

# MABE MATTERS

A community newsletter funded by Mabe Youth and Community Project and Mabe Parish Council to provide news, share views and publicise events. Printed by Reprographics at Penryn Campus.

## Community News

### Damage and Vandalism

We are experiencing problems in the play area, skateboard park and the football field with criminal damage to the fencing, children climbing on the container, damaging the wall with the potential danger of falling rocks, and litter thrown everywhere.



*Damaged fence in the playpark*

#### Inside:

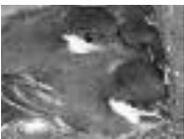
*Community News p.1-9*



*Diary & What's On, p.10-13*



*Mystery solved! p.16*



MYCP is a charity, run by volunteers, which provides recreational and leisure facilities for the people of Mabe, but we don't have unlimited resources.

Recent work to repair the football pitch cost over £1,000 but the turfs were lifted and the protective fencing moved by vandals.

Several volunteers have been abused by children who have been misusing the facilities and as a result have declined to do anymore maintenance on the playpark.

This is not public land and MYCP may be forced to close the outside facilities if this abuse and misuse continues.

Any help with monitoring the area, particularly during the school holidays, would be welcome and in particular everyone is asked to take their litter home with them. Contact: [mabeycp@hotmail.com](mailto:mabeycp@hotmail.com)

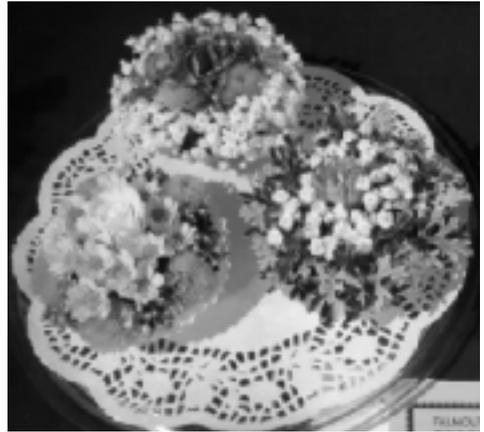
*Barbara Hewett-Silk, Chair, MYCP*

# Mabe Garden Club triumphs at Falmouth Spring Flower Show

Mabe Garden Club's team of Carol Bailey, Val Bidgood, Sonja Wood and Marion Thomas were delighted to win Best Display in Show at this year's Falmouth Spring Flower Show, for which they received a voucher for bulbs from Ron Scamp, as well as the George Sowden Trophy for the third year in a row and a host of other prizes.

Meetings take place at MYCP Hall and commence at 7.00 p.m. Guests (£2) and new members are always welcomed to our friendly club.

For further information, please contact Sue Mitchell on 01326 376418.



*Carol Bailey gained Second Prize for her 'Cupcake' floral arrangements*



*Val Bidgood won a few sections including: a flowering shrub (Pieris), below, a collection of four cacti in pots not to exceed 4.5 inches, above right, and an orchid, above left*



*Val Bidgood & Carol Bailey received the George Sowden Trophy for their section 'A Spring Cottage Garden' and won 'Best Display in Show'*

## Mabe teenager shaves head in memory of friend

Mabe teenager, Connor Robertson has had his head shaved in memory of one of his best friends who died from cancer less than a year after being diagnosed.

On Friday, Connor, 17, returned to Penryn College, where he and Charlie Ingham had been students until last year, so that sports teachers Charlie Davis and Jake Ash could take up the clippers and shave half his head each.

The teenager had been growing his hair since Christmas after deciding to raise money for CLIC Sargent in support of Charlie who had been diagnosed with a large germ cell tumour in his chest in December.

Sadly, Charlie, who had moved away after finishing school last year, died on June 2 before Connor had had a chance to arrange the head shave.

Even more determined, Connor sprang into action and organised to return to the college the day after Charlie's funeral to carry out his promise. "I had known him since I was four and we got to be very good friends," said Connor. "Last summer he had a cough that got worse and then in October/November time he had pneumonia and then about three weeks before Christmas he discovered he had lung cancer."

