



Helston

Town Guide

HELSTON
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Published June 2014

HELSTON COMMUNITY COLLEGE

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Town Guide



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For further information, contact: **01326 558423**
nationaltrust.org.uk/penrose



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Foreword

It is indeed a great honour to be the Mayor of Helston, the town I have come to love so much. I hope through the pages of the Guide you might come to realise why Helston is so dear to all of us who live and work here.

Whether one looks at the historic architecture of the town centre, the water flowing through kennels, the oft-discussed ancient history of the town, the open green countryside surrounding us, our proximity to the coast, our theatre and cinema, our wide range of restaurants and pubs, and the many organisations that flourish here, Helston really does have something for everyone.

Whatever you decide to do in and around our town, I hope this guide helps you to enjoy Helston.

Dŵl an gwella

Mike Thomas
Town Mayor

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Welcome

Helston Town Council trusts that this publication will be of interest to all those who use it. It has been designed for a dual purpose, firstly, to assist all visitors in appreciating the beauty and history of the town and, secondly, to highlight the excellent cross-section of businesses and organisations, many of whom local only to Helston, that make our town a unique and lovely place to live or visit.

The Council appreciates all the local businesses whose sponsorship has made this publication possible and encourages 'one and all' to visit this 'quaint old Cornish town'.

Whether you are a visitor, resident or prospective resident, I hope you will soon discover that this Guide and indeed the town of Helston itself, has something of interest to offer everyone.

Chris Dawson
Town Clerk



A nnual Events in Helston

The following list gives an idea of many of the events and activities which take place in Helston every year. Whilst a comprehensive list of annual events has been attempted, there will inevitably be other lesser known ones not included here which take place on a regular basis. For example, the town's schools hold annual fairs and fetes, as do a number of voluntary organisations in Helston. Nevertheless, as the reader will see, there is an annual event of one type or another taking place almost every month of the year.

MARCH/APRIL

END MARCH/BEG APRIL AN RESEK (Race for Helston)

Organised by The Rotary Club of Helston Lizard, An Resek is approximately a 10 mile multi-terrain race through Helston, through the Penrose Estate to Loe Bar and along the Coastal Foot Path to Halzephron, returning to Helston via the Cornish lanes and roads.

MAY

8th MAY - FLORA DAY (The Furry Dances and Hal-an-Tow)

Please see the pages dedicated to this internationally renowned Annual Event.

MAYOR CHOOSING

This event takes place in The Guildhall and involves the election of a new Town Mayor for the ensuing Civic Year.

ASCENSION EVE - BEATING THE BOUNDS

The ancient ritual of "Beating the Bounds" is one that has been in existence since the Second Charter of Queen Elizabeth in 1585. In the days before maps it was essential to regularly walk the exact boundary to guard against encroachments. This historic tradition, to ensure that the boundary of Helston is remembered, involves one third of the Town's Boundary Stones being "beaten" each year. The particular route, time and starting point are advertised in the local press and members of the public are welcome to join the Mayor, members of Helston Town Council and numerous local school children.

MAY/JUNE

HELSTON TRIATHLON

Usually takes place on a Sunday at the end of May, beginning of June. It's a 400m pool swim at the Helston Leisure Centre, followed by a 16.5 mile cycle and a 3.5 mile run to finish, followed by a presentation. From novice to seasoned triathlete this event is suitable for all.



JUNE

MAYOR'S CIVIC SUNDAY

Mayor's Civic Sunday takes place at the beginning of June. Helston Town Band lead the parade starting from the Guildhall to the Service at St Michael's Church at 3pm.

FREEDOM PARADE

Personnel of H.M.S. Seahawk exercise their right of freedom to march through the streets of Helston. Parade and Naval Band assemble at the Trengrouse Way extension car park at 10.00am for inspection of the troops by the Mayor of Helston and then the parade marches through the town taking the salute in Coinagehall Street with a helicopter fly-past.

HELSTON'S MIDSUMMER STREET PARTY

An event organised by both the Epworth Hall and HBIP, to celebrate summer. Held in mid-June, the event involves a street party in Meneage Street, market in Coinagehall Street, a classic car display, street entertainers and much more!

JULY

AIR DAY AT R.N.A.S. CULDROSE

The personnel of H.M.S. Seahawk open the Air Base to visitors, normally on the last Wednesday in July or first in August. There are international flying displays, opportunities to view the aircraft on the ground, stalls and trade stands.

HELSTONBURY MUSIC FESTIVAL

Helstonbury is a weekend of live music held every year usually on the last weekend in July at The Blue Anchor Inn enjoyed by young and old. Many live acts perform over the weekend which includes a Friday night showcase of young local talent by ages 8 to 18. It is held to raise money for local charities and causes.

HELSTON BEER FESTIVAL

Held at the Helston Football club, the Festival includes live music. All net profits are donated to local charities.

HELSTON IN BLOOM

Helston in Bloom annual competition is judged by a panel of judges and is open to residents of Helston, schools and businesses of the town. Are you proud of your garden? Are your hanging baskets impressive? Does your business have a stunning



floral display? Why not enter the Helston in Bloom Competition. It is FREE to enter and entry forms are available from Heathercraft, judging usually takes place towards the end of July.

AUGUST

THE LISMORE PROMS

Helston Town Band's annual 'Proms in the Park' concert has now been re-named 'The Lismore Proms' and takes place at the end August in the beautiful setting of Lismore Gardens. Each year, the band selects a local charity to make a donation to, which is presented at the Proms.

SEPTEMBER

HARVEST FAIR

Another ancient event in the Town is the Harvest Fair, held on the first weekend in September. Events taking place over the weekend include the Plum Fair (Farmers' Market), Horticultural and Craft Show, Cornish Wrestling, Carnival, Family Pet and Dog show and Skate Day. The Blue Anchor Beer Festival also takes place during Harvest Fair weekend at The Blue Anchor.

NOVEMBER

REMEMBRANCE DAY PARADE AND SERVICE

Parade through Helston, followed by a service at St Michael's Church on the Sunday closest to the 11th November.

