it is where other schools will want to be in the future. We were also really drawn to the connection with Eden Project." Jack says "I work with Eden Project through my Social Prescribing' role and I like how they do education, it's forward thinking and outdoors rather than focusing on technology which I believe plays a fundamental role in people's poor mental health."

When asked if they had any reservations about the history of the site, Georgia said "None. My Grandfather is a famous geologist — Colin Bristow — and Dad, used to work as a Mine Manager at Imerys. They both know the area well. We are lucky to have such history with the site and if either my Grandad or Dad had any concerns, they wouldn't have let us proceed with the purchase."

Jack says "I'm pleased that the landscape is being opened up in ways that weren't accessible to people before. A short stroll short stroll from our front door is where I proposed to Georgia 7 years ago. To us, this place holds a very sentimental value, and it feels great to be able to visit regularly with the family and walk the dogs."

“As soon as I saw the project on Instagram, I knew it was where I wanted our family to live because it's going to be a lovely place for our children to grow up...”

costs — that's a huge saving to us, and means we won't need to worry as much with current energy prices and future increases. But we also like the idea we're contributing to a healthier cleaner world because our home has such incredible eco credentials. The eco focus has been a huge benefit and draw to live here."

"There just isn't another development like it" said Georgia. The eco-credentials; the sense of





OUT & ABOUT

# Three of our Favourite Walks

What's better than getting out in the open air and experiencing the beauty of Cornwall on foot? So much of our stunning landscape gets missed when you zoom past it in a car, but when you pull on the walking boots and get out and explore the walking routes and coastal paths, the diversity of our breathtaking landscapes can be enjoyed at your pace in all their natural glory. Here are three of our favourite walks to enjoy from this corner of our beautiful county this winter...

**Photo Credits:**  
Thanks to Lizzie Churchill

Polperro





## POLPERRO

Packed tightly into the steep valley on either side of the River Pol, the quaint village of Polperro is undoubtedly one of the prettiest villages on this stretch of coastline. You will feel like you've stepped back in time whilst walking through the traffic-free streets that wind through picture-perfect fishermen's cottages. Polperro was well known for its smuggling activities during the 18th and early 19th centuries and now the small yet fascinating Polperro Heritage Museum of Smuggling and Fishing is open to keep those stories and the rich history alive. The museum is well worth a visit if you get a chance.

As early as 1303, Polperro was recognised as a fishing settlement and recorded in a Royal document. Its protected inner harbour is full of colourful boats that bob gently in the calm bay which also provides excellent swimming opportunities for those who enjoy a bracing dip. The small harbour owes its calm water to the Quay that was built after the violent storm of November 1824. The storm is remembered as the worst storm that ever occurred and in Polperro, three houses were completely destroyed, the whole of one pier and half of the other were swept away along with the 50 boats in the old harbour that were broken to pieces.

It is still a working fishing village today, although tourism now provides the main source of income. Most of the buildings are now shops selling paintings, crafts, pottery, jewellery, souvenirs and food. At the entrance to the village, opposite the main car park, is the 14th century Crumplehorn Inn and Mill. The Mill boasts an impressively restored water wheel consisting of 12 tons of revolving iron and timber. The building itself is covered in flowering plants and the picnic tables outside are the perfect place to seek refreshment next to the churning waters of the River Pol.



Crumplehorn inn



With every turn there's a surprise to be seen, whether it be the Old Watch House, the Saxon and Roman Bridges, the Fish Quay or the famous House on Props. In winter, the streets are quieter than in summer months and you can pick up the South West Coastal Path from Crumplehorn car park and venture onwards to Looe (a walk which will take approximately 2.5hrs, depending on your pace!). The land beside the Coast Path as you leave Polperro was given over to allotments for the villagers to grow vegetables and flowers since the steep sides of the valley gave little opportunity to do so in Polperro itself. On a clear day you can see the Eddystone lighthouse, nine miles off the coast at Rame Head.







# WANDERING ST MAWES

The village of St Mawes is charming and idyllic. It mostly caters to the tourism trade and there's a small selection of high end restaurants, a couple of pubs, a tiny fish and chip shop that serves out of a hatch, and a deli that warrants a trip to St Mawes for that alone. Mr Scorese Deli is tucked away in the corner of the arcade and is known for its crab sandwiches, impressive selection of wines, small batch spirits, craft beers, cheeses, curated range of pastas and other fine things that will have you drooling.

The small fishing village of St Mawes is located across the waters of the River Fal from Falmouth. In 1540, Henry VIII built St Mawes Castle to protect the River Fal from the threat of French and Spanish invasion. Pendennis Castle was built on the Falmouth side and between the two castles they had the entire entrance to the Fal Estuary within canon range. The castle is clover leaf-shaped, elaborately decorated and offers spectacular panoramic views of the crystal clear waters below. The castle has retained much of its original Tudor design and is surrounded by

beautiful landscaped grounds and gardens.

A three minute walk up the road from the castle you will find yourself at one of Cornwall's Great Gardens. Lamorran Gardens is a beautiful terraced garden inspired by the owners' travels to the gardens of La Montella on the Italian island of Ischia. Go there on a sunny day and you will struggle to believe that you're not on the Italian coast. The garden has a noteworthy collection of tree ferns, azaleas and rhododendrons and an impressive amount of newts and tadpoles as we discovered on our visit. The winding paths offer occasional 'reveals' of the sea below with the most stunning viewing spot looking out towards St Antony's Lighthouse. A 'must see' if you're exploring this stunning corner of the county on foot.

From the slipway in the harbour you can hire kayaks and paddleboards for exploring the area atop the water. On a calm day you can go round the bend in the entry and venture further up the creeks to see what delights await you. The birdlife

on the estuary is remarkable and it is a great swimming and fishing spot. At the harbour you will see the beautiful blue ferry coming and going. This ferry takes you over to Falmouth where you could spend an afternoon shopping or people watching, or simply enjoy the ferry ride to experience the coastline from the water.

Just north of St Mawes is the little village of St Just in Roseland which is known for its picturesque 13th Century Church set in magnificent subtropical gardens luxuriantly planted with semi tropical shrubs and trees. The church is often referred to as one of the most beautiful in England and is perched on the edge of a tidal creek. There are numerous paths leading from the churchyard onto the coastal footpath which continues around the headland, through National Trust lands to St Mawes.







## GORRAN HAVEN TO CAERHAYES

Sitting in a valley, well off the beaten track, Gorran Haven is an unspoilt ancient coastal village at the heart of which is a cluster of fishermen's cottages, nestling around a secluded cove which remains much the same as in years gone by. This small sheltered village lies in a sandy cove nestled between two nudist beaches. Fresh water streams run down into the bay where fishing is good, particularly for lobster and crab. The beach is dog-friendly so this makes a great spot for walking your dog (on the lead).

Back in the 13th Century Gorran Haven was a more important fishing centre than Mevissey and the first record of 'seining' in Cornwall (the catching of pilchards with long nets) occurred there.

This moderately challenging walk starts in Gorran Haven and takes you to the historic Caerhays Castle. It takes around four hours to complete as a circular walk, and is a great trail for hiking, trail running and walking.



Gorran Haven Harbour



Porthluney Cove Beach

When you start your walk you can park in the main car park. This can get quite busy in season so the alternative is to park at Vault Beach car park and walk to the coastal path from there. The coastal path will take you along the luscious green cliffs overlooking Vault Beach and around the headland at Dodman Point. Dodman Point is the highest headland on the south coast of Cornwall at roughly 353ft above sea level.

The first half of the circular walk takes you along the coastal path. It includes some steep inclines but the views reward you for your efforts. The second half from Caerhays is through farmland and country lanes where the wildflowers, bird life and hedgerows provide ample interest.

You will arrive at the Watch House that was set up by the Royal Navy in response to the war with France in 1795. The stations would communicate through a series of marks on a flagpole or smoke and blue light at night time. The watch tower is still in remarkably good condition given its exposed location and is now a resting point for walkers wanting to escape the elements. Follow the headland back around and Hemmick Beach will come into view.