Charlie, like Connor, a former pupil at Mabe School and Penryn College, completed four courses of chemotherapy and then had surgery to remove the tumour from his chest. His condition, however, con-



*Football coach Jake Ash shaves Connor's head for CLIC Sargent*

tinued to deteriorate and he died at Wythenshawe Hospital aged just 17.

Writing on his JustGiving page, Connor's family said: "Charlie was the bravest person we knew, we felt lucky to have known him, his personality, sense of humour is something we will never forget. We as a family are shocked and devastated by this."

On Friday, dozens of students cheered Connor on as hair fell to the floor. His mum, Claire, a former hairdresser, started things off and then Mr Davis and Mr Ash took over and finished the job. Also there to support Connor were his grandparents Garry and Gloria Pidwell, of Penryn.

Donations made by students and staff on the day totalled £105, bringing the amount raised so far to £1,215. Anyone wishing to donate should go to: [www.justgiving.com/connor-robertson15](http://www.justgiving.com/connor-robertson15).



## Panto time again

After the success of Sleeping Beauty we have decided to put on another pantomime in April 2016. Under the working title of Snow White and the Seven D's, the script is currently undergoing a "mabelisation."

We are keen to recruit new members to the group - so if you would like to have a try at acting, singing, dancing or backstage work - please get in touch with our producer Barbara on 01326 372124 or our new director Tasha on tasha19@hotmail.co.uk.

We will put you on our contact list and send out a script as soon as it is ready. Our plan is to have a meeting on September 6 to discuss parts, re-

hearsals and performances.

We had a great time last time, new friends were made, new talents were discovered - why not come and be part of it?

## Bags2School



Thank you to everyone who donated to the last Bags2School collection, you helped raise just under £272 for the school. Can we raise the same again?

You should receive a Bags2School collection bag with your next issue of Mabe Matters (October). Collection will be on 16 October so all bags must be returned to Mabe School before 9am on October 16.



*Mabe School's Class 3 enjoyed a field trip to Castle Beach recently. Pupils took part in various activities, including a scavenger hunt, rock pooling, and sand sculpting. Above: Becky and Naomi put a lot of thought into the design of their sea turtle.*

# Parish Council news



The Parish Council has resolved to aim to achieve a reduction in speed limits in and around the village (to 20mph and 40mph respectively) and to introduce 'average speed cameras' along the section of road between Longdowns to the village.

Members hope that these changes would result in significant improvements in safety, a reduction in the number of drivers using the village as a 'rat run'. These are long term aims for which funding will have to be found.

Residents living close to Antron Way are likely to have noticed clearance work (including the removal of Cornish hedges) that has been undertaken in the field at the top of the road.

The work has been reported to

## Access from St Aubyn Park

Members of the Parish Council and MYCP are to meet to try to find agreement about a path from the new estate into the village.

MYCP chair Barbara Hewett-Silk said "I was sad to see both Taylor Wimpey and Cornwall Council have walked away from this problem, which in fact, they both had a hand in creating. They both seem to think MYCP should give away the land for

Cornwall Council's planning enforcement team, but at least for the time being, their response is that it is not expedient to take any action.

About 12 months ago the site was the subject of a planning pre-application - where a landowner or developer 'sounds out' the planning authority on the possibility of developing a site. At that time the 'pre-app' referred to the site being used for a possible housing development. However, a full planning application is yet to be made.

By September 2016 there could be a new sports facility and nursery on the Penryn Campus and both would be available for community use. Both are the subject of a planning application made on behalf of the universities - Exeter and Falmouth.

You can find out more about the application through Cornwall Council's online planning register. The application reference number is PA15/05234. *Richard Scrase*

a path without any recompense. The members of MYCP worked hard to raise the funds to buy this land, and don't see why a large company should assume that they can use it instead of providing a proper play area in the new estate".

It is hoped that an agreement can be reached.

