



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

Mabe Parish Climate Emergency



Mabe Parish now has a Climate Action Group, which has drawn up a Climate Emergency Action Plan and this has now been approved by the Parish Council. This means that the Parish Council will have to measure and manage its carbon

footprint, and consider sustainability and carbon reduction in all its decision making in order to become carbon neutral by 2030.

You can read the whole action plan on the parish website (www.mabeparish.co.uk) and if you would like to get involved or have more ideas, please contact the parish clerk (mabeparish@gmail.com). We are particularly interested in promoting locally grown food via a new Incredible Edible group and would like to hear from anyone who wants to join us, whether you are new to veg-growing or whether you are an old hand with skills to share.

Like Cornwall Council, we are also promoting the 10 climate pledges. Most of our parish councillors have taken the pledges and we would like to encourage as many people as possible to do the same.

10 Climate Pledges

1. I pledge to ring my electricity supplier over the next 24 hours and see if I can switch to green energy (if not, I will find one!)
2. I pledge to buy local seasonal produce as much as possible, starting with at least 2 meals a week
3. I pledge to educate myself about the science and impacts of climate change

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Mabe Church: uses & roof appeal update

St Laudus church, Mabe, has a history going back over a thousand years (the present church is only 600 years old!).

Now many of us who look after the church are getting on a bit and we've been thinking about what future generations will want/need from their parish church. So we have been looking at making some changes so Mabe church becomes not only a place of worship on Sundays but also a space that can be used for other things through the week.

We already have an ongoing programme of musical and other arts events and activities at St Laudus because we see the church, as well as other village resources like Mabe Youth & Community Project, the Post Office, the Women's Institute, Mabe School, The New Inn and others, as all being very important things for the wider community. How would YOU like to see the church being used, for maybe social, educational or arts-based or other activities?

To find out more about Mabe Church and to let us have your suggestions get in touch with Rev Steve Smith on 01326 617628; text/mobile 07952 691380 or email revsteve-smith53@gmail.com or go to our

website at 'achurchnearyou' and search for Mabe, or see our Facebook page 'St Michael and St Laudus'.

A big THANK YOU! to...

- everyone who joined in the last Gardening Day at St Laudus.

Lots of people worked very hard and it made a huge difference to the appearance of the churchyard - thanks again. Our next Gardening Day is Saturday 5th October 9.30am-1pm (free cake & drinks, come when you can, go when you must) Bring a mower or strimmer, shears etc. or just have a cuppa and cheer us on!

- all the stall-holders involved in the (really wet) Garden Party at the vicarage - despite the apocalyptic deluge around £300 was raised for the church roof appeal.

- the hard working volunteers who made the Car Wash at the Community Centre such a success by not only washing cars but also organising bacon rolls, tea and raffle, raising a £150 for the roof fund!

- and everyone who has so far Sponsored a Roof Slate for the church roof - we've a long way to go to raise the £70,000+ but with all your support and encouragement we're getting there!

Sponsor-a slate forms are available in church or to download on our website - at 'achurchnearyou Mabe'.

Rev Steve

Cont. from frontpage 4. I pledge to contact my MP and my friends to make these pledges too

5. I pledge to walk, cycle, use public transport or register with <https://liftshare.com/uk/community/cornwall> to travel to work or regular journey at least once a week.

6. I pledge to work out my own carbon footprint using one of the many easy to use carbon calculators e.g., <https://footprint.wwf.org.uk>

7. I pledge to do a 'home energy check' to find out how I can save energy in my home. (<https://www.energysavingtrust.org.uk> (If you don't have internet, ask the Energy Saving Trust on 0800 512 012)

8. I pledge to turn my thermostat down or use a thermometer to reach the lowest comfortable temperature, typically between 18-21°C and think about putting on a jumper instead.

9. I pledge to reduce my holiday air miles by 50%

10. I pledge to research 'driving in a greener way' by researching online or by ringing up a driving instructor and booking a lesson to learn eco-drive ideas.