Continue on the coastal path all the way to Porthluney Bay where you can stop for refreshments at the cafe or unpack your picnic at the beach. From there you can choose to veer off the coastal path and onto the country lanes that take you through the wooded countryside all the way back to Gorran Haven. Alternatively you can walk up to Caerhays Castle (only open during high season). If you choose to skip Caerhays Castle or you are coming out of season, you can follow the road up to Trevear Farm. Follow the road and go through the fields to St Gorran Church. Once you're at the church you can simply follow the signs for Gorran Haven.



Caerhays Castle





# Gone for the Day

Mini adventures not far from home...

One of the brilliant things about West Carclaze Garden Village is that it's just a hop, skip and a jump to a treasure trove of mini adventures which are just waiting to be discovered. Here we explore six of the best escapades which are no more than an hour from home. From bike rides to gastronomic delights, there's an adventure here for everyone...

**Photo Credits:** Thanks to Lizzie Churchill



A DAY TRIP TO LOOE ISLAND

Just a 45 minute drive from West Carclaze, Looe Island (or “St George’s Island” to give it its proper name) makes for a brilliant day out for the whole family. The island boasts a plethora of amazingly diverse habitats including rocky shores, mud flats, sand and gravel shores and seagrass beds which are all teeming with life. This 5km conservation area is a mile offshore from Looe Harbour and is owned and managed by the Cornwall Wildlife Trust which protects the wildlife which thrives there and helps to maintain a quiet haven for many different species. If you love nature, and love exploring, Looe Island is the day trip for you.

Part of the magic of this mini adventure is that the small passenger boat (Moonraker) is the only means by which to experience Looe Island. Pleasure boats, jet skis, kayaks/canoes, paddleboards and swimmers are all asked to respect the ‘no landing’ sign. The boat can only access the island for up to two-three hours either side of high tide in daylight hours and in fair weather. Check the boat times on the Cornwall Wildlife Trust website (and weather forecasts) before planning your adventure and book to avoid disappointment.

“

Part of the magic of this mini adventure is that the small passenger boat (Moonraker) is the only means by which to experience Looe Island.”



**To book:**  
Call the boatman on 07814 264 514 (no texts or messages) and book your seat on the boat. Make sure that you organise the correct change - return boat fee is £10 per adult and £5 per child (10 and under). This is paid to the boatman on the return journey. An island landing fee is paid on arrival at the island, £5 per adult and £2 per child (10 and under). Board the boat from the floating pontoon, near the RNLI lifeboat station slipway in East Looe. There is an ‘island trips’ information board on Buller’s Quay which is alongside the RNLI slipway close to the junction of Church End and River View in East Looe. The boatman will advertise upcoming trips on this board. Be aware that the boatman waits for no one! If you are a minute late he will have already left and if he is fully booked on the next slot (which is often the case as it’s only a small boat) you may not be able to go that day. So you must be prepared, and you must be timely!

The boat crossing takes approximately 20 minutes and you have two hours in which to explore the island. You will be led across the shingle beach and meet the wardens who live on the island. They are warm and informative and truly enjoy sharing their home with nature loving individuals. You will then be led up to the tractor shed where your landing fees will be taken and the island guides handed out. You can also explore the small tractor shed which has some bones and other interesting collectables that have been washed up on the island. The guide is a laminated, spiral bound booklet which is easy to follow and leads you around the island pointing out the history and nature to spot on your exploration. The walk around the island is only 1km and can be done quickly in 30 minutes. However, people choose to take a picnic blanket, some binoculars, a flask of tea and take in the scenery and enjoy the pared back natural beauty. The island has no bins or cafe so you will need to bring our own refreshments and take your rubbish home with you. Take only memories, leave only footprints... and a wonderful mini adventure will be had!

THE HIDDEN HUT

This infamous and rather quirky foodie destination opened in 2010 and quickly earned its place on the ‘must try’ lists by travel journalists and famous chefs alike, and for good reason. Found tucked away along the coast path near Portscatho on the remote Roseland Peninsula, the Hidden Hut is a truly special spot to enjoy freshly cooked, locally-sourced food out in the sea air. Accessed only on foot via the coastal path, to the untrained eye the Hidden Hut looks more like a potting shed than a restaurant. But to those in the know, it’s home to the best (and best-priced) seafood around. No wonder tickets to weekly ‘feast nights’ (to which diners bring their own wine, cutlery and crockery) sell out within minutes.

Presided over by couple Jemma Glass and Simon Stallard, community is at the core of the ethos behind the Hidden Hut and perhaps this is one of the reasons it’s so popular. Simon was a chef at the Roseland Hotel before his wish of owning his own outstanding cafe was realised. Since the very first feast, with little more than some grilled mackerel, potato salad and a sign saying ‘BBQ’ at the top of the road, the hut has proven to be an extraordinarily popular destination, despite (or perhaps by virtue of) its hard-to-reach location. Whilst the feast nights book up fast, lunchtimes require no booking and so diners can look forward to rustic cardboard containers brimming with hearty seafood chowder, fragrant fish curry, mackerel, squid, crab – or whatever else the sea has to offer that day. Jemma’s mum Maggie, who lives around the corner in Portscatho, bakes many of the sumptuous cakes on offer at the counter and singing around the campfire whilst tucking into the delicious, expertly prepared food is not a rarity.

At lunch you can look forward to soups, chowders and spiced dhals during the spring and autumn, with big beach salads and grilled seafood during summer months. Previous feast nights have included lobster n’ chips, slow-roasted spring lamb, wood-fired seafood paella, mackerel grill and sticky ribs, all cooked outdoors over either wood-fire or local charcoal.

If you are salivating just reading the delicious delights on offer, get booked into The Hidden Hut and enjoy a mini foodie adventure that will satisfy each and every one of the senses

www.hiddenhut.co.uk/







Photo Credit: Padstow Cycle Hire

## THE CAMEL TRAIL

Whether on bike, foot or horseback, an old disused railway line between Wenfordbridge, Bodmin, Wadebridge and Padstow provides a popular way to explore a stunning stretch of Cornwall. The picturesque Camel Trail cycle path follows a disused railway line which once connected Cornwall with London via the London and South West Railway. Freight finally ceased in 1983 when the last goods train ran on the line (the last passenger train was in 1967).

Depending on where you choose to start, the Camel Trail is just 45mins drive from West Carclaze Garden Village, and is 18 miles of (mainly) traffic-free leafy track, winding its way alongside the Camel Estuary from Padstow to Wadebridge before joining the route through the deep and beautifully

wooded Camel Valley to Bodmin. At Bodmin, yet another line and one of the most historic in the country, winds its way inland to the edge of Bodmin Moor where it comes to an end below Blisland, an extraordinarily pretty moorland village with an award winning pub. Days out don't get much better than exploring the Camel Trail.

One of our favourite parts of the trail is the stopping spot midway between Padstow and Wadebridge. The Atlantic Coastal Express (or 'ACE' as it's become known) is a sympathetically-converted vintage train carriage which was named in honour of the train which once puffed its way from Waterloo to Padstow between 1926 and 1967. These days, Kelly and Dougal (the couple who run it) celebrate the area's rich history whilst serving up delicious

homemade treats such as cakes, crepes, coffees, ice creams and so much more. They even host popular 'Supper Nights' which are on a first-come first serve basis and benefit from the talented cooking skills of a former head chef from the Savoy in London.

Landscape and wildlife aficionados will delight in the striking contrasts in scenery as they explore the trail, with access to country and seaside towns providing opportunities to use local shops, pubs and visit attractions. Visitors can easily hire bikes in Padstow, Wadebridge and Bodmin and enjoy a great day out for the whole family, whether it be cycling, walking or nature watching.



Photo Credit: The Camel Trail



## READYMONEY COVE

Readymoney Cove Beach is a beautiful sandy, small sheltered cove in the picturesque working harbour town of Fowey. It overlooks Polruan at the mouth of the Fowey Estuary and is just a short drive from West Carclaze Garden Village.