CHRISTMAS LIGHTS SWITCH ON CEREMONY

Performed in the Town Centre usually on the last Friday in November, this event has grown over the last few years and is organised by a group of volunteers. It is well worth coming to see Helston's magnificent Christmas lights being switched on; the evening also includes communal carol singing, fireworks, market stalls and street entertainment.

A

rt, Music & Cultural Activities

The town of Helston boasts many cultural activities and organisations to cater for most tastes. Further information about most events that are happening locally are regularly displayed on notice boards located at the Guildhall and at various noticeboards around the Town. Below is a small mention of just some of the groups that meet and perform regularly in the town.

Helston Theatre Company stages a wide variety of shows throughout the year, from family pantomime to musicals to plays. This year's productions have included; *When We Are Married*, *Cinderella* and *Oliver!* both of the latter having sell out runs. Our home is in the Epworth Hall where we also hold an annual quiz, award ceremony and other social events. We are always looking for new members to take part, whether on or off the stage. You can contact us on Facebook, follow us on Twitter (@HelstonTheatre) and watch us on Youtube, alternatively contact 07890780855.

Helston Chamber Choir (formerly Helston & Kerrier Music Society) is a friendly, hard-working, four-part choir of about 35 members, which gives concerts in January and June each year. Each term consists of 18 weeks of rehearsals, practising on Tuesday evenings in the Music Block at Helston Community College. We are a choir of mixed ability who love singing; there is no audition and new members will be made very welcome - especially tenors and basses. Our Musical Director is Mr Enrico Gerber. For more information about the Helston Chamber Choir, please call Mr Paul Hunt on 01326 574272.

St Keverne Male Voice Choir is celebrating its 70th Anniversary in 2014, having been based in the village of St Keverne from 1944. In 2013 the choir moved its practice base to Helston Guildhall and meets there every Monday (excluding bank holidays) at 7.30pm, since then the choir has grown in number and is steadily enhancing its reputation for high quality performance. It remains committed to serving the community of St Keverne, The Lizard peninsula and the district of Helston, and gives a wide variety of concerts in many local venues as well as further afield. Anyone who might wish to join will be warmly welcomed on a Monday evening.



To book a concert or check our programme go to www.facebook.com/stkevernemale voicechoir or ring the Secretary on 01326 564799.

The Pentyr Singers is a mixed choir that evolved from the Lizard based St. Cecilia Singers some 25 years ago. Since that time, under the leadership of Sarah Curnow and supported by accompanist Paul Benney, its membership has grown to nearly 50, drawing primarily from the Helston and Lizard area. The choir performs regularly across southwest Cornwall and sings a wide variety of music, with something to suit everybody's taste. For more information about The Pentyr Singers please call the Booking Secretary Mrs Joyce Yapp on 01326 562143 or www.pentyr singers.org.uk

Helston and District Town Twinning Association

Helston has been twinned with Sasso Marconi in Italy since 1968 and a very strong relationship has developed between the two towns. In June 2011 Helston was also officially twinned with Plougasnou in Brittany, approximately 40 minutes' drive from Roscoff.

Helston and District Town Twinning Association is organised around two groups, the Sasso Marconi group and the Plougasnou group, but some people are members of both. Both groups' mission is to bring all like-minded people together, breaking down cultural boundaries and creating lasting friendships.

- Would you like to visit Sasso Marconi or Plougasnou and experience their way of life?
- Could you host Italian or French visitors, when they visit Helston?
- Would you help with fund raising to cover the costs of visits from both towns and participate in the 'Twinning' social calendar?
- Are you a member of a club, an association, or have children at school or involved in youth groups and want to explore the possibility of visiting either of our twin towns?

If you have said "yes" to any of these questions, why not broaden your horizons and contact Helston and District Town Twinning Association today?

hdtta@hotmail.co.uk
info@plougasnoutwinning.co.uk
www.helstontwinning.org
www.plougasnoutwinning.co.uk

Eating & Drinking in Helston

Helston has many places to enjoy good food and drink.

There are several restaurants and cafés in Helston offering a wide variety of delicious home made food at prices to suit every pocket and palate. These include: The Coffee Bean, Park Coffee Shop, Lakeside Café, Helston Cup & Cake, Shimmy's Shakes & Movies, Costa Coffee, Ruth's Teashop and Takeaway, The Open Door Café at Mustard Seed, Giuseppe's, Table Table restaurant at The Maytree and Henlys. As well as three Indian restaurants, two Chinese restaurants, Chinese and Indian takeaways and Fish & Chip shops.

Helston has a good number of public houses, many of which also offer home made food. The renowned Blue Anchor Inn in Coinagehall Street has the world famous "Spingo", a real ale favoured by both residents and visitors alike. Other public houses within the town include The Angel Hotel, The Red Lion, The Bell Inn, The Rodney Inn, The Seven Stars, Reily's Bar, Henlys, Goldophin Club, The Merchant Bar, Shooter's and The Maytree, away from the centre of town on Clodgey Lane Bypass.



E ducation in Helston

Helston is served by three Primary Schools; Nansloe Academy, Parc Eglos School and St Michael's C of E Primary School. Furthermore there is one Secondary School; Helston Community College.

NANSLOE ACADEMY

Nansloe Academy is located in Bulwark Road, Helston, and its Headteacher is Mr Charles Field. Currently it has some 200 pupils, and runs a morning nursery. The school helps pupils achieve their full potential by providing a friendly, well organised environment with high expectations. A challenging curriculum provides quality learning with opportunities for the children to take active responsibility for their behaviour and care of the school environment. The school considers that it provides an environment that values the support and contribution of the whole school family and values the diversity of race, culture, gender and ability. Positive attitudes and respect are encouraged towards others so that the children leave Nansloe Academy well equipped and confident to continue lifelong learning.

The school has seven classes and aims to keep class sizes as small as possible, with an average number of children per class of about 25. There is a wide range of curricular activities which includes swimming, dance, cricket, environmental education, cooking, music, french, art, and technology. Taking children on educational visits is also a key feature of the curriculum.