*Barbara Hewett-Silk, Chair, MYCP*  
Don't forget to 'like' the Mabe Facebook page: [www.facebook.com/mabeburnthouse](http://www.facebook.com/mabeburnthouse)



## Wet times at school fete

Mabe CP School held their Grand Summer Fete on Friday 3 July this year, marking a departure from the usual Saturday fete.

There were book, toy and bric-a-brac stalls, as well as an adult tombola, children's tombola, bouncy castle, hair braids, face painting, nail saloon and various games to try. Not to mention the raffle of course, whose 1st prize of £50 was won by Parish Councillor Tessa Kingsley.

Head teacher, Paul Hayes, and Class 4 teacher, Adrian Mutsaers, volunteered to be put in the stocks and have wet sponges thrown at them for a price, but Mr Hayes definitely got more than he bargained for (see

photo below)!

The fete raised £892.31, which will go towards school trips, and the school would like to thank all those who came along and supported them.

## Midsummer madness

Another great evening at Carnsew Farm raised almost £2,750 for the chosen charities.

This year many local families joined in with the fun. Johnny Cowling was a hit with children and adults alike whilst the music of Straw Dogs encouraged almost everyone to join in with the dancing. Everyone agreed that it was a brilliant evening and for once it didn't even rain! LD



*Mabe School's fete proved to be rather wetter than expected for Head Paul Hayes. Pupils were paying to throw wet sponges at their beloved leader in the stocks when Class 4 boys James and Ben decided there were quicker ways to soak him!*

## Queen's Award for Voluntary Service

A voluntary group from BF Adventure, a charity who works in the community to help disadvantaged and disabled adults and children through outdoor adventure, has been honoured with the Queen's Award for Voluntary Service, the highest award a voluntary group can receive in the UK.

Every year BF Adventure helps hundreds of disadvantaged and disabled children and adults in Cornwall to believe in themselves and gain the skills and accreditations to succeed at school or to find employment.

Adrian Richards, CEO and Nicola Edwards, Volunteer Coordinator from BF Adventure attended a garden party at Buckingham Palace on Thursday 28th May 2015 where they met the Queen and other winners of this year's award.

BF Adventure will receive the award from the Lord Lieutenant of Cornwall, Colonel Edward Bolitho, later this summer (See *What's On*, p.12).

Adrian Richards, CEO of BF Adventure, said: "It was a privilege to meet the queen at Buckingham Palace and it is a huge honour for the charity to receive this award. The staff and volunteers work incredibly hard for the charity and to be recognised for their efforts is fantastic."

"Our aim: "Inspiring, challenging and

motivating people, especially young people, to develop their life skills to bring about positive change" is only achieved because of the hard work and dedication from the volunteers, staff and entire team."



*Adrian Richards and Nicola Edwards of BF Adventure at Buckingham Palace after winning the Queen's Award for Voluntary Service*

"If anyone would like to be a volunteer at BF Adventure please call 01326 340912 or email [nicolae@bfadventure.org](mailto:nicolae@bfadventure.org)."

Nicola Edwards, Volunteer Coordinator, said: "I'd like to specifically thank our amazing team of volunteers at BF Adventure, both past and present."

"Volunteering at BF Adventure is not for the fainthearted and while it can be fun and rewarding at the same time, the commitment and support our volunteers give us is like gold dust. We couldn't operate without them. Thank you BF Adventure Volunteers!"



[www.bfadventure.org/](http://www.bfadventure.org/)



## Mabe resident raises over £2000 for local charity

Mabe resident Andrena Head recently organised a sponsored walk to raise funds for her friend's son, 2 year old Stanley Barnes, who suffers from the debilitating and terminal disease Sanifilippo type A. Unfortunately, this extremely rare disease has no cure and sufferers normally die by the age of 20.