Please let us know how you get on with these. Talk about them with your friends and neighbours and promote them as much as

you can. We are going to feature two pledges in each edition of Mabe Matters to see how people have got on with them.

Mabe Parish Council's Cllr Karen Phillips has made a start and said, "My energy tariff was recently coming to an end so when I renewed with my supplier I went for the Green Option. I am now on a fixed green tariff and waiting to have my meter changed so I can go "smart" which will cut my bills even more. I am also buying loose fruit and veg as much as possible... and monitoring my single use plastic."

Cllr Tessa Kingsley

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Local milk from your local store

Why not begin your Climate Emergency pledge off by swapping to buying locally sourced milk from Mabe Stores? Ditch the plastic by buying a 1Ltr glass milk



bottle with screw top for £1.25 and filling it with fresh Roddas semi-skimmed milk for 99p. Then wash the bottle out and refill at the shop.

Antron Way development

It is disappointing, but not entirely unexpected, that Helford Atlantic has lodged an appeal against the refusal of its planning application for 27 houses off Antron Way.

They have asked for a written representations hearing, which means that the inspector will make a decision based on written evidence. The Parish Council would prefer an informal hearing so that members of the public can attend, and so that we can speak directly to the inspector to air our concerns.

Go to planning.cornwall.gov.uk and enter reference number PA18/04092 to read the background to this application. You can also follow developments on Next Door Mabe, and on the parish website: www.mabeparish.co.uk

Cllr. Tessa Kingsley

Community Wardens in Mabe

The University's Community Wardens Scheme is returning to Fal-mouth this year and extending to Penryn and Mabe.

The pilot scheme was a real success last year. Students patrolled key residential areas, met residents, listened to concerns, logged complaints, shared advice and initiated campaigns. They

took part in community events and activities including litter picking, supporting the local food bank and fundraising activities. For more information, please contact: communitywardens@thesu.org.uk



Mabe Brownies on their District Tea Outing. Back in July, the Brownies caught the train to St Ives where they played games and built sand castles on the beach, enjoyed an ice-cream and were treated to a Tea Treat Bun.

300 Club winners

The results for the 300 club draw are:

- 1st Prize £50: Mr A Searle
- 2nd Prize £30: Pauline Birkett
- 3rd Prize £10: Mary Beattie



Harvest Festival

The two churches in Mabe celebrated their Harvest Festival at the beginning of September, when the congregation from St Laudus joined with the Methodists of Trenoweth for a service on the Sunday morning in the Community Hall.

Worship was led by Jean Whetham, and also taking part were Rev. Steve Smith, Ann Lanc, Becky Nesbitt and Mary Weston. The organist was Sylvia Dyer.

Tea, coffee and biscuits were served after the service, when the two congregations had time to get together and chat.

A Bring and Share Supper was held on the Monday evening, with a short service to start the proceedings, led by Rev. Steve and Margaret Bryant. Some of the produce was distributed to the sick and elderly of both Churches, and all non perishable goods were donated to the local food bank.

The remainder of fresh items were auctioned off by Keith Bryant, ably assisted by Jackie Williams and Ruth Tripp. Proceeds were shared by the two congregations.

The next joint service will be on Remembrance Sunday at St Laudus, and will be led by Rev. Steve Smith and Rev. Robbie Bowen.

Margaret Bryant

Cook needed for Luncheon Club

Mabe Luncheon Club continue to provide excellent meals at a reasonable price in the Community Hall every Tuesday.

Unfortunately our cook has to have an operation on her shoulder at some stage in the near future, and will be out of action for several weeks.

We are looking for someone who would be willing to take on this role while she is incapacitated.

He or she would have to cook for about 50 people, and have the appropriate health and hygiene certificates.

You would be expected to buy the ingredients as well as cook the meals. There is a wage to cover the hours you would work.

We do not know at the moment when you will be needed - it could be in a couple of months, or any time next year.