One of the special features of Readymoney Cove is that the remains of the fairytale-esque 16th century St Catherine's Castle stand on a headland above the beach. This beautiful old castle was originally built by Henry VIII as a defence against invasion and is now owned by English Heritage. The castle can be accessed via the South West Coast Path, which provides stunning viewpoints and excellent walking opportunities around the coast of Cornwall.

Readymoney Cove has a swimming platform anchored in the centre of the cove which makes a great adventure for those who love a salty dip. When conditions are good, there's nothing better than swimming out and jumping off the platform into the clear waters below. At low tide the rockpooling opportunities are vast so don't forget your buckets and nets.

Fowey lies in a designated Area of Outstanding Natural Beauty that stretches from Par Sands to Looe, hugging the south Cornwall coastline. The beach benefits from a car park and toilets and the beach has easy access making it great for the whole family. A gentle stroll into Fowey and you will find a good selection of cafes, shops and a bustling community. There is restricted access for dogs on the beach from Easter to October.







Photo Credit: Loe Beach Cafe

## LOE BEACH AND PADDLE TO PANDORA INN

Built in the 13th century, The Pandora Inn is famed for its timeless charm and once there, it's easy to forget you're in the 21st Century. Its spectacular setting on the edge of Restronguet Creek brings people from all over to experience its flagstone floors, low-beamed ceilings, thatched roof and unique setting. An unlikely feature of the beautiful Pandora Inn is that it has its very own mooring and so we think that the best way to arrive is by water.

Loe Beach is a small privately owned shingle beach just a 45 minute drive from West Carclaze Garden Village. The beach looks out across the Carrick Roads towards Mylor, St Mawes and the Roseland Peninsula. Its location means that there really is nowhere better to enjoy the tranquil waters of one of the premier locations in Cornwall. Load

up the car with canoes or paddleboards and a drybag of clothes and set off for your very own mini adventure. If you don't have your own watercraft, you can hire boats or kayaks from Loe Beach, which is just two miles from the Pandora Inn. Go to [www.loebeach.co.uk/hire](http://www.loebeach.co.uk/hire) to find out more. They offer a full briefing as well as advice and tips (and buoyancy aids free of charge) to make your experience even more memorable. Please note there is a charge to use the car park throughout the year, including Sundays, bank holidays and seasonal holidays.

Arriving at the Pandora Inn by water is most picturesque when the tide is high. Check tide times before you set off to make sure that you aren't struggling against the tide on the homeward journey. The Pandora Inn opens at 10:30am and

serves up a delicious array of home baked cakes and hot drinks. In the afternoons and evenings you can look forward to an extensive award-winning menu of locally-sourced food that changes with the seasons. Inside, the ground floor of the pub has plenty of cosy nooks and corners with plenty of secluded areas for you to dine. Outside you can eat at tables overlooking the water's edge, or dine 'on the water' itself – seated on the pontoon. There really is no better way to enjoy this corner of Cornwall than a paddle from Loe Beach to the Pandora Inn!



Photo Credit: Loe Beach Cafe

“Load up the car with canoes or paddleboards and a drybag of clothes and set off for your very own mini adventure.”

“

During the Second World War the Royal Navy used the first chamber at Carnglaze to store its supply of rum for its base at Devonport in Plymouth.”



Photo Credit: Carnglaze Caverns

## CARNGLAZE CAVERNS

If you are intrigued by Cornwall's rich mining heritage then Carnglaze Caverns invites you to submerge yourself (literally) into the county's fascinating mining history by visiting these cathedral-proportioned caves. It is just half an hour's drive to the former slate quarry in the Loveny Valley, and you'll find 8 acres of shaded woodland with an enchanted dell filled with faeries, guarded by loyal dragons and home to hobbits and other wondrous woodland creatures. The three man-made caverns (the lowest of which even has a lake) have a constant temperature of 10 degrees which offers respite from the glare of the Cornish sun as well as a welcome shelter from the rain.

During the Second World War the Royal Navy used the first chamber at Carnglaze to store its supply of rum for its base at Devonport in Plymouth. Local folklore has it that you could smell the rum at the junction with the A38 about 1 mile away! In December 2002 chamber was converted into an auditorium with seating for 400. Due to the shape and height of the cavern, the acoustics are outstanding and highly acclaimed by the local and international artists who have performed here. Check the website before you visit to see who's playing and you might be lucky enough to see a concert here. There is a fully licensed bar open on concert nights, and a catering unit in the gardens serving snack food at most events.

Carnglaze is part of Cornwall's internationally important industrial heritage and when you visit this fascinating attraction you'll find out about the miners' ingenuity and how slate was pivotal for the Industrial Revolution. You will go on a self-guided underground tour (may be guided in high seasons) to learn how the mine was worked, ending at the underground lake with its crystal clear blue/green water. Browse the comprehensive collection of minerals mined and quarried in the South West, after which you will descend a flight of 60 steps taking you about 150m into the hillside and 60m below ground.

For much of the year you will be briefed and equipped with a route plan, safety helmet and rechargeable torch to go on a self-guided tour of the three chambers. Underground are information points which tell the story of Carnglaze and the skill of the miners. In high seasons guided tours may be in operation as there is a limit on numbers allowed in the lower chambers at one time. A great day out for all the family, just half hour from West Carclaze Garden Village.



Photo Credit: Carnglaze Caverns



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Cornish chef, author,  
sustainable living expert  
& TV presenter

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## SEASONAL COOKING WITH James Strawbridge



James Strawbridge (Cornish chef, author and sustainable living expert) lives on the South Cornish coast with his wife Holly and their three young children. When not developing new recipes or directing photo shoots, James can be found foraging for wild food with his family, out at sea gig-rowing for his local club or painting the Cornish countryside. Here he shares with us two delicious recipes for a cosy winter table using the best foods that Cornwall has to offer...

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### JAMES STRAWBRIDGE

Cornish chef, sustainable living expert, and presenter.  
[www.strawbridgekitchen.com](http://www.strawbridgekitchen.com)  
[@jgstrawbridge](https://www.instagram.com/jgstrawbridge)



Photography Credits:  
Lizzie Churchill





## HASSELBACK BUTTERNUT SQUASH SOUP

This dish is great to whip up during your weekend, just tack a few more vegetables onto to your Sunday roast shopping list! Serve as a starter with a sprinkling of toasted seeds and side of local sourdough to mop up every morsel, and stow any leftovers away in the fridge for a simple dinner on a wintery week night when you're longing to sit by the fire as much as possible - the little chilli kick will be sure to warm you up

### SERVES 4

#### Ingredients

1 butternut squash  
1 litre vegetable stock  
100 ml double cream [optional]  
12 sage leaves  
2 shallots, halved  
4 cloves of garlic  
1 tbsp truffle oil  
1 tsp ground paprika  
1 tsp smoked garlic powder  
1 tsp chopped thyme  
½ tsp smoked chilli flakes  
½ tsp cumin seeds  
For the toasted seeds:  
2 tbsp cleaned squash seeds  
2 tsp rapeseed oil  
2-4 cloves of black garlic, sliced  
Pinch of sea salt and cracked black pepper

#### METHOD

1. Preheat your oven to 200°C and start by preparing your squash or pumpkin. Slice in half and scoop out the seeds with a spoon. Keep them to one side to clean and cook later
2. Hasselback the squash by slicing down through the skin in parallel cuts without going all the way through. This increases the surface area and allows room for the oil to drizzle down into the squash. Stuff some sage leaves in the gaps for extra flavour
3. Drizzle with truffle oil and rub in your herbs and spices. Throw in some garlic cloves and shallots and roast on a tray in the oven for 45 mins
4. Clean the pulp from your squash seeds, dry on kitchen roll and toast in a frying pan for 4-5 mins with oil, black garlic and sea salt. Cook until crispy and crunchy
5. Remove the skin from your roasted squash, keeping a few slices back to use as a garnish in the bowl and blitz all the vegetables with stock and a little double cream until smooth
6. Season to taste and serve with the remaining chilli oil from the roasting tray, a slice of roasted squash and your zero waste, umami-packed toasted seeds. Enjoy!