Enquiries can be made by
01326 572966
secretary@nansloe.cornwall.sch.uk
www.nansloe.com



PARC EGLOS SCHOOL

Parc Eglos is a lively caring school, where pupils and teachers respect each other and see learning as a shared experience. There is a strong sense of pride in the school and pupils and teachers strive together to make learning the central priority. Parc Eglos School is located on land between Cades Parc, Tenderah Road and Parc Eglos. The school currently caters for over 400 children of primary age (4-11) and also caters for pre-school children 2-4 year olds in the Pathways nursery.

A recent OFSTED inspection (September 2011) stated that 'Parc Eglos is an outstanding school. It is a cohesive community which works very well with parents, carers and partners so that all groups of pupils progress outstandingly well during their time there. Pupils are very well taught and the many outstanding lessons contain pace and innovative teaching, and meet the needs of all pupils. The pupils follow a stimulating and inspiring curriculum, which provides memorable experiences for them. One parental comment summed up the views of many by saying, 'Lots of exciting things are happening at this school; great experiences for my children; thank you.' The Nursery gives pupils an excellent start and has already helped very young children to develop early skills as they move through the outstanding Early Years Foundation Stage. This progress continues throughout school, so that by the time pupils leave the school, their attainment is well above average in all subjects...Pupils told inspectors that they really enjoy being at Parc Eglos. They showed immense pride in their school and this is reflected in their high attendance. They take on a wide range of responsibilities around the school and in their local community.'

The school also is extending its extra provisions with a thriving breakfast club and after school care. There is a wide range of activities on offer as part of the extended school services; these include dance, drama, cycling, tennis and football, which are also included as activities in the school's exciting new holiday club.

The school greatly values its relationship with the community, with family learning high on the agenda. The partnership with staff, children, governors, parents and many outsider providers is enabling the school to move further forward with confidence.

Enquiries can be made by
01326 572998
enquiries@parc-eglos.cornwall.sch.uk
www.parc-eglos.cornwall.sch.uk

ST. MICHAEL'S C OF E PRIMARY SCHOOL

St. Michael's C of E Primary School is Helston's oldest primary school with approximately 370 children from age 4-11. 124 children are Service children from nearby R.N.A.S. Culdrose. The school's Head Teacher is Mr Shaun Perfect. The school's mission statement is to provide a Christian environment in which children are encouraged to grow as individuals whilst learning to live in and contribute to society in a positive way. The Lizard Child Trust nursery is also based on the school's spacious seven acre site. The nursery caters for children as young as 3 months, providing care from 8am to 6pm. The school became an Academy on 1st December 2013 sponsored by the Diocese of Truro. The school was judged as "good" by Ofsted in November 2013 and the report noted that pupils achieve standards in reading, writing and maths that are above average. The school delivers the Edison Curriculum where children are taught History, Geography, Art, Music, D&T and Science through a number of themed topics e.g. Bright Sparks and Party Planners. The themed topics ensures that the curriculum is taught in a meaningful, exciting and motivational way. 100% of parents surveyed in 2013 commented that their child enjoyed coming to St Michael's.

Enquiries can be made by
01326 572386
secretary@st-michaels.cornwall.sch.uk
www.st-michaels.cornwall.sch.uk

HELSTON COMMUNITY COLLEGE

At Helston Community College we promote aspiration, encourage ambition and work hard co-operatively to ensure student achievement. We are ambitious for all our students and want them to achieve all that they can in a safe, caring and well-disciplined environment. For this to happen, we set high standards and work in close partnership with parents and carers. The targets we set are aspirational and we will encourage students to aim high. We track their performance against progress towards these targets, and regularly provide feedback to students and their parents/carers. The teaching provided is systematically planned, delivered in an inspirational and appropriate manner, with challenging assignments marked diagnostically, and results fed back constructively.

We are a mixed 11-19 College with more than 100 teaching staff and approximately 1,600 students of whom over 400 are in the Sixth Form. The College recognises that each student is a unique and valued individual with talents, qualities, gifts, abilities and needs which are personal to them. Our College is committed to personalised learning. This means that we commit ourselves to meeting the needs of each individual young person. Our aim is to ensure that each and every student has a great experience, which equips them for the challenges and opportunities they will meet throughout life.

In November 2013 Ofsted judged the College to be “Good” overall with “Outstanding” behaviour.

We have also committed ourselves to helping students discern their own purpose in life, and help them to clarify their pathways for the future. We provide independent, up-to-date, reliable information, advice and guidance, which has the interests of the student as its core purpose. The College ethos in which this personalised learning takes place is warm, welcoming, good humoured and well-disciplined. We insist on the best of manners, respect for each other, self-control and the highest standards of behaviour at all times. The College is a civilised place where all students feel safe to question, experiment and learn.

Helston Community College is part of a local Education Co-operative Trust of 18 local primary and secondary schools. As a Co-operative we uphold the values of self-help, self responsibility, democracy, equality, equity and solidarity. We believe in the Co-operative ethical principles valuing honesty, openness, social responsibility and caring for others.

Our students respect and care for each other, and the adults who work with them. They learn how to behave in a working environment, which provides a sound preparation for future life. Unacceptable behaviour is not tolerated, and is addressed in an appropriate way involving parents and carers when required.

We recognise that it takes a whole community to educate a child, and so we are committed to working in partnership with parents, carers, statutory agencies, our Co-operative Trust partners and other local community and voluntary organisations. This engagement is a key driver which ensures that we draw on all the resources available, to provide a personalised service for our students.

Our College is a “Campus of Opportunity”: a place where students are valued for who they are and what they might become, where the best is expected and they are seen as unique individuals, whose lives matter. We commit ourselves to providing a personalised learning experience which ensures high challenge, inspirational teaching, a wide range of qualifications and extra-curricular activities. Students take part in a wide range of enrichment opportunities, from sport to drama and animal care to fashion design. These can be purely for enjoyment or at the highest level such as our nationally recognised, award winning Helston School Jazz Orchestra.