Andrena told Mabe Matters that, "Stanley's body lacks an enzyme which would 'clean' it's cells of sugars, which build up within them. Each cell then effectively dies, and with it goes Stanley's ability to do many of the new things he is learning, such as reading, writing, painting etc.. Eventually, Stanley will lose his speech, walking and toileting abilities, and will need to be tube-fed."

"Eventually Stanley will not know anyone around him, including his 3 year old sister Willow. We are trying to raise as much money as possible to make Stanley's life more enjoyable and provide him with everything he needs", she said.

Around 90 walkers left the Ferryboat Inn on the Helford on Saturday 6 June and made their way at a leisurely pace to the Watersports Centre in Falmouth.

'Walk it for Stanley' was based on last year's 'Walking on Sunshine', which raised money for solar panels for Mabe School, and was led once again by WalkitCornwall's Paul Simmons.

The money raised will be donated to Stanley's Friends. More info:



[www.facebook.com/pages/Stanleys-Friends/1527661050802424](https://www.facebook.com/pages/Stanleys-Friends/1527661050802424)



*Walkers celebrate reaching the Watersports Centre after walking from the Ferryboat Inn on the Helford.*

Please send details of events happening within Mabe civic parish in Oct/Nov to [mabematterseditor@gmail.com](mailto:mabematterseditor@gmail.com) by 20 September 2015. Venue details:

- Mabe Community Hall, Cunningham Park (375938 or [mabeycp@gmail.com](mailto:mabeycp@gmail.com))
- Mabe Community Primary School, Cunningham Park (secretary, 372662)
- Mabe Parish Church (St Laudus), Church Road, towards Higher Spargo (administrator, Rodney Holmes, 375052; church warden, Francis Miller, 374890)
- Mabe WI Hall, Antron Hill (bookings, 372477)

## Weekly Events

- Mon** **Short Mat Bowls Club**, Community Hall, 2-4pm. Contact Keith Bryant, 373102.  
**Cardio Box/Fitcamp Class**, WI Hall, 6.15-7.15pm. Contact Ali or Carmela, 07988 140745.  
**Mabe Keep Fit Club**, WI Hall, 7.30pm. (Waiting list)
- Tues** **Age Concern Luncheon Club**, Community Hall, 12.30-2pm. Contact Joyce Price, 373187.  
**Slimming World**, Community Hall, 5.30-7pm & 7.30-9pm. Contact Pam Mundy, 01209 204743 or 07503 945600.
- Wed** **Fitness classes**, Community Hall: **HIIT**, 6-6.30pm; **Zumba**, 6.30-7.30pm; **FlexnFirm**, 7.45-8.45pm. Contact Gill, 07817 174114  
**Short Mat Bowls League** (winter only), Community Hall, 2-4pm. Contact Keith Bryant, 373102  
**Shinty**, Antron Hill/School Field, 7pm - dark. All welcome, no experience necessary. Contact Matt Mossop, 340013 or 07807 458312.
- Thurs** **Huffer Puffer Club**, a support, exercise and social group for people with COPD and their carers, 10am-12pm, Community Hall. Contact Trish, 375238 or Frances, 315998.  
**Carpet Bowls Club**, Community Hall, 2-4pm. Contact Arthur Searle, 377088.  
**Brownies**, Community Hall, 6.15-8pm. Contact Jackie Williams, 372863.  
**Mabe Football Club**, Penryn Campus MUGA, usually 7-8pm. Men, 16+, new players welcome. Contact Jack Roberts, 565409.  
**Aikido**, Japanese martial art, beginners welcome, 7-9pm, Mabe School. Contact Jamie Matthews, 375336.
- Fri** **Fitness classes**, Community Hall: **FitSteps**, 6-7pm; **Piloxing**, 7-8pm. Contact Gill, 07817 174114  
**Short Mat Bowls Club**, Community Hall, 2-4pm. Contact Keith, 373102.
- Sat** **Fitness classes**, Community Hall: **HIIT**, 8am-8.30am; **STRETCH**, 8.30am-9am. Contact Gill, 07817 174114.  
**Tutoring, coaching for exams and helping children with special needs.** Community Hall, 9am to 12pm. Contact Michael Leishman, Senior Tutor/Director, Savvy Education Ltd, <http://www.savvyeducation.co.uk>, 567443.
- Sun** **Trenoweth Methodist Church**, Community Hall, 10.45am-12pm. Contact Margaret Bryant, 373102.  
**Mabe Parish Church (St Laudus)**, with St Michael's Church, Ponsanooth – please see the Diary (p.10-11) for the times of services.