SCAN THE QR CODE TO  
SEE JAMES COOK THIS RECIPE



“

Serve as a starter with a sprinkling of toasted seeds and side of local sourdough to mop up every morsel.”



# CHICKEN AND LEEK PIE

If you fancy a plate of winter warming comfort food, this Chicken and Leek Pie by James Strawbridge is the one for you. A classic family meal that can be made in just 50 minutes. Add greens of your choice and lashings of gravy for a tasty dinner that's fit for a week night after work or a long lazy Sunday lunch with friends. This recipe is so good, it will quickly become a firm favourite.

**SERVES 4**

**Ingredients**

*For the filling:*

- 450g free-range chicken breast, diced
- 6-8 rashers of streaky bacon, thinly sliced
- 200ml Cornish Cider
- 150ml double cream
- 2 leeks, finely sliced
- 1 shallot, finely diced
- 2 cloves of garlic, diced
- 1 tbsp chopped tarragon
- 1 tbsp chopped thyme
- 1 tsp wholegrain mustard
- ½ tsp grated nutmeg
- 50g butter
- 1 tbsp plain flour
- Pinch of Cornish sea salt and cracked black pepper
- 500g shortcrust pastry
- 1 beaten egg
- Flour for rolling

**METHOD**

1. Preheat your oven to 180°C. Sauté your chopped leeks, shallot, garlic and bacon in a large pan with tarragon and thyme for 5-10 mins.
2. Add in the chicken, mustard, nutmeg, salt and pepper and a tablespoon of flour. Cookout the flour for 2-3 mins and then pour in your cider and deglaze the pan.
3. Next stir in the double cream. Cook for 6-7 mins and then allow to cool in a large pie dish while you roll out your pastry.
4. On a floured surface roll out the pastry so that it's roughly 5mm thick and carefully lay over the pie dish. Trim off excess pastry and crimp the remaining around the pie or use a fork to edge the rim. Brush with an egg glaze and bake in the oven for 30-35 mins until golden.
5. Serve with boiled potatoes, savoy cabbage and a chilled glass of Cornish Cider.



SCAN THE QR CODE TO  
SEE JAMES COOK THIS RECIPE







## PEAR TARTE TATIN

For those who don't possess a particularly sweet tooth, you'll certainly relish this slightly savoury tarte tatin, which marries the walnut, pear and salted caramel together beautifully. It's a joy to make - flipping the pastry over to reveal the oozing, caramel coated pears is a highlight! Take great delight in taking generous forkfuls, and adding a dollop of Cornish clotted cream, or a drizzle of double cream - depending on which you prefer of course. Slice and serve with a good pinch of granola, and garnish with some fresh thyme leaves.

### Ingredients

400g puff pastry, flour for rolling  
4 St William pears, thinly sliced  
50g walnuts  
50g butter  
4 tbsp brown sugar  
1 tsp cinnamon  
2 sprigs of thyme  
2 tbsp salt caramel sauce

### To serve:

75ml double cream  
2 tbsp granola

### METHOD

1. Preheat your oven to 200°C. Melt the butter in a skillet or tarte tatin pan and add in your sugar, fresh thyme and ground cinnamon.
2. Caramelize the sliced pears and walnuts for 6-7 mins so that they soften and the sugar bubbles around them in the pan. Then add in your salt caramel sauce, stir and remove from the heat.
3. Roll out the puff pastry and cut into a large circle roughly the size of your pan. Gently press down the pastry around the edges inside the pan to wrap the pears and cover completely. Make a cut in the centre of the pastry to allow steam to escape whilst baking.
4. Bake for 15-20 mins until the pastry rises and turns golden.
4. Allow to cool slightly for 3-4 mins and then cover the pan with a large plate and flip the tarte tatin over in one smooth controlled movement so that it gently comes out of the pan.
5. Slice and serve with a good pinch of granola and a drizzle of double cream. Garnish with some fresh thyme leaves.



SCAN THE QR CODE TO  
SEE JAMES COOK THIS RECIPE





# The Full Report

## Q&A WITH SKY PRIMARY ACADEMY'S HEAD TEACHER, **EMMA VYVYAN**

Emma Vyvyan is the Head Teacher at Sky Primary Academy, a new net zero carbon school that's being created in association with the Eden Project in St. Austell, Cornwall. Before she opens the classroom doors for the very first time in September, we sat down to discuss the vision of the school and what she is looking forward to about teaching at this forward-thinking school.

*Photo Credits: Kernow Learning*







“

We will also be focusing on Cornwall to give a strong local sense of place as well as focusing on global citizenship so it dovetails into the climate and sustainability agenda.”

*First things first, we need to ask when the school is opening?*

We are opening the doors to Sky Primary to the very first pupils this September and we cannot wait to welcome them. The new school and associated Eden Project Nursery will call a temporary building at the Eden Project home for this school year until the building work is complete at our forever home at the heart of West Carclaze Garden Village.

We’re looking forward to being located at Eden this year. We will be maximising opportunities to use the many onsite resources of the Eden Estate including the biomes and then we’ll move into our new net carbon building at West Carclaze Garden Village the following academic year. I would just like to take this opportunity to reassure everyone and stress the point that the school is opening as proposed but the original building contractor appointed by the school went into administration. This has nothing to do with the contractor who’s building the homes at West Carclaze Garden Village.

*How long have you been teaching children in Cornwall?*

I grew up in Cornwall and my family has a long-standing heritage associated with the county. Cornwall is my home and I love everything about it, so I knew after graduating from The University of Cambridge, I wanted to return home to my roots to start my teaching career. Since my very first position in 1998, I have had the pleasure of teaching at many schools including Alverton Primary School in Penzance, St Mary’s RC in Falmouth, Constantine Primary School and recently I have worked in ‘Alternative Provision’ with both primary and secondary children. This has really allowed me to focus on individual needs and help children in more vulnerable positions fulfil their full potential, but it is time for a new challenge which is why I was drawn to Sky Primary Academy.

*What is your vision for Sky Primary Academy?*

To provide an exceptional education allowing children to flourish and experience a curriculum through nature and the outdoors. We’re calling it ‘Pushing Out The Classroom Walls’. This means learning beyond the classroom curriculum, we’re writing our own curriculum in partnership with Eden project, which is a first for Eden and us.

I’m passionate about giving children an outstanding education so they have the very best possible opportunities in life.

*What makes Sky Primary Academy different from other schools?*

Essentially, it’s the exciting partnership with Eden Project and developing a new curriculum that connects learning, wellbeing, and the natural environment. This doesn’t mean that maths, English and science won’t be taught. Early Years Foundation stage framework will still be there as normal and we’ll be using the National Curriculum as the foundations for our curriculum. We will also be focusing on Cornwall to give a strong local sense of place as well as focusing on global citizenship so it dovetails into the climate and sustainability agenda. We hope this will help children be solution focused, positive members of society, who do things differently. For instance, we’re aiming for plastic free packed lunches.

There will be more focus on real life and relevant learning. We also know that outdoor learning has a positive effect on children’s attitudes, interpersonal skills, academic skills, and all areas of learning so whenever we can, we’ll take the classroom outside.

We know other schools will be interested in this approach so we will be offering staff training and we know there will be other academies who we will share this curriculum with.

