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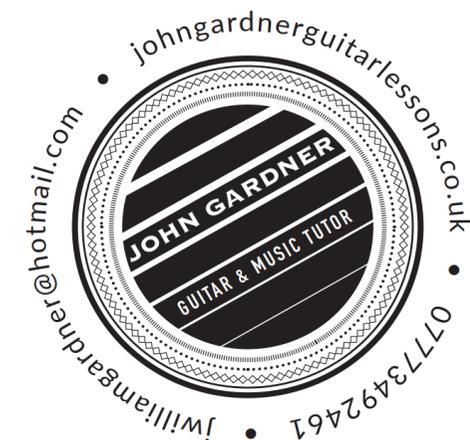
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**St Ladoca Church, Ladock**  
**The Parish Church for Grampound Road, Ladock and the surrounding area.**

Please see our website for the latest message from our clergy:  
[www.ladockchurch.org.uk](http://www.ladockchurch.org.uk)

**Our planned services and other events in March are:**

1 March: Holy Communion 11.00 am with choir.  
7 March: Coffee Morning in Ladock Community Hall 10.00 – 12.00  
8 March: Holy Communion 11.00 am  
15 March, Mothering Sunday: Holy Communion 11.00 am with choir  
22 March: Holy Communion 11.00 am  
22 March: Evensong, 6.00 pm  
29 March, Palm Sunday: Holy Communion 11.00 am (Subject to change)  
29 March, Palm Sunday: Rededication of our bells by the Bishop of Truro, 3.30 pm

There will be a short service of Morning Prayer every Tuesday at 9.00 am.

The Church is open for private prayer every day, including weekends.

Please note that full details of online services and all our events are on our website **[www.ladockchurch.org.uk](http://www.ladockchurch.org.uk)**

**Contacts**

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Vanessa Morcom, Safeguarding Officer  
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Email: [safeguarding@ladockchurch.org.uk](mailto:safeguarding@ladockchurch.org.uk)

**Grampound Road Village Hall News**

Works at the Hall suffered an unexpected setback in December, which has resulted in much activity by the Committee to get us back – not on track - but now focussing on completing the restoration of the Crittall windows and making the Hall secure from the weather. Painting and welding, happening during February, will see us ready to accept the secondary glazing, when we are in a position to instal that.

In the meantime, heartfelt thanks to those who have supported us in this, both practically and financially. Ladock Parish Council have been extremely generous in awarding us funds from the Community Benefit Fund that have allowed us to get in alternative Contractors at this critical time.

We have also been grateful to Tremayne Garden Services for clearing the felled tree, free of charge, after Storm Goretta.

Low Carbon Ladock, our long time benefactors, have recently provided support with our Biomass boiler. Investigations are still ongoing here to see if we can get it going again, but all hope is not lost yet!

If you haven't already checked it out, visit our website <https://www.grampoundroadvillagehall.co.uk>. Here you will find links to enable requests for bookings and can see all regular activity. You can also contact us directly on [contact@grampoundroadvillagehall.co.uk](mailto:contact@grampoundroadvillagehall.co.uk). Thanks to Sharkfin Media for developing this and getting us more visible. The Hall now has Wi-fi and a small meeting room, so if you need a training space get in touch!

Activities continuing this Spring Term are the Acapella Group, meeting Tuesday afternoons, Tuesday evening Sewing Club, Wednesday Whist group and Ceilidh dance group and the Friday evening Youth Club. February Market will be on Saturday 20<sup>th</sup> 10.30 -12.30. So please come along to support our growers, crafters and bakers and indulge yourself with some delicious cake. Join the 100 club with 3 chances to win cash each month, while supporting Hall funds. Our next Destash is March 8<sup>th</sup>. Get your craft supplies local and enjoy a banging bacon bap or cake.



## Community Hub at the Village Hall

For 6 weeks this January and February, we have run chair yoga – supported by Elm Yoga, on Thursday mornings. This has been popular and we hope to carry on with regular classes from April. If you fancy this and are not in the current group please email [contact@grampoundroadvillagehall.co.uk](mailto:contact@grampoundroadvillagehall.co.uk) for more information.

We await a Blood Pressure reader and will be running sessions so you can check your BP at the market. More info later.

I'm still keen to put on more events to make us a thriving and well-connected community and am seeking some funding to pursue this. SO if you fancy putting on a Coffee morning, leading local walks, an Arts and Crafts group or anything else to benefit the community please get in touch. A men's group would be wonderful. Doesn't have to be a big commitment – every little helps.