If you think you are interested, please contact Margaret Bryant on 01326 or mrb.cornwall@gmail.com. We can arrange for you to chat to our present cook to discuss the practicalities.



Mabe Burnthouse Village



Bowls Club celebrates end of season

Mabe Short Mat Bowls Club held their annual end of season singles championship in Mabe Community Hall on the last Saturday in July, before their summer break. This event is held in memory of former club member Grosvenor Knowles who passed away last year. He was the king-pin of the club in organising the Carpet Bowls Section as well as being the Vice-Chair of the Club.

After a competition organised by member Barrie Swadling, Rod Healy became the winner of the perpetual cup. Margaret Bryant was the runner up. (Picture, Standing,)

After the event Peter Moyle and

Keith Bryant arranged an evening meal for members and friends of the club.

The club runs on a Monday at 1.45pm and Fridays at 1.45pm. The session runs for just over 2 hours with a social break for tea or coffee. These are members roll-ups, but if any one is interested please just pop in to see how you get on. First introductory afternoon will be free.

Penryn Campus gardens retain Green Flag status

Penryn Campus has been recognised by the Green Flag Award Scheme for the third year in a row. The campus is among a record-breaking 2,101 parks and green spaces around the world to receive the award this year.



Barrie Swadling, Rod Healy & Margaret Bryant. Sitting in the middle, Heather Knowles who presented the Cup, along with Grosvenor's sisters Susan and Elizabeth

Please send details of events happening within Mabe civic parish in Dec/Jan to mabematterseditor@gmail.com by 15 November 2019. Venue details:

- Mabe Community Hall, Cunningham Park (375938 or mabeypc@gmail.com)
- Mabe Community Primary School, Cunningham Park (secretary, 372662)
- Mabe Parish Church (St Laudus), Church Road, towards Higher Spargo (administrator, Pauline Cheshire, 340425)
- 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.
Open Water Swimming, Kernow Adventure Park, 6-8pm. Contact, 07817 662 962



Tues **Age Concern Luncheon Club**, Community Hall, 12.30-2pm. Contact Community Hall (11.30-12.30pm), 377475.
Slimming World, Community Hall, 4.30 & 6.30pm. Contact Pam Mundy, 01209 204743 or 07503 945600.
Nature Playgroup, Chyan Community Field, 10am-12pm term time. Contact Alice, 07576 748450.

Wed **Short Mat Bowls League (winter only)**, Community Hall, 2-4pm. Contact Keith Bryant, 373102
Daisy's Yoga, Chyan Cultural Centre, 6-7pm. Contact Daisy, 07837 879876

Thurs **Kernow Huffa Puffas**, a support, exercise and social group for people with COPD and their carers, 10am-12pm, Community Hall. Contact Trish, 07814 911406 or Rick, 07599428364.

Carpet Bowls Club, Community Hall, 2-4pm. Contact Arthur Searle, 377088.

Brownies, Community Hall, 6.15-8pm. Contact Jackie Williams, 372863.

Aikido, Japanese martial art, beginners welcome, 7-9pm, Mabe School. Contact Jamie Matthews, 375336.

Fri **Short Mat Bowls Club**, Community Hall, 2-4pm. Contact Keith, 373102.

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 for the times of services.

Hand Balancing Circus Skills, Chyan Cultural Centre, 2-4pm. Contact info@chyan.org, 07949451004



Mabe Diary

October 2019

Tues 1 - WI Meeting, WI Hall, 7.30pm. *See back page.*

Wed 2 - Comedy Club, Performance Centre, 8.30pm. £11/8. *See What's On.*

Sat 5 - Gardening Day, Mabe Church, 9.30am-1pm. *See p.3.*

Thurs 10 - Parish Council meeting, WI Hall, 7.30pm. Agenda available on the Parish Notice Board and website (www.mabeparish.co.uk). Open to the public. Contact Lisa Clements, 07964 735219, mabeparish@gmail.com

Sat 12 - MYCP Quiz Night, 7.30pm, Community Hall. *See What's On.*

Sat 12 - Nightshifter, Performance Center, 7.30pm. £13/£10. www.amata.org.uk/nightshifter

Fri 18 - Mabe Christmas Lights Race Night, The New Inn, 8pm. *See p.13.*



Sat 19 - Chyan Apple Fayre, Chyan Community Field, 12-6pm. *See What's On.*

Mon 21 - Mabe Garden Club: Chelsea Flower Show, 7pm, Community Hall. Contact David, 376568.