*How many children will the school be able to teach?*

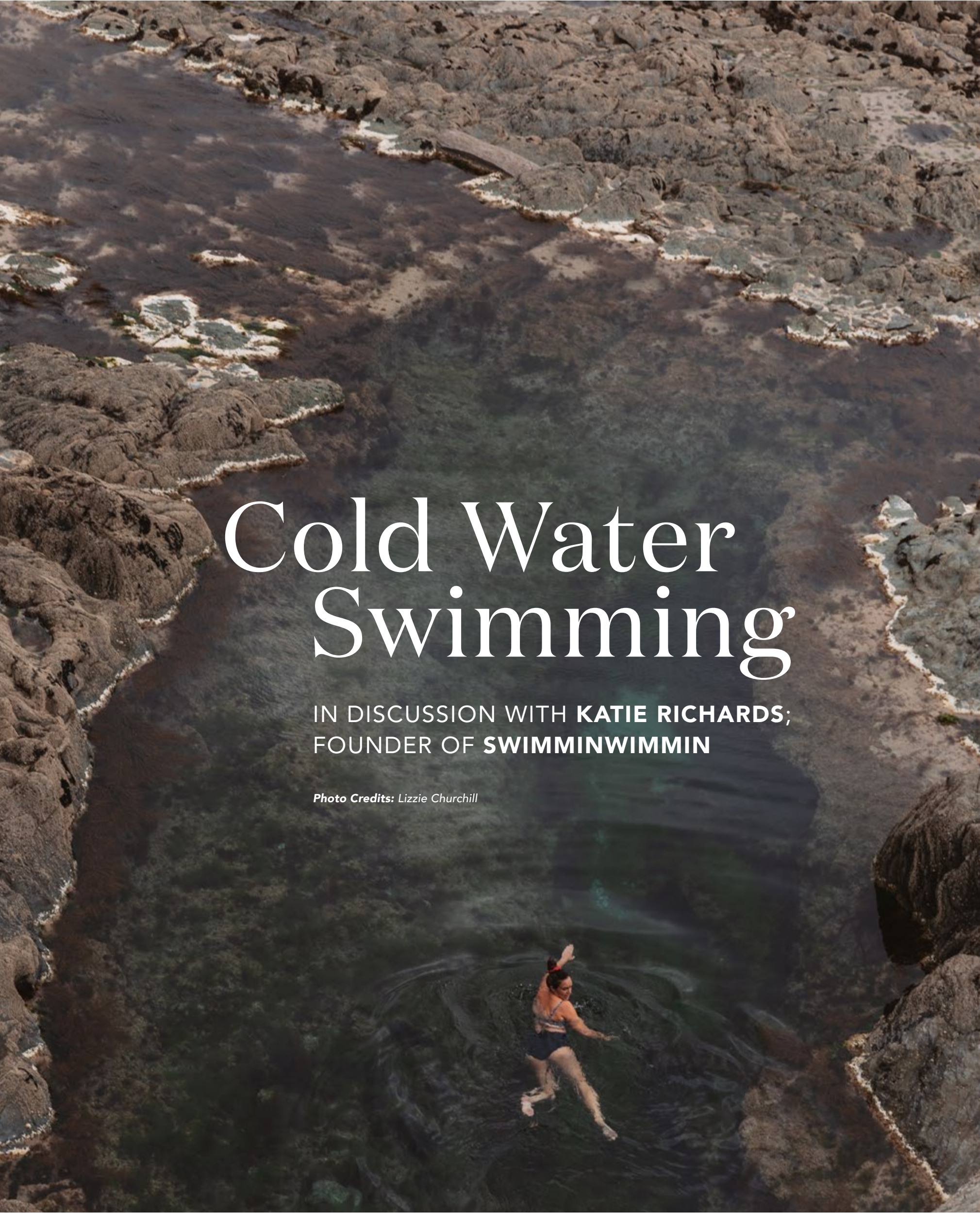
As a new ‘free school’, our intake is for 30 reception aged children. This is a deliberate decision to just take this age group so we respect the other local schools in the area. We want to make sure families that come to use are within our catchment so older children in existing schools don’t move across leaving classes empty. As West Carclaze Garden Village grows, so will the school. We will also eventually be there for the surrounding local community who would like to come to us too.

In our nursery, we will be able to take 15 children in any one session aged 3 – 4 years old. Once the school is fully operational, the capacity will be for 210 children with the possibility of an extension to increase the capacity to 420 children in total.

*What do you hope the school will do for the local area?*

Bring a community together. As a school, we want to generate a new community, even if people aren’t at our school, we want to help build the community at West Carclaze Garden Village. It’s one of my greatest responsibilities to achieve this.





# Cold Water Swimming

IN DISCUSSION WITH **KATIE RICHARDS;**  
FOUNDER OF **SWIMMINWIMMIN**

*Photo Credits:* Lizzie Churchill

We recently had the pleasure of meeting Katie Richards who founded Cornwall’s largest female only cold water swimming group, Swimminwimmin. Following an invigorating, morning dip, we caught up over some post swim lunch to discuss the benefits of this increasingly popular ocean activity, Katie’s reasons for beginning the group, the unique sense of community it brings, and how you can get started...



*How did you find people to go with?*

‘I was on a few local Facebook groups so I put out a post saying that I’d like to go swimming and wondered if anyone might like to join, as I thought it was safer than going alone and would have appreciated the adult company at that point in my life. I thought that at least one person may answer but within an hour I was inundated with over 100 messages from women who also wanted to do it. As I was going through them I realised that many of them wouldn’t work out as they were either based outside of Newquay or could only do times that were different from me so I decided to just schedule a date and see who turned up.

The date was set for a freezing cold day in January. The weather was utterly miserable and I thought no one was going to turn up but when I walked down to the beach I couldn’t believe that 26 women were standing there on the beach, waiting to go in. These days, this is a common sight at beaches across Cornwall even in the wildest weather but when I started three years ago, it was a rare scene.

After that first day, we started meeting regularly. I wanted it to be as inclusive as possible so I organised different meets at different times of the day, on different beaches. We organised swims in the harbour, by mermaid pools and rock pools for those who didn’t like the waves, and we had open water swims for those who felt more confident. It was important to me that there was an access point for everyone who wanted to give it a go. We quickly became the largest cold water swimming community in the UK.’

*How did the Covid lockdowns impact you?*

‘This is when we really saw the wonderful impact of the community we had created. People were checking in on each other, dropping food off to those who were isolating, and we fundraised too (and still do, it’s a huge part of what we do). The online community we had built took on a life of its own and as the restrictions began to ease, we organised bubbles and began swimming together again. This was a huge relief for many of the members of our community who had spent the whole of the period completely alone.’





*Your group is called Swimminwimmin. How would you describe the community you have built?*

'It's a female only, safe space for women to connect over a love for cold water swimming (or at least a curiosity about it). We fundraise and give back to our community. So far we've raised over £28,000 for local Cornish charities. We've partnered with Newquay Marine Group, we do beach cleans, we run water safety and first aid classes. Our project this year is about getting more defibrillators installed locally and training those who work close to them in how to use them.

Our community is passionate and powerful. We now host coffee mornings and breakfasts and many of the women meet outside of swimming but cold water is at the heart of these women and it's the common denominator that connects us all. There's something about the cold water element that makes you challenge yourself and you connect more deeply with those around you who are also challenging themselves and being vulnerable in the elements with you. It's truly transformational.'

*Have you found that cold water swimming impacts women's body confidence?*

'Hugely. Body confidence for women is huge. From very early on in life many women are often told that their bodies are not good enough and this develops insecurities that lead to women not wanting to go in the sea simply because they can't face the thought of getting into a swimming costume in front of people. At Swimminwimmin, we're body neutral. We don't comment on people's bodies. We don't tell them they're looking good because you never know what their journey is.

They may have lost weight because they're ill or maybe they have been trying hard to lose weight but the person next to them is struggling, so we just don't comment. Body neutrality is key. We focus on the swimming, the conversation, how powerful we are individually and as a group. The way our bodies look seems like such a pointless conversation once you've witnessed one of our swims. That's why we have women who have never swam with their own children, never got into a swimsuit in over 30 years and now they swim with us daily and take their grandchildren swimming. Their lives have opened up so much more as a result of our swimming together.'

*How do you think people feel when they see you all gathered on the beach?*

'I remember last summer we met on the beach to do one of our daily swims. It was the summer holidays so the beach was more packed than it usually would be and we had a very different demographic to the dog walkers and surfers we usually see. We met at the slipway onto the beach and got changed and then walked down the beach towards the water. Our age range was teenagers up to 80 years old. We were all exposed in swimwear but as I walked behind the group there was not one hand covering any body parts.