# Mabe Diary

## August 2015

**Sun 2 – Holy Communion, 8.30am and Parish Eucharist, 9.30am**, Mabe Parish Church. Contact Rev Steve Smith, 617628 or Rodney Holmes, 375052.



See *What's On*.



**Sun 16 – Parish Eucharist, 9.30am**, Mabe Parish Church. Contact as above.

**Sun 16 - Community Walk**, Argal Lake, 2.30pm. See *What's On*.

**Sun 2 - Community Walk**, Community Hall, 2.30pm. See *What's On*.

**Thurs 20 - Gwilym Simcock**, Tremough Performance Centre, 7.30pm. See *What's On*.

**Tues 4 – Women's Institute**, WI Hall, 7.30pm. Contact Liz Young, 372978.

**Sun 23 – Parish Eucharist, 9.30am**, Mabe Parish Church. Contact as above.

**Wed 5 - Fitness Wild**, Kernow Wake Park, Halvasso, 6-7pm. See on kernowwakepark.com

**Sun 23 - Community Walk**, Community Hall, 2.30pm. See *What's On*.

**Wed 5 - Cream Tea**, 3pm, Community Hall. See *What's On*.

**Sun 30 – Parish Eucharist, 9.30am**, Mabe Parish Church. Contact as above.

**Wed 5 - Mabe Garden Club**, coach outing to RHS Rosemoor. Contact John Ball on 01326 373298.

**Sun 30 - Community Walk**, Porkellis, 2.30pm. See *What's On*.

**Thurs 6 - Ladies Night**, Kernow Wake Park, Halvasso, 7pm. Details on kernowwakepark.com

## September 2015

**Sun 9 – Parish Eucharist, 9.30am**, Mabe Parish Church. Contact as above.

**Sat 5 - Flicka Fun Dog Show & Open Day**, 12.30pm.



**Sun 9 - Community Walk**, Mabe Church, 2.30pm. See *What's On*.

**Mon 7 - Start of Mabe School Autumn Term.**

**Wed 12 – Holy Communion, 9.30am**, WI Hall. Contact as above.

**Tues 8 – Women's Institute**, WI Hall, 7.30pm. Contact Liz Young, 372978.

**Wed 12 - Red Arrows Viewing & BBQ**, New Inn, 5pm. See *What's On*.

**Sun 6 - Holy Communion, 8.30am**. Harvest Festival with Methodists at 10.45am, MYCP Hall, Cunningham Park, Harvest Auction, New Inn at 6.30pm. Contact as above.

**Thurs 13 – Parish Council meeting**, WI Hall, 7.30pm. Agenda available on the Parish Notice Board and website [www.mabeparish.co.uk](http://www.mabeparish.co.uk). Open to the public. Contact Fiona Collins, 07964 735219.

**Sun 6 - Community Walk**, Parkengue Industrial Estate, 2.30pm. See *What's On*.

**Sat 15 - BF Adventure Open Day.**

**Sun 6 - Panto meeting**, Community Hall, time tbc. See *p.4*.

## September 2015 *cont.*

**Wed 9 - Holy Communion,**  
10.30am, WI Hall. Contact as above.

**Thurs 10 – Parish Council meeting,**  
WI Hall, 7.30pm. Agenda available  
on the Parish Notice Board and  
website [www.mabeparish.co.uk](http://www.mabeparish.co.uk)).  
Open to the public. Contact Fiona  
Collins, 07964 735219.