Enquiries can be made by
01326 572685 Fax: 01326 572183
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www.helston.cornwall.sch.uk



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PENDEEN PARKA2
PENHELLAZ HILLA3
PENMERE CLOSEA2
PENN ANDREAB1
PENROSE ROADA3
PENVENTON VIEW .A3
PENVIEW CRESENT A3
PENZANCE ROAD .A3
PINE CLOSEB3
PORTHLEVEN
ROADA4/A3

R

RATCLIFFES LANE .A3
ROSELIDDEN PARC .A2
ROSKILLINGB2

ROSKILLING

WARTHHAB2
ROSKRUGE CLOSE .B1
ROWE'S LANEB1

S

SANCTUARY
LANEB2/A3/B3
SENESCHALL
PARK(1)B1
SITHNEY
COMMON HILL .A2/A3
SITHNEY OLD HILL .A3
ST JOHN'S CLOSE .A3
ST JOHN'S ROADA3
STATION ROAD .A2/B2

T

TARANTO ROADB4
TENDERAH ROADA2
THE FURRYA4
THE PADDOCKA1
THE PARADEA3
TREGARRICK CLOSE .A2
TREMENHEERE AVE .B1
TRENETHICK
AVENUEB1/B2
TRENETHICK CLOSEB2
TRENETHICK PARK .B2
TRENGROUSE
WAYA3/B3
TREVENEN
ROADA3/B3
TREVETH LANE(6) .B1
TREWORLIS
CLOSE(2)B1
TROOSE CLOSEB1
TROUBRIDGE ROAD .B4
TURNPIKEB2
TYACKE ROADA3

V

VYVYAN PLACEB3

W

WATER-MA-TROUT .A1/
.B1/A2/B2
WENDRON STREET .A3
WEST CLOSEB2
WHEAL OAKB1



Helston - a Brief History of the Town

The earliest reference to Helston is when Harold, who was Earl of Cornwall, became King after the death of his brother-in-law, Edward the Confessor - this was on the 5th January 1066. At the Domesday Inquest in 1088, Helston was still held by the Crown and contained 4,760 acres. The Manor of Helston was considerably larger than it is today; taking in the whole of Wendron and large portions of Stithians.

Like most towns, Helston had its own fortification. This was in the form of a castle which was situated in the vicinity of the Bowling Green. It is reputed to have been built during the reign of Edmund, Earl of Cornwall (1272-1300). The location of the fortification was chosen because at that time enemy ships had access to the town from the sea. The incoming tide met with the River Cober and formed a tidal creek. Towards the end of the 13th century, Helston was completely cut off from the sea by the sudden formation of a bank of shingle known as the Loe Bar, which blocked the mouth of the creek. To make up for the loss of their harbour, the townspeople acquired the nearby port of Gweek.

On the 15th of April 1201, Helston was granted its First Charter by King John. The Charter gave the people certain privileges and probably the greatest was that tenants could hold houses and lands under their landlords, instead of being peasants working under conditions of slavery. It also gave the inhabitants the right to be tried in their own courts - a privilege taken away from the townspeople in 1990.

A Charter of 1305 granted by King Richard made Helston one of the five Coinage Towns in Cornwall. The town was surrounded by tin mines and the granting of this Charter made the town very prosperous. Tin mined in the area would be brought to Helston to be assayed and a Coinage Hall was built for this purpose. The Coinage Hall, along with a Duchy Officers' House, a gaol and the Chapel of Our Lady, were built in the middle of the main street, or Coinagehall Street as it is known today. These buildings were demolished at the beginning of the 19th century.

The above mentioned port of Gweek was an important place for the export of tin until comparatively late times. Ancient roads connecting it with tin bearing country can still be traced.

In 1336 another Charter was granted. This gave the town a weekly market and four annual fairs. The income from the market and fairs helped considerably with the finances of the town.

In 1576 a large Market House was built where the Guildhall stands today. This included a Corn Exchange, Meat and Fish Market. This was replaced in 1839 by the present Guildhall, a new and larger Market House being built simultaneously. This large Market



House was built during a very prosperous time in the town's history. Hundreds of men and women were employed in the local and very productive tin mines, and would converge on the town. This Market House became the town's Museum in 1949.

Helston was an important Parliamentary constituency from 1294-1832 returning two Members of Parliament. By the Reform Act of 1832, Helston was deprived of one of its members and by the Redistribution of Seats Act, it was deprived of the other in 1885.

Various members of the Godolphin family represented Helston in the 16th and 17th Centuries. Sidney Godolphin was described as the greatest statesman to come out of Cornwall. The Godolphins, who were great benefactors to the town, obtained their wealth from a local tin mine, Great Work. Their town house in Coinagehall Street, now known as The Angel Hotel, was a convenient base for business meetings and mining transactions.

St. Michael's Church was struck by lightning in 1727 and rapidly fell into disrepair. The townspeople were not in the position financially to restore the church and appealed to Francis, Earl of Godolphin for help. He then undertook to pay for the entire cost of the rebuilding, which amounted to around £6,000. The church was re-opened for divine worship on the 18th of October, 1761. In 1767, Lord Godolphin presented six bells to the church - a further two being added in 1904, making a peal of eight.

Education has always played a prime role in the town. A Grammar School was established as early as 1550. It was known as the "Little Eton of England". Among its celebrated headmasters were the Reverend Derwent Coleridge, son of the poet Samuel Taylor Coleridge, and the Reverend C.A. Johns, author of "A Week at The Lizard" and "Flowers of the Field". One of the school's most distinguished pupils was Charles Kingsley, author and poet. Comprehensive Education was introduced in 1972 which saw the demise of the Grammar School in the town.

Towards the end of the 19th century, Helston was becoming a very depressed town with so many mines closing in the area. The traders were suffering extreme difficulties and many small shops closed to make way to bigger, family-owned businesses. This mode of trading continued well into the 20th century.

However the Helston Railway Act of 1880 sanctioned the construction of a branch line of eight and three-quarter miles from Gwinear Road Station through to Helston. This improved trade both for farmers exporting their produce to up-country markets and also brought goods to retailers in the town.

Tourism increased and passengers alighting at the Station were taken to newly built hotels on the Lizard peninsula.

In 1962 the passenger service to Helston Station came to an end under the Beeching plan, for economic reasons - one of 2,500 stations throughout the country to face closure.