Thurs 24 - Cornwall Astronomy Society, 8pm, WI Hall. Contact Simon Dunkley, 564046.

Sat 26 - Lavrak: Reach, Performance Center, 3pm. £6. Ages 4+ www.amata.org.uk/reach

Wed 30 - Beyond Face: 2,000 Stories, Performance Center, 7.30pm. £12/10. www.amata.org.uk/2000-stories

November 2019

Tues 5 - WI Meeting, 7.30pm, WI Hall. Contact Liz, 372978.

Wed 6 - Comedy Club, Performance Centre, 8.30pm. £11/8. *See What's On.*

Sat 9 - Bertrand Lesca and Nasi Voutsas: One, Performance Center, 7.30pm. £12/£10. www.amata.org.uk/nightshifter

Thurs 14 - Parish Council meeting, WI Hall, 7.30pm. Details as for Oct.

Fri 15 - James Wilton Dance: The Storm, Performance Center, 7.30pm. £13/£10. www.amata.org.uk/the-storm-01



Sat 23 - Coffee and Crafts, 10am-12pm, Community Hall. *See What's On.*

Sat 23 - Chhaya Collective: Khaos, Performance Center, 7.30pm. £13/£10. www.amata.org.uk/khaos

Mon 18 - Mabe Garden Club: Garden & Gardeners of War Graves, 7pm, Community Hall. Contact David, 376568.

Thurs 28 - Cornwall Astronomy Society, 8pm, WI Hall. Contact Simon Dunkley, 564046.

Fri 29 - Emilio Ayto in Concert, Mabe Church, 7.30pm.

Sat 30 - Mabe Christmas Lights Switch On, The New Inn, 5.30pm. *See p.13.*

Sat 30 - The Velvet Hands, Performance Center, 7.30pm. £8/£5.

www.amata.org.uk/velvet-hands



St Laudus Church, Mabe



October

Sun 6th - 9.30am, Morning Worship – a modern service with hymns and a sermon

Sun 13th - 9.30am – Holy Communion with hymns and sermon

Sun 20th - Holy Communion – traditional language, no hymns or sermon

Sun 27th - 9.30am, Holy Communion - hymns, sermon & prayers for healing & 7.30pm 'Quiet Space': informal, small group, 'space to be'.

November

Sat 2nd - 7.30pm at St Michael's Church Ponsanooth: Quiet prayer for All Souls Day remembering our departed loved ones

Sun 3rd - 10am, Morning Worship- joined by the congregation from Trenoweth Methodist Chapel

Sun 10th - 10.45am **REMEMBRANCE SUNDAY** service in the Memorial Garden

Sun 17th - 9.30am, Holy Communion – traditional language, no hymns or sermon

Sun 24th - 9.30am, Morning Worship - modern service, hymns, sermon & 7.30pm 'Quiet Space': informal, small group, 'space to be'.

What's On

On Saturday 12th October, MYCP will be holding a **Quiz Night**. Starting at 7.30pm in the Community Hall, it is teams of 4 and costs £2.50 per person.

Contact Jackie on 373863 to book a table, or take your chances on the night! You can bring your own drinks and nibbles too although light refreshments will be available.



Chyan are holding their annual **Apple Fayre** the following Saturday, the 19th October from 12-6pm at the Chyan Community Field in Halvasso.

Fun for all the family, there will be a children's area, craft workshops, archery, yoga, circus skills have a go, great healthy food, healing area, big top acts, cider bar, apple juicing - bring your own to press and juice (large amounts over 2 carrier bags, contact us first on 07775857677).