No one was looking at anyone else that wasn't a member of the group. There was no arrogance in their body confidence, just laughter, joy and community and I think that anyone watching that day would have had to admit that scenes like that are fairly powerful these days in a world where people can be judged. I think most people watching think it's pretty inspiring.'

*What would you say to anyone thinking of going cold water swimming or considering starting their own cold water swimming group?*

'If you're thinking about starting swimming don't overthink it. Search online for groups near you that you can join and tag along to one of their sessions. If there isn't one close to you just do what I did and put a post out to ask if anyone might like to join or pull a few of your friends together to join you. If you'd like to start a group just do it. It can be as big or as small as you want it to be and can take up as much or as little time as you have.

Find a buddy to help you and spread the load of organising and don't take all the responsibility. We are now a registered CIC but we're not insured to take people swimming. We're not cold water swimming guides. Keep the focus social, people own the responsibility themselves. You'll gain friendships, confidence and community that you haven't found elsewhere, I promise.'



DATES FOR YOUR DIARY

# What’s on in Cornwall During Winter?

We all know that Cornwall is a popular hot spot during the balmy summer months. People flock here from all over to experience the golden beaches, tropical climate and characterful harbour towns for which Cornwall is famed.

However a certain golden glow enshrines Cornwall during the autumn and winter months and we think it is then that it really comes into its own. The beaches are quieter, the roads less frantic, and it’s almost as though the natural world breathes a sigh of relief, thanking us for the respite from summer with a dazzling display of reds, bronzes and golds.

September is often when the best weather (and the best surf) graces Cornwall and, with the kids back at school too, you can really enjoy everything our great county has to offer at a slower pace. There is so much to see and do here in Cornwall during winter, here is a selection of our highlights to look forward to this year.

Lowender Peran  
26th-30th October



Photo Credit: Lowender Peran



Mousehole Christmas Lights  
December - January

10-24TH SEPTEMBER  
ST IVES SEPTEMBER ARTS FESTIVAL

If you are looking for a hearty dose of the arts this Autumn, the St Ives Arts Festival will fulfil all of your art and culture needs. This two week celebration of music and art descends on St Ives every September and is a lively celebration of the local talents found here in our diverse county. With local folk legend Seth Lakeman headlining at the Guildhall on 11th September, you can also look forward to a bevy of artistic delights. The festival brings together all the very best mediums of expression, from music to poetry, from crafting to history talks, there is something for everyone in Cornwall’s arts and culture capital.  
[www.stiveseptemberfestival.co.uk/](http://www.stiveseptemberfestival.co.uk/)

1ST-2ND OCTOBER  
CORNWALL HOME IMPROVEMENT SHOW

This October Wadebridge Showground welcomes back the Home Improvement Show for the 9th year. With inspiration for interiors, renovations, new homes, renewables and gardens too, there’s so much to see and do at this brilliant addition to the Cornish events calendar. There’s even a ‘Bite of Cornwall’ food and drink market, licensed bar and quality cafe so you can really make a day of it.  
[www.cornwallselfbuildshow.co.uk/](http://www.cornwallselfbuildshow.co.uk/)

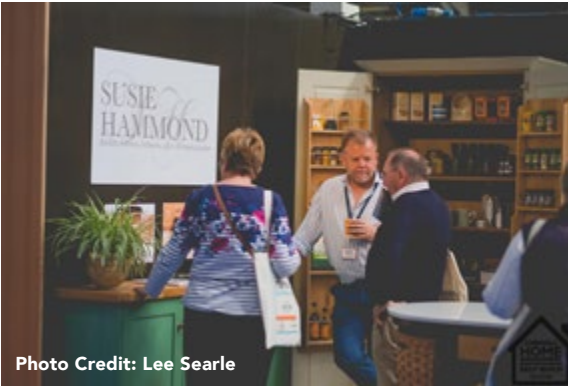


Photo Credit: Lee Searle

13TH-16TH OCTOBER  
FALMOUTH OYSTER FESTIVAL

Devoted to the mighty mollusc, Falmouth Oyster Festival is one of Cornwall’s biggest and most-loved specialist food events. Whether you love them or hate them, oysters are a special Cornish delicacy and this festival celebrates the diversity of Cornwall’s seafood with four days of feasting and festivities. With live cookery demonstrations, an eclectic mix of music, and an arts and crafts market bursting with local goodies, you’ll be spoiled for choice with things to see and do at this annual celebration of the sea.  
[www.falmouthoysterfestival.co.uk/](http://www.falmouthoysterfestival.co.uk/)



Photo Credit: Falmouth Oyster Festival

26TH-30TH OCTOBER  
LOWENDER PERAN

Lowender Peran is Cornwall’s premier Celtic festival, celebrating Cornish cultural identity and its links with the other Celtic nations of Scotland, Ireland, Isle of Man Wales and Brittany. Dancers and musicians from the Celtic world join the Cornish in three days of concerts, singing sessions, ceilidhs, storytelling and dance displays. There are also a series of workshops and talks where you can learn a song in Cornish, try your hand at a Highland Fling or Irish step dance and explore some of the history behind Cornwall’s traditions. It all takes place at Newquay’s Hotel Bristol.  
[www.lowenderperan.co.uk/](http://www.lowenderperan.co.uk/)



Photo Credit: Lowender Peran

19TH NOVEMBER  
THE LOBSTER LOLLOP

Runners will love the chance to join a collection of like-minded individuals this Autumn, and all for an amazing cause. The Lobster Lollop is a no pressure trail run in support of the National Lobster Hatchery in Padstow. Take part in a timed run out and back along the famous Camel Trail, starting and finishing in Padstow. You can choose your distance: 2.5k, 5k, 10k or 10 miles. There are no cut off times, every runner will receive a medal and there will be awards for the top finishers in each distance. There will be a prize for the best Lobster fancy dress on the 2.5k run! Show your medal on race weekend to gain free access to the Lobster Hatchery. A great event for all the family.  
[www.purplegeckoevents.co.uk/lobster-lollop/](http://www.purplegeckoevents.co.uk/lobster-lollop/)



Photo Credit: Jenny Hill, Unsplash

1ST-4TH DECEMBER -  
PADSTOW CHRISTMAS FESTIVAL

Padstow Christmas Festival is one of the largest in the UK and returns this year after a 3 year hiatus due to the pandemic. Look forward to a weekend of fun and foodie-filled festivities with chef demonstrations from Stein, Outlaw and Ainsworth (among others), a food and craft fair and so many delicious local delicacies to try and buy. This is a huge event in the Cornish event diary and certainly not one to miss.  
[www.padstowchristmasfestival.co.uk/](http://www.padstowchristmasfestival.co.uk/)



Photo Credit: Padstow Christmas Market

DECEMBER  
SANTA BY STEAM

All aboard! It might not be the Polar Express, but Bodmin and Wenford Railway’s popular Santa by Steam trips are full of festive cheer. The experience includes a special one hour return journey on a steam-hauled train, a mince pie and seasonal drink for adults, with presents for the children. Santa by Steam usually runs on selected dates from 1 December – 24 December – check the Bodmin and Wenford Railway website for details.  
[www.bodminrailway.co.uk/things-to-do/events/](http://www.bodminrailway.co.uk/things-to-do/events/)



Photo Credit: Bodmin & Wenford Railway

DECEMBER-JANUARY  
MOUSEHOLE CHRISTMAS LIGHTS

Cornwall’s Christmas lights are quite simply spectacular. The pretty fishing village of Mousehole is best known for its Christmas lights and draws thousands of visitors each year. Started in 1963, the Mousehole Harbour Lights are switched on each December, illuminating the village until early January. The tiny winding streets are illuminated with a blaze of colour, while down at the harbour, the water reflects the lights beautifully. The displays are inspired by Cornwall’s maritime heritage, with sea serpents, fishing boats and whales to name just a few.  
[www.mouseholelights.org.uk/](http://www.mouseholelights.org.uk/)



Since TV chef Rick Stein set the seaside-bistro blueprint 45 years ago, Cornwall has seen a foodie movement emerge, and the Cornish food scene is now stronger than ever before. Perhaps it's to do with Cornwall's subtropical climate and bountiful waters which make the local produce so unique and brings world-class chefs in their droves.