Helston Station remained open for a further two years to cope with the still busy freight service. The end of an era came with the closure of the Station on the 4th of October 1964.

The building of what has become the largest Naval base in the country, Culdrose, in 1947 again saw great changes in the town. Civilian employment was one of the key issues and Helston became a very prosperous town again in the 1960s. The 1960s saw a rapid growth in building and new estates sprang up around the town. All this led to the prosperity of the town. Sadly, today we are again witnessing the loss of many small traders, due mainly to the modern 'out of town' shopping complexes.

However, the town still retains many of its ancient features and its time-honoured annual Flora Day festival, the latter being an occasion for Helstonians to celebrate and look to the future.

Unfortunately through decline and the outbreak of foot and mouth disease, Helston Cattle Market closed in February 2001. The area once occupied by the market has been incorporated into Coronation Park, where there is also a skate park and a community building aptly named The Old Cattle Market; these, together with a Lakeside Café, afford perfect leisure facilities.

One must be optimistic that history will, in some respects, repeat itself and Helston will be known once again, as in years gone by, as "The Metropolis of the West".

Compiled by Martin Matthews, Honorary Freeman of Helston



Short History of Helston Town Band

A "Band" must have existed in Helston at least as long as the town's famous "Cornish Floral Dance" which reaches back to a time before recorded history. Flora Day is probably Cornwall's most famous celebration, known both nationally and internationally and the Band a most vital part of this, leading the dancers through the town on four occasions during the day, over a total distance of sixteen miles.

The Band in its present form can be traced back to the turn of the last century, indeed there are members whose family connections go back four generations. It is believed that two bands existed in Helston at this time, one of which was "The Volunteer Band" and these joined together to form the Town Band.

In 1937 the Band became the Band of the 56th H.A.A. Regiment, Royal Artillery (T.A.). During the early part of World War II the Band was stationed in Plymouth, but after The Blitz many members were posted to other units both at home and abroad.

During the War the Band reformed with new members and in 1946 numbers were increased when most of its pre-war members returned from active service. At this time the Band met for practice in the old British Legion building, later moving to the front part of the old Meat Market building. The Band transferred to the rear of this building to allow the Town Museum to use the front. In 1951 the Band achieved the distinction of reaching the Daily Herald National 3rd Section Finals at Belle Vue, Manchester.

From the beginning, and throughout its history, the Band, being a Town Band, in addition to Flora Day, has undertaken many civic functions and supported various organisations in the town, also accepting invitations from the immediate area of West Cornwall.

In 1959 the Town Band organised its first Solo and Quartet Contest, primarily to enhance the playing of young people. It has continued annually until the present day, becoming the longest running contest of its kind in the South West area. Contestants come from all parts of Cornwall with a number from West Devon.

In 1968 the Junior Band was formed under the direction of Mr. E. Ashton. Over the years the Junior Band has undertaken engagements for charity and achieved success in both local and South West area contests, the main achievements being winners at the Spring Brass Band Festival, Barnstaple in 1978 and triple winners at the South West B.B.A. Contest at Torbay in 1991-92-93.



In 1986 the Band won the area contests of both the Pontins and the National Championships, competing in the finals at Prestatyn and London. At the time, owing to the illness of the Musical Director, the Band was under the direction of Mr. K. Hamlod.

With Mr. Ashton the Band competed in the 2nd Section having gained promotion in the national ratings and progressed to win the 2nd Section at the West of England Area Contest in 1989, subsequently appearing in the National Finals in London.

In 1992 the Band were promoted nationally to the 1st Section, winning the 1st Section at the South West B.B.A. contest at Torbay, thus achieving a double celebration with the Junior Band.

In 1997 with the help of grants from the Foundation of Sport and the Arts, Kerrier District Council and Helston Town Council, the Band was able to purchase its own premises, thus allowing a further extension to the Town Museum. The Band has refurbished this building to meet the needs of a forward-looking brass band in the 21st century.

Throughout its history the Band has been and remains an integral and essential part of the local community, both historically and socially. It has been the means whereby generations of townspeople have been able to enjoy making music together, to listen to a brass band at both civic and social functions and to perpetuate the traditional "Floral Dance" or Furry Dance as it is locally known.

C onservation Area

During the eighteenth and early nineteenth centuries Helston was a major centre for the local tin mining industry. Its rich heritage can still be seen in many of its streets and buildings.

Helston's Conservation Area was originally designated in 1969 to preserve these historic buildings and public realm features, such as the granite pavements in Coinagehall Street. The Towns Council's Guildhall is located within the Conservation Area and is a Grade II* Listed Building as are many buildings in the centre of the town. The Conservation Area has been extended twice since 1969; in 1985 and 2005 to further preserve the town's past.

In recent years, many buildings and features benefited from Heritage Lottery Funding in the form of the Helston Townscape Heritage Initiative. This project provided funding to property owners to carry out traditional repairs utilising local materials where possible.

Conservation remains a top priority when members of the Town Council's Planning Committee consider Planning Applications that fall within, or close to, the Conservation Area.



A Personal Perspective

Back in 1989 I rode from Penzance to Helston on my old motorbike, heading for an interview for a position in the Arcade Barbers. At the time I remember thinking, "I've never been to Helston before," and then it struck me that my Grandad used to bring me over when I was a small child. We used to go up to the viewing enclosure at Culdrose, then have a look at the cattle market and then head on into town. In 1989 there was still a market selling cattle and indeed a street market as well, and Helston was very much about serving the local area with its everyday needs. This was long before the bigger, out-of-town supermarkets arrived, and way before the internet - probably two of the biggest things that have changed our shopping habits and our high streets since the end of the Second World War.

I saw my first Flora Day in 1989 and was amazed at the transformation in this quaint market town, and experienced for the first time the feeling that turned me from just a person that worked here, to a person that wanted to live here. The feeling I got, was that Helston had an amazing sense of community. The way in which everyone comes together, young or old, local or imposter (like me) - they just mucked in and transformed the town into a floral picture, a day which is undeniably one of the main events in a Cornishman's calendar. It was with enthusiasm that I upped sticks and moved to Helston. I worked in the Arcade Barbers for some 9 years and watched the town evolve into a bustling service centre for the locals and a place for the young naval recruits to shop and frequent. This generally occurred more so at the end of the month on what fondly became known as 'millionaire's weekend' (pay day). It always struck me that for a town with such a high percentage of predominantly young men out drinking and generally enjoying themselves, there were very few incidents of trouble. It is this relationship between Helston and Culdrose that has cultivated a mutual understanding and respect between the town and the Navy, and one that doesn't function as well without the other.