Entry is £5 for adults and £3 for kids. Under 4 year olds are free. Raising funds for the charity Chyan Community Field.

If comedy is your thing, check out the Comedy Club at the University's Performance Centre on Wednesdays October 2nd and November 6th. October features Jayde Adams, Rich Wilson and Tom Glover, and November has Michael Legge, Dan Antopolski and Tom Glover.



The press have described the multi award-winning Bristolian Jayde as an uncut gem; a force of nature; dangerous and unafraid; the future of British comedy. It's safe to say that when Dawn French says: "Jayde Adams is the 3rd funniest woman in the world. Fact", she might just be on to something.

Having recently hosted the back-room chat for MTV's European Music Award to 53 million viewers worldwide, Michael Legge is fast becoming one of the most sought-after acts and hosts on the comedy circuit. As a performer he is sharp and cutting-edge whilst being cheeky, lively

and charming. Michael had a sell-out run in Edinburgh in 2017 with his musical entertainment Jerk, followed by a run at the Soho Theatre. His writing for MTV's website, The Osbournes won him a BIMA award and BAFTA nomination.

Tickets: £11/£8 concessions, book here: www.amata.org.uk/comedy-october-2019 and www.amata.org.uk/comedy-november-2019



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 mmmm. . . mince pies? Yes, towards the end of November we all look forward to our first mince pie! Here's your chance to try your first one - at the annual **Dementia UK Coffee and Crafts Morning** in the Community Hall, Mabe from 10am-12pm. There will be coffee and cakes, a range of cards, textile gifts, jewellery, prints, driftwood crafts and plenty more to tempt you. Everyone welcome.



SATURDAY 23rd NOVEMBER
 10.00 - 12.00
 in the Community Hall **DEMENTIA UK CORNWALL**

Slimming World reverses diabetes!

David and Kay Rogers attended the Slimming World group at the Community Hall a while ago, determined to lose weight and enjoy themselves at slimming world. They managed it most effectively and now both of them are lifelong target members having achieved what they set out to do and shed an amazing 5½ stone between them.

They live a full and active life, "I can now walk up a hill without getting out of breath", says David, and when they go on holiday they let go of the reins a bit but are then fully on it again when they return.

It's healthy eating that has made all the difference and David is now 3 stone 7lbs lighter and Kay has lost 2 stone too. "The best part was visiting my GP who has

been monitoring my diabetes and high blood pressure", said David. To his absolute delight, he was told that he has reversed his type-2 diabetes and his blood pressure is back in the normal range too.

He continued, "who knew that some small changes to our eating could make such beneficial changes to my health". Both Kay and David are making small changes to their eating habits but still loving every day foods, including a good Sunday roast.

His consultant, Pam Mundy, who runs the 2 sessions at the Community Hall every Tuesday at 4.30-6.30pm is delighted that they have seen first-hand the positive effects of coming to group. Being active members and enjoying the friendliness of the group has played a major factor in this couple's dedication to following Slimming World.



David is so happy that it has given him the best gift ever: it's given him back his health.

For more information on the group please contact Pam Mundy, Slimming World, Tel: 07503 945600.

Before and after: David has lost 3.5 stone and reversed his diabetes through healthy eating

Mabe Neighbourhood Plan Kicks Off!

We had a great turnout for the kick off meeting for the Neighbourhood Development Plan (NDP) in the MYCP hall on 23rd September with a bunch of new community volunteers coming forward to offer their passion and skills to help draft the plan.

Neighbourhood Planning gives communities direct power to develop a shared vision for their neighbourhood and shape the development and growth of their local area.

They are able to choose where they want new homes, shops and offices to be built, have their say on what those new buildings should look like and what infrastructure should be provided, and grant planning permission for the new buildings they want to see go ahead.

Neighbourhood Planning provides a powerful set of tools for local people to ensure that they get the right types of development for their community and have the teeth to stop the wrong types and standard of development.