Contact [contact@grampoundroadvillagehall.co.uk](mailto:contact@grampoundroadvillagehall.co.uk) about regular events, suggestions for activity and to volunteer. Many thanks



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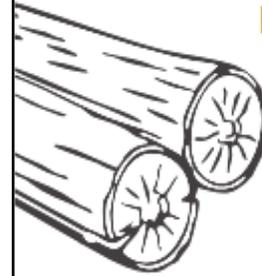


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# Grampound Road Cricket Club

secretary@grampoundroadcc.co.uk

## AGM:

A good number of club members attended the Annual General Meeting. The officers were re-elected as follows:

Chair – Lewis Sanders; Secretary – Jonathan Bustin;

Treasurer – David Lean; Vice Chair – Chris Willett

Tom Orpe re-elected as 1<sup>st</sup> team captain and Alex Rust to take over as 2<sup>nd</sup> team captain. 3<sup>rd</sup> team captain to be agreed. Lucy Oakley will continue as captain of the Women's XI.

Congratulations to our 1<sup>st</sup> XI on winning the 2025 Premier

League Fair Play Award.

## Winter Indoor Training:

Indoor Training began on Monday 19<sup>th</sup> January at the Cornwall Cricket Centre from 6-8pm. This is open to all members of 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> team. £5 per session. Sessions will continue weekly from this date. **NEW MEMBERS WELCOME.**

**Clubhouse:** Our fully stocked bar is open every night – now opening earlier on Fridays – from 5pm. Everyone is more than welcome to drop in for a drink – no membership (or cricket interest) required! We also show a wide range of sport in the bar.

## Winter Opening times now in operation:

Monday: Closed

Tuesday: 6 - 10pm

Wednesday: 6 - 10.30pm

Thursday: 6 - 10.30pm

Friday: 5 - 11pm

Saturday: 5:30 - 11.30pm

Sunday: Noon – 7.30pm



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## The Garden in March

### Jobs For March

- Protect new shoots from slug and snail damage
- Sow hardy annuals
- Start to cut your lawn when it is dry but remember to cut it on the highest setting
- Carry out any necessary lawn maintenance, including straighten edges and repairing bare areas – see below
- Plant summer bulbs
- Lift and divide perennials
- Keep on top of any weeding, now is a great opportunity to get ahead
- Cut back to 15cm above the ground ornamental grasses, coloured stemmed dogwoods (Cornus) and willow (Salix) for vibrant new growth
- Top dress containers with fresh compost and a slow release fertilizer
- Remove *Helleborus* (Christmas Roses) leaves. They'll have regrown by the time they finish flowering
- Divide and/or plant snowdrops (in-the-green – as a growing plant)
- Dead head spring displays but ensure you allow daffodils 6 weeks before pruning off all the leaves
- Plant new trees & shrub and move existing plants that need relocating
- Keep plants protected, don't get caught out by a sudden cold snap
- Prune roses, wisteria, evergreen hedges and winter flowering shrubs that have finished flowering
- Clean your greenhouse ready for your early sowings and on warm days ventilate
- Prepare vegetable beds
- Plant shallots/onion sets/early potatoes and sow peas/broad beans/peppers/lettuce/carrots/radish etc
- Keep bird feeders topped

### Lawn Care

Lawns require more maintenance than anything else in the garden. If you give them regular care it will maintain their vigour and help them look great.

Regular maintenance is the best approach! Mowing is one of the most important jobs. For the first mow of the season set your mower to its top height and gradually reduce to the required height but don't cut the lawn too short. It is a good idea to regularly vary the direction you cut so that ruts do not form.

Regular cutting will help prevent further weed growth and moss establishing. Mow little and often, weekly in the spring and twice weekly in the summer. Close

mowing will weaken your grass and make it more susceptible to weeds, moss and drought but lawns left too long will suffer from weak growth.

Feeding; feeding the lawn will help maintain its vigour and prevent weeds/moss from establishing. Apply when the soil is moist or rain is expected (or water after your application) and ensure you apply it a few days after cutting and before your next cut. Use a spring fertiliser in late March early April and follow the manufacturers guidelines. Three to four feeds a year is normally about right.

Moss; most lawns will get moss. It can be caused by damp conditions, after droughts, when a lawn has poor aeration, shade, due to close mowing, lack of feed and over use. The first job is to remove it either by scarifying it (vigorously raking it out) or on larger lawns by chemical control. Then over seed bare areas.

Weeds; they can be noticed by flowers appearing in the grass, uneven growth or a different colour/texture to the rest of the lawn. They are likely to have been caused by close mowing and not over seeding bare areas. They spread by easily so ensure you remove them, either use a chemical control, spot treatment or hand remove.

Over Seeding; break up the surface of the soil using a rake and sow grass seed at half the recommended rate. Prevent the area being walked over and protect from birds. Water daily if necessary. Seed should emerge after 10 days.

Topdressing; can be applied at anytime of year but I would recommend it in the spring or autumn when the lawn is actively growing. Top dressing will assist with levelling, repairing work and patchy areas, improve drainage and help promote growth. It should only be applied when the grass surface is relatively dry. It needs to be worked into the sward and this is normally best done with either a rake or stiff broom. Once completed the grass should be clearly visible with no obvious clumps. Do not mow immediately, I would suggest allowing a week to prevent accidentally removing any topdressing.

Kim, landscapes of distinction.

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