Nowadays there are fewer personnel on base and therefore less traffic coming into town. However there are more visitors about and many more want to spend their time in more rural locations, which the Lizard Peninsula can offer. There has always been a noticeable upturn in most businesses during the holidays, but more often these days we see visitors during the off peak season, who take advantage of lower prices and less people around, therefore aiding easier travelling. On a daily basis we engage with visitors in our shop either looking for directions or information on the area and the one thing I love is talking us up and revelling in the fact that we live and work in such an amazing location.

All in all, Helston offers different things to different people. To the locals we are their town, to Culdrose we serve a very unique purpose, and to visitors we are the beautiful, historic town with some great individual and very independent shops. This begs the question, does Helston have a bit of an identity crisis, and therefore who are we? We are no longer a market town in the true sense, Culdrose is shrinking in numbers and at the moment, we are not quite a holiday destination! In recent years the high street has changed and even though the town centre shopping experience may have shrunk a little, it has adapted to meet the needs of the town.

Even in the face of the current economic climate, I believe Helston has shown some amazing resilience, but we will need to continue with this resilience and adapt the high street to enable us to diversify and prosper. The Business Improvement Partnership has helped with many events, including cleaning up areas that have been neglected and generally trying to bring those in Helston together, to work as a team. The main ingredient however, has been the people in it. We are a 'can do, will do' town and our strength is our community. The big supermarkets have come, and one day even places like Culdrose may eventually become redundant, but the town will remain in some shape or form, as the majority of people that live here, choose to, because of the fact that it is Helston.

I have watched Helston change and adapt to cope with everything that is thrown at it, including floods, recessions and Council cuts, but it has survived. The next 25 years will no doubt have its changes, both positive and negative, but we will only grow stronger if we decide who we are and stake our claim on our share of the market. Changes will happen, but here's the thing, it has always happened. The high street has changed from 100 years ago, 50 years ago and has indeed changed since I came here 25 years ago. Helston is a very unique town and I am sure that with the continued perseverance of those that live here, work here and those that generally love our town, it will continue to change and adapt in whatever way is necessary to maintain its individual and special appeal.

Andy Perry
Chairman, Helston Business Improvement Partnership







elston Business Improvement Partnership

The Helston Business Improvement Partnership (HBIP) is a not-for-profit, membership organisation set up to represent and provide support to the Helston business community.

Predominantly volunteer led, it's the 'can do' attitude and drive of the local business community that delivers innovative and result-driven town centre projects. Anyone can be involved and commit as much or as little time as they can. It's a great way to network, make friends and meet like-minded business people with similar values and interests.

We are always keen to encourage new members at the Helston Business Improvement Partnership so please don't hesitate to get in touch - our details are below.

Our objective is simple , we want to create a better, brighter more appealing town centre and help business flourish within Helston.

Helston Business Improvement Partnership Ltd
The Guildhall - Helston - Cornwall - TR13 8ST
Telephone: 01326 558881
helstontraders@gmail.com
tcm@helstontc.co.uk
www.helstonbip.co.uk
Company number 8048099



Local Government in Helston

Helston is served by two tiers of Local Government, namely Cornwall Council and Helston Town Council.

In April 2009 the former Cornwall County Council and the six Cornish District Councils were abolished in favour of a Unitary Authority - Cornwall Council. Cornwall Council's main functions include education, social services, highways, planning, leisure services, environmental services (e.g. environmental health and refuse collection) and housing. In Helston, these services can be accessed from the One Stop Shop, Isaac House, Tyacke Road, Helston.

The Town Council was a successor authority to the former urban district of Helston in April 1974, retaining ownership of the Grade II* listed building of The Guildhall. In 2006 the Town Council was awarded Quality Status in recognition of its commitment to the community and standard of administration.

The Town Council provides many civic functions each year, and is responsible for managing the street stall markets in Coinagehall Streets on Flora Day. In addition, the Town Council takes on a number of functions from the Cornwall Council on an agency basis, especially in relation to the maintenance of the town's public footpaths and rights of way, and also maintains the Sunken Garden and the town approaches. They have also recently taken over the responsibility for the public toilets and most of the equipped play areas in Helston, as well as being fundamental in the opening of two new play areas. However the sports pitches, Helston Cemetery and one of Helston's most attractive facilities, Coronation Boating Lake and Park, are still maintained by Cornwall Council.





Full details of serving Cornwall and Town Councillors are available on the Town Council's website www.helstontc.com or by contacting the Guildhall. The website contains a host of information for both residents and visitors.

The Town Council office is located in The Guildhall, Market Place, Helston, TR13 8ST, and is open to the public from 9.00 am until 4.00 pm Mondays, Tuesdays, Thursdays, Fridays (Closed Wednesdays) - telephone 01326 572063 or email enquiries@helstontc.com



Places to Visit In and Around Helston and the Lizard

Helston Museum is often described as a 'hidden gem'. Housed in the former Market buildings and the Drill Hall, the museum was established in 1949. Five display halls on three floors mean that the museum is much bigger than it looks from the outside! The vast collection covers all aspects of life on the Lizard Peninsula. Discover local trades like tin mining, fishing and serpentine turning. Learn more about Helston's local heroes - Henry Trengrouse the pioneer of safety at sea, and Bob Fitzsimmons, famous champion boxer. Visit the 1950s kitchen, the village shop and the vintage toy display. Glimpse the elegance of past times in the costume gallery, and admire the beauty of local mineral and crystal specimens. Find out about Helston's famous Flora Day, the ancient tradition of the Hal-an-Tow and the Furry Dance, which once a year winds through the town and the museum itself. Be sure to visit the museum shop for a range of gifts, including a wide selection of Cornish themed books.