## Cornwall's Buzzing Food Scene

Once upon a time they grew pineapples here, peaches, too, and it is the sort of miraculous microclimate that bewitches even the most cynical of city folk and offers up a bounty of the finest produce to inspire. Today a new breed of London-jaded chefs are celebrating all things homegrown, muddying their boots and chasing after-work surf instead of Michelin stars. Although we can boast a few of those too. Here we shine a light on some of the movers and shakers in the Cornish food scene and discover just what makes our corner of the UK so deliciously tempting.



Photo Credit: Jam Jar Jess

### COOMBESHEAD FARM, LEWANNICK

Arguably one of Cornwall's best farm-to-fork restaurants, Coombeshead Farm is run by two of the UK's top chefs, April Bloomfield and Tom Adams. This indomitable duo have teamed up to create the ultimate Cornish farmhouse feast hidden down winding Cornish lanes near Lewannick in South East Cornwall. The five-bedroom Georgian guesthouse and dining room sits among 66 acres of rolling hills and hidden valleys and is a real treat for those who covet a true locally-sourced experience; you won't find olive oil or citrus here - everything is grown/reared right here on the farm. The farm shop and cafe is available to anyone to take seat or browse the shelves Thursday - Sunday 10 - 5pm each week. Dinner bookings are sometimes required up to 6 months in advance so be sure to book early so you don't miss out on this very special slice of culinary heaven.

[www.coombesheadfarm.co.uk/](http://www.coombesheadfarm.co.uk/)



Photo Credits: Coombeshead Farm

### UGLY BUTTERFLY, CARBIS BAY

In a stunning Cornish Atlantic setting, just a mile from St Ives, Ugly Butterfly restaurant and bar offers spectacular views across one of the world's most beautiful coasts, Carbis Bay. The sound of the ocean and the simplicity of perfectly-cooked local food makes you forget you're even in the UK. Ugly Butterfly showcases chef Adam Handling's passion for converting locally-sourced, quality ingredients into beautifully-presented dishes, packed full of flavour. Scottish-born, chef Adam Handling didn't always have a love for food but his passion, drive and determination saw him start his apprenticeship at the prestigious Gleneagles Hotel, in Scotland - at the age of 16 - and he never looked back. Adam's cooking is all about celebrating the incredible produce he uses - his dishes are packed full of flavour to really make those ingredients shine.

[www.uglybutterfly.co.uk/](http://www.uglybutterfly.co.uk/)



Photo Credit: John Hersey Studio



THE LONGSTORE, CHARLESTOWN

Alongside the jostling sails of the tall ships which are moored in the historic and picturesque harbour of Charlestown sits the Longstore; a modern restaurant which is putting this corner of Cornwall on the foodie map. Local seafood is high on the agenda here; The Longstore smokes its own mackerel, which is served with beetroot and horseradish croutons, and mussels from St Austell Bay, just down the road, are served with Cornish cream, parsley and white wine. Lunch is served from 12pm to 3pm and dinner from 5.30pm till late. It's definitely worth booking in the summer months as this relaxed, modern restaurant is ever popular due to its gastro celebration of the sea.

[www.thelongstore.co.uk/](http://www.thelongstore.co.uk/)



Photo Credits: The Longstore

THE JAM JAR KITCHEN, CRANTOCK

Tucked under a canopy of grape vines, you'll find The Jam Jar Kitchen deep in the heart of Crantock village not far from Newquay. Set within the courtyard of a pretty stone cottage (owned by 'Jam Jar Jess' as she is known locally), mornings here are made for gorging on coffee, mouth-watering homemade cakes and croissants fresh from the bakery up the road. Late afternoon sunshine calls for local ice-cream, and as the warm summer evenings descend you can enjoy a freshly made artisan pizza paired with a glass of wine. This charming cottage kitchen boasts a pared back vibe and a big dose of Cornish hospitality. What's not to love?

[www.jamjar.cafe/jam-jar-kitchen](http://www.jamjar.cafe/jam-jar-kitchen)



Photo Credit: Jam Jar Jess

APPLETON'S, FOWEY

Former head chef of Jamie Oliver's Fifteen Cornwall, Andy Appleton has created this exciting foodie hotspot that quickly became one of the best restaurants in Cornwall when it opened in 2016. The emphasis here is on sourcing, selecting and showcasing the finest seasonal ingredients from right here in Cornwall. The ever-evolving menu spotlights dishes that celebrate the best of Italy and Cornwall, from 'Nduja stuffed olives to squid ink linguine with Cornish crab. There is a buzz at Appleton's - split across two levels, guests can also sample artisanal wines, spirits and beers in the bars. Heaven.

[www.appletonsrestaurant.com/](http://www.appletonsrestaurant.com/)



Photo Credits: Appleton's bar & Restaurant

PADSTOW KITCHEN GARDEN  
POP UP FEAST NIGHTS, PADSTOW

Amidst the outstandingly beautiful Trerethern Farm on the North Coast of Cornwall, lies Padstow Kitchen Garden: 4 acres of land nourished, nurtured and tended-to by 6th generation farmer and former Stein's head-chef, Ross Geach. Ross writes a monthly column in the gardening section of the Telegraph, appears monthly on Radio Cornwall's Gardenline and was featured on Countryfile. Taking inspiration from foodie travels and knowledge from a 'cheffing' background, Ross holds occasional foodie feast nights which are ever-popular so booking is advised. Talented chef Ross ensures the menu is never the same and everything is cooked outdoors on the Big Green Egg or the OFYR fire pit, giving the food a delicious smoky flavour. These events don't just aim to wow and entertain guests, they also look to inform and educate people on the importance of high welfare and seasonality. A true one-off experience.

[www.padstowkitchengarden.co.uk/](http://www.padstowkitchengarden.co.uk/)



Photo Credit: Padstow Kitchen







# Cornish Companies

## Atlantic Blankets

Outdoor / Lifestyle

Blankets designed in Cornwall and made sustainably in the British Isles, each one carrying the essence of the Atlantic in its soft fibres.

[www.atlanticblankets.com](http://www.atlanticblankets.com)  
[shop@atlanticblankets.com](mailto:shop@atlanticblankets.com)

## Bee Retro

Homewares

Bee Retro Wraps are all handmade in Cornwall with locally produced high quality wax from hives not far from where we make them. Simple, clean and environmentally friendly.

[www.beeretro.co.uk](http://www.beeretro.co.uk)  
[hello@beeretro.co.uk](mailto:hello@beeretro.co.uk)

## Bloomtown

Beauty

100% palm oil-free, vegan & cruelty-free body and skincare, hand-crafted in Falmouth.

[www.bloomtown.co.uk](http://www.bloomtown.co.uk)  
[info@bloomtown.co.uk](mailto:info@bloomtown.co.uk)

## Copperfish Distillery

Food & Drink

Copperfish Distillery is the home of the Copperfish and Looe Gin brands. Made with passion and pride for great tasting spirits in small batches.

[www.copperfishdistillery.co.uk](http://www.copperfishdistillery.co.uk)

## Cornish Milk Mineral Paint

Interiors

A Cornish handcrafted mineral paint, which is environmentally-friendly and made without the use of solvents/toxins found in traditional paints.

[www.cornishmilkmineralpaint.co.uk](http://www.cornishmilkmineralpaint.co.uk)  
[hello@cornishmilkmineralpaint.co.uk](mailto:hello@cornishmilkmineralpaint.co.uk)

## Dick Pearce & Friends

Outdoor / Lifestyle

Sharing their passion for surfing as it was meant to be: without the fuss, with all the fun. Sustainable wooden bellyboards, clothing and more.

[www.dickpearce.com](http://www.dickpearce.com)  
[jamie@dickpearce.com](mailto:jamie@dickpearce.com)

## Digital Natives

Media

A creative digital marketing agency who specialise in social media working with inspiring, exciting lifestyle brands to help them get the attention they deserve.