Esther Richmond, Falmouth & Penryn Community Link Officer, from Cornwall Council gave a presentation to the crowd on what Neighbourhood plans can and can't do which stimulated lots of questions.

The attendees got stuck into providing us thought provoking feedback on what's good and bad about the village and what should be our focus to improve it for the future.

The Good: Our crowd told us they love the community feel of Mabe; its facilities (Shop, Post Office, Pub, Skatepark, Community Halls); its landscape; natural environment; Granite quarrying heritage and having the facilities/employment opportunities of the University combined with the feel of a rural village.

The Bad: Unsurprisingly, many of the problems focussed on traffic and traffic speed; poor roads and footpaths and excessive poor quality housing development.

The Future: The feedback we got for future priorities and improving the village included better use of existing facilities; reduced traffic and traffic speeds; better control of development; protection of the landscape, heritage and environment; adaptation and control of Climate Change.

Altogether a fantastic response and session. The next steps are as follows:

- 1) **Steering Group Formation, Mabe MYCP Hall, 17th October, 7pm:** Meeting of the volunteers to allocate and agree roles, responsibilities and timeline.
- 2) **Community Consultation:**

November/ December 2019:
Main input stage for producing the plan where the community get asked what they want & don't want.

3) Plan Drafting & Further Consultation, 2020.

If you'd like to find out more or can volunteer some of your valuable time and skills, visit the Parish NDP webpage



[www.mabeparish.co.uk/
Mabe-Parish-Council/ndp-34379.aspx](http://www.mabeparish.co.uk/Mabe-Parish-Council/ndp-34379.aspx) or email ndpmabe@gmail.com

Otherwise, please track Mabe Matters for news of ongoing progress.

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Don't mention the C-word!

This maybe an October/November issue but the Mabe Christmas lights team have only one thing on their minds!!!



Karen and Harry endured a gravy bath

Following the fantastic **Aussie Christmas BBQ** where we raised £395 between the food and the sponsored Gravy Bath (endured



Linsey and Glen manned the BBQ

by Karen Phillips and Harry Martin), we have been busy buying lights for our new sign ups for this year!

Look out for a leaflet dropping through your letterbox in preparation of our **Big Village Switch On**, Saturday 30th November, it will start at 5.30pm, with the switch on at 6.30pm.

A huge thank you to everyone who helped make the bbq a success, especially The New Inn and Mabe stores who arranged the food and have also collected a further £82.10 between their collection tins this year.

Our final **Race Night** for 2019 will be on Friday 18th October at 8pm in The New Inn. It would be lovely to see your smiling faces there!
Emma-Louise Philips

What to look for in the sky

In the east the rising of the Pleiades, the Seven Sisters, reminds us that summer has slipped into autumn. The ancient Greeks and Romans associated this cluster and its neighbour the Hyades with stormy autumn weather.

To the left of the small group of stars making up the Triangulum, the Triangle, which, unlike many constellations looks like what it represents, is the hero Perseus. One of his many bright stars is Algol (Arabic Ras Al Ghul, Head of the Demon); its name probably stems from its reputation as a sinister star as it varies in brightness quite noticeably to the naked eye over a period of just under 3 days.

Almost overhead is Cassiopeia, a W shaped constellation, the main stars offer a variety of colours within the star swarms of the Milky Way. The middle star, known by the Chinese as Tsih, is a massive rapidly rotating blue white Sun, while Shedir to the right in the W is orange, and the right hand star Caph looks white.

There two meteor showers to look out for, the first are the Orionids which are dust and debris from Halley's Comet which visits us every 75 years. The radiant is midway between Castor/Pollux and Betelgeuse. They start in early October and peak on the



The Pleiades is a tightly packed cluster of stars. In ancient times, they had a strange, sinister reputation. Such medieval rituals as the pagan Black Sabbath and All Hallow's Eve were set to occur when the Pleiades reached their highest point at midnight.

21st, given good conditions we might see 18 per hour. As ever the best time for meteor observing is after midnight but that is not to say that you will not see any beforehand; at midnight on the 21st the radiant will be almost due east and the Moon is favourable.