Helston Museum is a charity, managed by the South Kerrier Heritage Trust. Helston Museum is wheelchair accessible but has some uneven floors. Dogs on leads are welcome.

Open Monday - Saturday, 10am - 4pm.

FREE ADMISSION - DONATIONS GRATEFULLY RECEIVED

www.helstonmuseum.co.uk
info@helstonmuseum.co.uk

The Angel Hotel in Coinagehall Street is a 16th century former town house of Sidney Godolphin. It is ideally located in the heart of the main high street of Helston. **The Guildhall building**, which now houses the Town Council offices, was originally a market house in 1576 and was replaced by the present building in 1839 and includes the Council Chamber, Mayor's Parlour and Corn Exchange and the Town Clerk's Office. **Blue Anchor Inn** with its thatched roof, was originally a Monk's rest house which became a tavern in the 15th century. The inn has a colourful history. **The Parish Church of St. Michael** was built during the latter half of the 18th century and can be found part way up Church Street. In Wendron Street you will find the thatched house of **Bob Fitzsimmons**, Britain's lightest ever world heavyweight boxing champion.

All the above plus many other interesting places are identified on the **Helston Town Trail**, and this leaflet is available from the Town Council Office in The Guildhall, Isaac House, the Cornwall Council Office in the Coinage Ope, Helston Museum or from the Town Library.



Penrose Walks and Loe Pool is a paradise for the naturalist and walker and many people consider the walks around Loe Pool to be among the best in the West Country. Loe Pool itself was created through the formation of the Loe Bar at the mouth of the River Cober and is the largest freshwater lake in Cornwall. It is the property of the National Trust and it provides ramblers and birdwatchers a pleasant 6 mile walk around its border. Recently at Penrose, with support from a Community Project, the National Trust have created new routes, improved surfacing on existing routes and formally designated over 12km of permissive routes as bridleways - improving access for walkers, cyclists, horse riders and mobility scooters. One of the easiest ways to get to the Penrose walks is from the Helston to Porthleven road.

Coronation Park and Boating Lake is situated near the entrance of the Helston to Porthleven Road. It provides a pleasant place for the family to take a picnic and houses children's play amenities. There are boats to be hired during the summer months and café which is open year round. Also located within the area are The Old Cattle Market, a new multi-use facility for use by the community and businesses, and **Helston SK8 Park** which is much used by local skateboarding and rollerblading enthusiasts! There is also a car park with over 30 spaces (including a number reserved for disabled visitors).

Flambards Experience and Victorian Village has won many awards and is the West Country's leading family attraction with rides for everyone, family fun and entertainment. Don't forget to visit the award-winning and unique exhibitions including the Victorian Village, which includes the Chemist Shop Time Capsule, and Britain in the Blitz. These are fascinating exhibitions which all the family will appreciate. The Park is open daily throughout the summer season (March to November) and is open to view the exhibitions and access to the shops and cafeterias at restricted times and days during the winter months. A toddler play area, One2Eleven, is also open all year round. There is so much to do at Flambards, whatever your age, whatever your interest, there is something for everyone.

Godolphin House, one of the most fashionable houses in Cornwall in the 17th century. You can wander around the 16th-century garden, which is one of the most important historic gardens in Europe and has barely changed over the years, or take a leisurely stroll around the lush estate, and you may discover the Leeds engine house and stack, the remains of the Godolphin family mine. The house is open from April through to September and the gardens remain open all year round.

Trelowarren House on the Lizard Peninsula, which has been the home of the Vyvyan family since 1427, is only a few miles from Helston. The New Yard restaurant is located on the estate along with a pottery craft centre and gallery, gardens, self-catering and timeshare cottages and spa and leisure facilities.

The Lizard Peninsula, stretching southwards from Helston, is a mixture of high moorland, plunging cliffs and golden sands. It has been designated officially as an area of outstanding natural beauty, with the National Trust owning much of the peninsula. Lizard Lighthouse, built in 1753, stands at the southern point of the Lizard and has a 4 million candle capacity. There are numerous beaches around the coastline including Kynance Cove, Housel Bay, Kennack Sands, Poldhu Cove and Polpeor Beach. The Lizard is also known for its unique serpentine rock, a greenish veined rock sculptured by local craftsmen.

RNAS Culdrose, home to the Royal Navy's Merlins plus a sizable proportion of its Sea Kings, is just outside Helston on the Lizard Peninsula and is the largest helicopter base in Europe with some 75 aircraft and 3,000 personnel. Open to the public, it offers guided coach tours, which include a lecture and film show.

The Cornish Seal Sanctuary is located 2 miles to the east of Helston in the village of Gweek. It was established in 1958 and is a haven for injured and orphaned seals stranded on the Cornish coastline. The Sanctuary nurtures and nurses them back to health before releasing them to the open sea.

Goonhilly Satellite Earth Station has, since 1962, been a significant landmark on the Lizard Peninsula and those familiar with the word "Telstar" will recall that this satellite was destined to revolutionise world communications. Located within a nature reserve near St. Keverne some six miles from Helston.

Glendurgan House and Gardens lie to the east of Helston near Mawnan Smith, in a small wooded valley leading down to the Helford estuary. Owned by the National Trust, the gardens were established in the 1820s and 1830s by Albert Fox who brought plants from around the world to the garden by way of his shipping company. The gardens include a water garden surrounded by primulas and bluebells.

Poldark Mine is located at Wendron and has the largest collection of mining antiques in the West Country, including a 40ft high beam engine. The complex allows the public to experience what life was like underground in the mine shafts and presents an authentic picture of working conditions for 18th century tin miners.

Porthleven proudly lays claim to being the most southerly working port in the British Isles. It's a little-known destination with a welcoming community spirit and among the least spoiled places in Cornwall. The harbour, running right up into the heart of the town, is still the focus of life at all times of the year, and on summer mornings, you can

watch working boats coming in with their fresh catches of crabs, and lobsters. Much of the catch goes to supply the many award-winning local restaurants and cafes where you could choose to eat at a different venue every night of the week. Surrounding this historic harbour is a lively village to explore with galleries, gift and craft shops and designer jewellers.