[www.digital-natives.co.uk](http://www.digital-natives.co.uk)  
[hello@digital-natives.co.uk](mailto:hello@digital-natives.co.uk)

## Ebb Flow Cornwall

Outdoor / Lifestyle

Inspired by life in the wilds of the West Cornish peninsular, they source beautiful products for a spirited life outdoors. Bright, natural and versatile, they compliment the less-is-more ethos to life.

[www.ebbflowcornwall.co.uk](http://www.ebbflowcornwall.co.uk)

## Elemental Gin

Food & Drink

Established in 2013, Elemental Cornish Gin was one of the first gins to be exclusively distilled and bottled in Cornwall in over 300 years. A classic, premium gin with a beautiful bottle that pays tribute to the elements, Cornwall and their traditional methods of distillation.

[www.elementalgin.co.uk](http://www.elementalgin.co.uk)  
[elemental@cornishgin.co.uk](mailto:elemental@cornishgin.co.uk)

## Harbour Brewing Company

Food & Drink

Reflecting the land (and shores) from where it comes from, and taking the best raw ingredients - awesome hops, Cornish spring water tapped straight from the source - and bringing them to life through dedication to technique.

[www.harbourbrewing.com](http://www.harbourbrewing.com)  
[orders@harbourbrewing.com](mailto:orders@harbourbrewing.com)

## Haywood Farm Cider

Food & Drink

Located near the beautiful village of St Mabyn in North Cornwall. They are traditional cider makers, growing, pressing and fermenting all of our ciders and juices on the farm.

[www.haywoodfarmcider.co.uk](http://www.haywoodfarmcider.co.uk)  
[tom.haywood@hotmail.co.uk](mailto:tom.haywood@hotmail.co.uk)

## Josh's Chocolate

Food & Drink

Made in Cornwall with quality ingredients and delicious flavours, beautifully presented with illustrated packaging.

[www.joshschocolate.co.uk](http://www.joshschocolate.co.uk)

## Kernow Crayons

Children / Craft

Children can have fun and learn while drawing and colouring in with uniquely designed non toxic Kernow Crayons. These crayons are shaped in favourite creatures and characters.

[www.kernowcrayons.co.uk](http://www.kernowcrayons.co.uk)  
[kernowcrayons@outlook.com](mailto:kernowcrayons@outlook.com)

## Knightor Winery

Food & Drink

A working winery situated amongst four acres of vineyards and orchards perched above St. Austell Bay. From weddings and events to wine tours and tastings.

[www.knightor.com](http://www.knightor.com)

## Lizzie Churchill Photography

Media

Working with brands, publishers and creative agencies across Cornwall and the UK.

[www.lizziechurchill.com](http://www.lizziechurchill.com)

## Lobbs Farm Shop

Food / Drink

The Lobb brothers pride themselves on producing premium-quality, Cornish grass-fed Beef & Lamb. They also grow a variety of vegetables too. These, together with a huge range of other Cornish and Westcountry produce is available to buy in their Heligan shop, with the majority of products also available online.

[www.lobbsfarmshop.com](http://www.lobbsfarmshop.com)

## Open Surf

Outdoor / Lifestyle / Food & Drink

Surfboards, shaping workshops, surf hardware, plants and strong coffee.

[www.open.surf](http://www.open.surf)  
[hello@open.surf](mailto:hello@open.surf)

## Potterbeans

Food & Drink / Homewares

Artisan pottery and coffee roasters Potterbeans, thoughtfully source the finest exotic flavours from around the world for roasting right here in Cornwall with local, sustainably sourced and carbon neutral wood to maximise the exquisite taste.

[www.potterbeans.coffee](http://www.potterbeans.coffee)  
[sales@potterbeans.coffee](mailto:sales@potterbeans.coffee)

## Pixel Rain

Media

A video production company who capture videos that inspire, create films worth sharing and craft stories that leave a lasting impact.

[www.pixelrainfilm.com](http://www.pixelrainfilm.com)  
[hello@pixelrainfilm.com](mailto:hello@pixelrainfilm.com)

## Seakisses

Homewares / Outdoor / Lifestyle

They sell a wide range of gifts and practical products for your kitchen, beach life, home and beach dog. A stylish twist on seaside living.

[www.seakisses.co.uk](http://www.seakisses.co.uk)  
[hello@seakisses.co.uk](mailto:hello@seakisses.co.uk)

## St Eval Candle Co.

Homewares

St. Eval craft candles inspired by nature using traditional methods and sustainable production on their farm in North Cornwall.

[info@st-eval.com](mailto:info@st-eval.com)  
[www.st-eval.com](http://www.st-eval.com)

## Studio Lowen

Homewares / Lifestyle

Studio Lowen was created by artist / illustrator / designer Lisa Claire Stewart, inspired by the sea and the natural world around her.

[www.studiolowen.com](http://www.studiolowen.com)

## The Cornish Cheese Co.

Food & Drink

Based on the edge of Bodmin Moor, they have been producing artisan award winning cheeses for 20 years. They produce Cornish Blue, a soft creamy blue cheese made from cows milk and Cornish Nanny, a soft blue goats cheese.

[enquiries@cornishcheese.co.uk](mailto:enquiries@cornishcheese.co.uk)  
[www.cornishcheese.co.uk](http://www.cornishcheese.co.uk)

## The Little Naturalists Club

Children / Craft

Monthly nature subscription boxes for children aged 3 - 10 years old and their parents. Fuel their curiosity.

[www.littlenaturalistsclub.co.uk](http://www.littlenaturalistsclub.co.uk)  
[info@littlenaturalistsclub.com](mailto:info@littlenaturalistsclub.com)

## Trenance Chocolate

Food & Drink

Luxury hand made chocolates. They believe everyone should have chocolate in their lives and have made it their mission to produce chocolates that appeal to all ages, tastes and diets!

[www.trenancechocolate.co.uk](http://www.trenancechocolate.co.uk)  
[sales@trenancechocolate.co.uk](mailto:sales@trenancechocolate.co.uk)

## Wild Cornish Soap

Beauty

Traditional artisan cold process soaps handmade in Cornwall using ethically sourced, wild and natural ingredients.

[www.wildcornishsoap.co.uk](http://www.wildcornishsoap.co.uk)  
[hello@wildcornishsoap.co.uk](mailto:hello@wildcornishsoap.co.uk)

## HAVE YOU GOT AN ETHICAL, SUSTAINABLE OR ARTISAN BUSINESS?

If you're a creative crafter or local business owner, or know a business that you love, we'd love to have you on our list, so that we can spread the word about the companies that make life feel good in Cornwall!

Email us and let us know!  
[hello@westcarclaze-gardenvillage.co.uk](mailto:hello@westcarclaze-gardenvillage.co.uk)



A unique lakeside community based on the best of traditional values, with health & sustainability at its core. West Carclaze Garden Village is built around the unique and historic china clay landscape of St Austell, enjoying far reaching views towards the coast.

Feel good about your future, your family, your health & well-being, with homes priced to be attainable, and everything you need conveniently close at hand.

*life feels good*

LAST FEW PROPERTIES AVAILABLE IN PHASE 1

For further information contact

[sales@westcarclaze-gardenvillage.co.uk](mailto:sales@westcarclaze-gardenvillage.co.uk) or call the agents on 01208 74888





*life feels good*

Our printers source all of their paper from responsibly managed forests and producers that have met a strict set of environmental and socially responsible standards.

This issue of Life Feels Good is printed on 52gsm recycled paper – 100% recycled and made from UK-sourced recycled material, and is FSC, PEFC and Blue Angel certified, using VOC free inks.

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DESIGN

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[www.garciaandpartners.co.uk](http://www.garciaandpartners.co.uk)

WORDS

Digital Natives  
[www.digital-natives.co.uk](http://www.digital-natives.co.uk)

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[www.lizziechurchill.com](http://www.lizziechurchill.com)

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