The second are the Leonids, the dust and debris from Comet Temple-Tuttle, the peak is on the 17th of November, although you might see some a few days either side of the peak. This shower has a 33 year cycle of peaks and we are currently between peaks but some should be seen appearing to come from the North/North Eastern horizon between midnight and dawn but unfortunately the Moon will interfere d a

as it will be close to the radiant, nevertheless worth a try.

Look out in the evening sky for the "Heavenly twins" Castor and Pollux in Gemini, two bright stars almost vertical to the horizon. The upper star Castor is of interest as to the naked eye it appears as a single whitish star. In a small telescope and good conditions it will split into two blue/white stars. Larger telescopes will reveal a third fainter red star in orbit with the other two. Further study has shown that these three stars also have twin stars; quite a complex system. The "feet" of the twins rest in a fairly dense part of our Milky Way so there are many stars around this constellation and a considerable number have been found to be double stars.

Planets are in short supply during this period, both Saturn and Jupiter will have set by the time darkness falls. Mars is an early morning object for Sunrise and by mid November it will be rising two hours before the Sun.

Robert Beeman

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School Ofsted update

Following on from the news that Mabe School was rated 'inadequate' by Ofsted in June, a meeting was held to discuss parents' concerns and what actions have already been taken by the school.

You can read the summary report here: www.mabe-school.co.uk/

[app/download/239151110/Mabe+School+parent+meeting+summary.final.pdf](http://www.mabe-school.co.uk/app/download/239151110/Mabe+School+parent+meeting+summary.final.pdf)
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Just a thought...



If there is an unexpected silence on the radio or tv, many of us feel something must have gone wrong - someone's forgotten the words or lost their script, or there's been a technical mishap. Some people visiting the countryside from towns are troubled by the silence they experience at night – no emergency vehicles' sirens, no constant background thrum of noise.

In an age when we are so busy emailing, texting etc we seem to be scared of silence and stillness. Recently there has been a growth in the number of people attending yoga and meditation groups, which suggests that deep down, we still value 'quieting' and relaxing the mind and the body. Just a few minutes each day, being quiet and still, listening to what your body, your mind or life-in-general are saying to you, is one of the best things you can do.

On the last Sunday of each month, 7.30pm at Mabe Church a small group get together for half an hour quiet space - some gentle music, a few quiet words, and some time and space 'just to be'. Consider yourself warmly invited!

Rev Steve

The Emperor of Mabe's New Clothes

Mabe Panto for 2020 has gone a bit more risqué this year!



We are looking for new actors, singers, dancers, painters, musicians and technicians. You can be any age, any ability level. Mabe Panto is a real community project and we love to involve anyone from Mabe and hear all new ideas. We want to have fun, raise money for the community and get a chance to practise skills we didn't know we had!

The first rehearsal is on October 20th, 5-6pm, at the Community Hall. Come along, we are a friendly group and would love to meet you.

If you are interested in getting involved, on or behind the stage,

or would just like to find out more, contact Jackie on 01209 861697 or mail j.frost384@btinternet.com.

And you won't be made to take any clothes off if you don't want to!

W.I. enjoy Harvest Supper

After a month's "holiday", Mabe W.I. members were glad to return to routine at our September meeting. As usual at this time of year, we held our Harvest Supper and auction when pasties were enjoyed, and delicious desserts were prepared by keen cooks among us.

We now look forward to our October meeting, at 7.30pm on Tuesday 1st October, when a speaker from the Children's Hospice South West charity will be coming along to tell us all about the crucial work they do.

If you would like to find out more about the W.I., please just join us at the W.I. hall in Mabe on 1st October, or give Liz a call on 01326 372978 – I'm sure you will find something to grab your attention in our varied and interesting programme. Hope to see you there!

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

Deadline for next issue: **15 November 2019**. Please send your events, news, notices, letters etc to the address above or to mabematterseditor@gmail.com.