**Sun 13 – Parish Eucharist, 9.30am,**  
Mabe Parish Church. Contact as  
above.

**Sat 19 - Mabe Autumn Fayre,** Com-  
munity Hall, 11-3pm. *See p.13.*

**Sun 20 - Patronal Service, Choral  
Evensong,** 4pm. Joint service with St  
Michael's. Contact Rev Steve Smith,  
617628 or Rodney Holmes, 375052.

**Mon 21 - Mabe Garden Club,** Com-  
munity Hall, 7pm. *See What's On.*

**Fri 25 - MacMillan Coffee Morning,**  
Community Hall, 10-12pm. Contact  
Ruth Smith on 374947.

**Sun 27- No Service St Laudus, Pa-  
tronal Service ,** St Michael's,  
11.15am. Led by Rt Rev Bill Stuart-  
White, Archdeacon. Contact Rev  
Steve Smith, 617628 or Rodney  
Holmes, 375052.

## What's On

Multisports are running **children's  
sports coaching sessions** on the  
school field from July 27th. Contact  
Dave on 07881308814.

The Methodist's are holding a  
**Cream Tea** on Wednesday August  
5th at 3pm in the Community Hall.  
The price is £3 and there will be a  
raffle and stalls. The proceeds will be

divided between the Church and  
"Pants" - a Falmouth based charity  
raising funds for gynecological and  
testicular cancers.

**Gwilym Simcock, Thursday, 20 Au-  
gust, 7.30pm.**

The remarkable jazz pianist Gwilym



Simcoc is, performing solo for the  
very first time in the West Country  
at the Performance Centre.

Gwilym is one of the most gifted pi-  
anists and imaginative composers  
on the European scene. He moves  
effortlessly between jazz and classi-  
cal music, with a 'harmonic sophisti-  
cation and subtle dovetailing of  
musical traditions'.

Tickets: £17/£14 concessions



[gwilymsimcock.com](http://gwilymsimcock.com)

At the time of writing the first **Sun-  
day afternoon walk for the commu-  
nity** scheduled for 2.30pm on  
Sunday July 26th has not yet taken  
place.

Just a reminder: Young people,  
under the age of 16, must be ac-  
companied by a responsible adult.  
Dogs on leads are *cont. overleaf*

**(All six-digit phone numbers are 01326 unless specified.)**

cont. from previous page welcome but only one dog per adult please. Comfortable shoes should be worn.

From August through to October all walks start at 2.30pm.

**August 2nd** - Meet at the New Inn. Please make your own parking arrangements with Tim.

**August 9th** - Meet at Mabe Church. August 16th - Meet at Argal Lake. Parking charges do not apply if using the Lakeside Cafe.

**August 23rd** - Meet at the Community Hall.

**August 30th** - We go further afield: meet at Trinity Chapel car park, Porkellis (downhill from The Star public house). Contact Mary 372462 for directions or if you would like a lift.

**Sept 6th** - Meet on the Parkengue Industrial Estate - turn left at Jewsons.

**Sept 27th** - Hopefully there will be a walk today.

**Oct 4th** - Meet at Mabe Church.

Please ask if you need a lift to any of the walks. Contact Mary Weston on 372462; Mary Oxborough on 372665; or Father Steve on 617628.

The next **Mabe Garden Club** meeting is on Monday 21st September, when Neil Armstrong will be giving a talk on "Tremenheere – a new garden for Cornwall".

Meetings take place at MYCP Hall and commence at 7.00 p.m. Guests (£2) and new members are always

welcomed to our friendly club. For further information, please contact Sue Mitchell on 01326 376418.



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On Wednesday August 12, the New Inn will be open all day, with a **BBQ** from 5pm. As well as making an excellent viewing point to watch the Red Arrows there will be great raffle prizes and family games. All pro-



ceeds will go towards Mabe's Christmas Lights.

.....  
BF Adventure are having an **open day** on 15 August, where they will be opening the doors for friends and families to enjoy adventures, challenges and most importantly fun at BF Adventure HQ! You can design your own day of adventures or a mini break.

The Lord Lieutenant of Cornwall, Colonel Edward Bolitho will be doing an official presentation of the Queens Award for voluntary Services too.



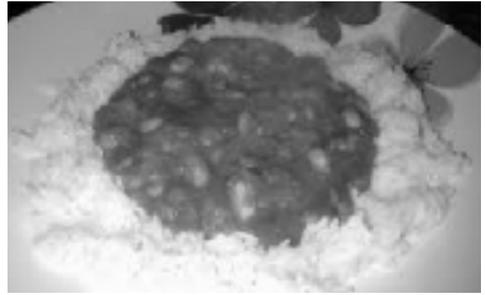
[www.bfadventure.org/august-15th-open-day/](http://www.bfadventure.org/august-15th-open-day/)

## Slimming World Mushy Pea Curry recipe

2 small white onions  
3 garlic cloves (optional)  
Sliced mushrooms (optional)  
2 cans of mushy peas  
1 can of chopped tomatoes  
1 can of baked beans  
1/2 to 1 tsp of chilli powder  
2 tbsp of curry powder

### Method

Spray a saucepan with frylight and add the 2 onions (diced), garlic cloves (crushed) and sliced mushrooms. Fry off those for around 10 minutes until they have browned



*Slimming World's Mushy Pea Curry* and started cooking. Add in the curry powder and chilli powder plus all of the tinned ingredients. Mix it all together well and let it simmer away for around 30 minutes. By the end of the cooking time it should be a lovely orangey colour.

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## Mabe Autumn Fayre

Mabe Autumn Fayre will take place on Saturday 19 September from 11 - 3pm.

This year we are hoping that the whole community will support this village event, as the money raised will help to pay for the proposed improvements to the playpark and the hall.

There will be many fun games for children of all ages. One of these games involves breaking crockery therefore we would like to ask for any unwanted cups, plates or even bowls that can be smashed with gusto!

A new photographic competition is planned, it's title is Mabe Magic .The twelve winning entries will be reproduced on a special calendar .There-

fore it might be a good idea to start snapping away now.



Home made cakes are always a delight and we know that many Mabe residents make the most delicious cakes, any donations will be gratefully received, sold and eaten. There will also be a produce stall for any vegetables, fruit or preserves that you have in abundance.

Of course it wouldn't be a village event without the extensive raffle , the bottle stall and children's toys any donations for these would be most acceptable.

If anyone has anything else that they would like to contribute or if they would be willing to help on the day could they please contact Jackie Williams on 01326 372863.

## Meet Mabe's Slimming Couple of the Year 2014

MM editor Amanda Wills recently met up with Mabe Slimming World's 'Couple of the Year 2014' Amanda and James Bray of Eston Close, Mabe.

Between them, the couple, who moved to Mabe from Derby 8 years ago and have two teenage sons, have lost 7 stone 9lbs since September 2013. James has lost 4 stone and Amanda 3 stone 9lbs.

The couple were prompted to join Slimming World after a standard check-up at the doctors in August 2013 gave them a shocking wake-up call. As well as being dismayed to find out how much they weighed and how high their BMI's were, James was also diagnosed with Fatty Liver Disease, meaning that fat made up more than 5%-10% of his liver's weight. The disease tends to run in families and is more likely to affect middle-aged, overweight people. Amanda also has health problems, which were being exacerbated

by her extra weight. She suffers from a heart murmur, hypothyroidism (underactive thyroid) and Plantar fasciitis (Bobby's Heel), which makes walking painful at times. Amanda says that their initial weight gain was mainly due to comfort eating, although the take-aways, pastys and cream teas when they first moved to Cornwall didn't help!

Losing weight has had a dramatic effect on the pair's health. After having lost an amazing 7lbs in his first week, James returned to the hospital for a further scan once he'd lost a stone and was amazed to hear that his Fatty Liver Disease had completely cleared up. Amanda has found that her Bobby's Heel has improved too.

Both were enthusiastic in their praise of Slimming World's methods. They were pleased to discover that thanks to the 'Syn' method used by Slimming World, they were able to continue treating themselves to their Saturday tea and cake in Falmouth, only now they park in the Ships & Castles car park and walk into town.



They can also continue to eat other favourites, such as crisps, by swapping to lower fat and calorie content brands, and chocolate, which they just eat less often. As Amanda pointed out, it tastes much better when you don't have it all of the time!

Slimming World provides plenty of healthy recipes as part of its Food Optimising Plan, and Amanda and James' favourite recipe is 'Mushy Pea Curry' (see p.8), which they assured me was delicious and tasted nothing like mushy peas! Other popular meals are 'Diet Coke Chicken', 'Keema Curry Pie' and various stir-fries.

James has not been able to attend the actual sessions with Amanda, due to work, but his wife passes on all the info to him and they have been following the plan together. Amanda says that after being petri-

fied on her way to her first session, she was relieved to find that she wasn't the only 'newbie' that evening and quickly made friends with the other newbies. She now helps Pam, Mabe's Slimming World coordinator, by acting as a social team member. This involves greeting people at the door, booking them in and taking their money.

Amanda believes that this role, as well as the continuing weight loss, have contributed to her growing sense of confidence, as she is a naturally shy and nervous person, and would recommend joining the group if you would like to meet some really nice people, some of whom may become good friends.

Mabe's Slimming World takes is held on Tuesday's in the Community Hall. 5.30-7pm & 7.30-9pm. Contact Pam Mundy on 01209 204743.



*Amanda and James lost 7 stone 9 lbs between them in just over a year*

# A mystery solved!

by Tessa Kingsley

We scratched our heads for several days, trying to work out who was putting moss in our letter box... and more importantly, why.

The box is attached to our back gate, with a large opening at the front. Finally we realised that a family of Great Tits had been making attempts to set up home amongst our newspapers and letters.

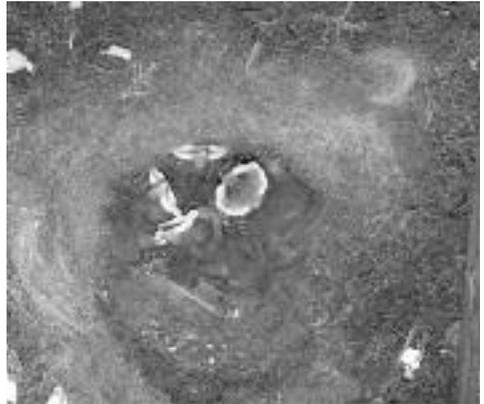


*Tessa and her family were surprised to find a pair of Great Tits nesting in their letter box!*

Once we realised they were moving in we asked Steve at Mabe Shop, and our postman, to leave our post and newspaper elsewhere, which gave the pair plenty of peace and quiet to get on with raising their family.

Although we tried to leave them well alone, it was too tempting to have the occasional peak, via a mobile phone slipped quietly through the opening and we were thrilled to find four eggs, then four babies a few weeks later.

We thought disaster had struck one day when I wondered why we had no post, and went to check the box. Unaware of our guests, a temporary postman had popped a large letter right on top of the young birds. It made us chuckle to find that the irrev-



*The hatched chicks*

erent parents had pecked a large hole in my Parish Council minutes, trying to feed their chicks.

Many thanks to Steve for his help in raising this lovely family!

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**Mabe Matters** is published by Mabe Youth and Community Project, Cunningham Park, Mabe Burnthouse, Cornwall, TR10 9HB. Editorial Team: Liz Dunstan, Jackie Frost, Candia Cox (illustrations), Amanda Wills (editor).

Distribution co-ordination: Liz Dunstan.

Deadline for next issue: **20 September 2015**. Please send your events, news, notices, letters etc to the address above or to [mabematterseditor@gmail.com](mailto:mabematterseditor@gmail.com).