For those who enjoy local colour there is always plenty of summer activity with fetes on the Harbour Head, band concerts on the quayside, the twice-weekly market, gig-racing, body-boarding off the pier end, and even the most spectacular surfing reef in Europe! Now claiming national fame is Porthleven's Food and Music Festival held every April, and in August, Lifeboat Day is another fun event which attracts hundreds of families and visitors. The Torchlight Procession and Firework display in the evening of August Bank Holiday make a fitting end to the main holiday season.

Porthleveners have a great respect for the sea at all times of the year. Storm-watching is a notable attraction in winter, just to watch the waves breaking over the iconic clock tower beside the pier, a site which often features on national television news! It's sometimes hard to believe that this is the same town where small children play in the rock pools left by the ebbing tide on the mile-long sheltered beach in summer, or go crabbing from the ancient steps of the inner harbour. A little further along the coast from the village is Loe Bar with its raging undertow and history of ancient wrecks. The Bar divides Cornwall's largest freshwater lake from the sea; a haven for photographers, romantics, botanists and walkers who seek out its rare tranquillity and spectacular scenery.

Trebah Gardens are near to Glendurgan and were established by Charles Fox, at approximately the same time as those at Glendurgan, and includes a private beach which may be used by visitors. The gardens are open all year round.

R

ecreation, Sports & Leisure Facilities in Helston

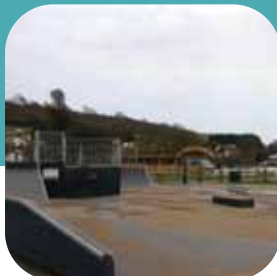
Helston has a number of facilities located around the town centre and others within easy driving distance.

Helston Sports Centre, run by Tempus Leisure, is located in Church Hill and offers a wide range of facilities available to the public including: a 25 metre ultra-violet Swimming Pool, a newly refurbished Fitness Studio and free weights room, a Floodlit Multi-Use Games Area (MUGA), ideal for football and netball, a Sports Hall which is suitable for badminton, volleyball, basketball, netball and more. Both the MUGA and Sports hall are available to hire during evenings, weekends and the school holidays. Fun sessions are run every Sunday for all ages and abilities. Swim fit sessions run every Tuesday evening offering coaching for swimmers wishing to improve their fitness and technique. There are also a wide range of aqua fitness classes available. A Swim School offering a range of swimming lessons for adults and children. We offer an extensive range of holiday activities for children and young adults now and also have a large range of fitness classes on offer.

Tel: 01326 563320 or visit www.tempusleisure.org.uk

Helston SK8 Park is located within the Coronation Park and Boating Lake area in Helston. It is much used by local skateboarding and rollerblading enthusiasts. Café facilities are available nearby.

Helston Bowling Club situated at The Monument in Coinagehall Street, has an Outdoor Bowling Green with six rinks and during the winter months has two short mat bowling green facilities available. The Club welcomes new members and is pleased to accommodate visitors for a nominal charge. They may be contacted on 01326 564921 (Secretary).



Helston Golf is located just outside Helston on the Redruth Road. It is a Par 3 18 hole Golf Course. It is open daily from 8 am and has free parking.

All ages and abilities welcome. Membership available or pay and play.

Contact 01326 572228 for enquiries or group bookings.

The Flora Centre in Wendron Street houses an 85 seat Cinema and is open daily subject to programming. The cinema may be contacted direct on 01326 569977. The Flora Centre itself has four Business Units which currently include a Sports Therapist and Tanning studio.

Swallows Gymnastics Club is a gymnastic club in Cornwall with approximately 500 members, ranging from around a year old to adults. A broad range of classes are run weekly, incorporating all ages, at recreational, display and competitive levels. The club operates a full school Key Step support coaching programme at local primary schools, with a number of schools choosing to attend the club for gym sessions. They have a number of qualified coaches trained to British Gymnastics standard. Swallows is dedicated to making gymnastics a fun and rewarding experience for all gymnasts of all ages, genders and abilities, including those currently under-represented in sport and physical activity. Swallows of Helston has its own Display Team chosen from the current competition squads. The Display Team perform at a number of local events to promote the Club and the sport of Gymnastics.

For availability and class times, please contact the club on 01326 574224 or email: info@swallowsgym.co.uk

Mullion Golf Club is located some 8 or so miles from Helston at Cury Cross Lanes and offers an 18 Hole Golf Course, along with a restaurant and bar. It is open daily and enquiries can be made on 01326 241176.

Epworth Hall is located behind the Methodist Chapel in Coinagehall Street. The Hall is a community centred arts, entertainment and conference complex which continues to be refurbished for theatre, sport, art and commercial activities.

For further information visit epworthhall.com, email info@epworthhall.com or telephone 01326 568936

Flambards is the West Country's leading family attraction with rides for everyone, family fun and entertainment. Experience the unique and internationally acclaimed undercover exhibitions **Victorian Village** and wander through its life-size and authentic

re-created Victorian shops, businesses and cobbled streets. Discover the **Britain in The Blitz** and immerse yourself in the struggle and deprivation of Britain during World War II. There is a fabulous undercover soft play area for young children - **One2Eleven**, which is open as part of Flambards or as a separate admission fee open 360 days of the year. Flambards offers a great value day out for the whole family, whatever the weather. There is a fantastic variety of rides for all ages and entertainment for all the family during the Main Season from the gentle to the downright daring. The **Kingsford Venue** is a multifunctional theatre that has many uses for events during the day and night. The facility can be adapted for any event including wedding ceremonies and receptions, with free parking, licensed bar and excellent access.

For further information about the Flambards and One2Eleven visit www.flambards.co.uk www.one2elevenplay.co.uk or call 01326 573404

There is also a Football Club, Rugby Club and Cricket Club located in Helston all of which offer facilities for both adult and youth teams, as well as other leisure facilities specifically aimed for younger people. Please see the Youth in Helston section for more information



F

lora Day & The Furry Dance

For many years eminent scholars have made exhaustive researches into the original and development of the Furry Dance. There is general agreement that it is one of the oldest customs still preserved in this country, but its beginnings are veiled in the mist of unrecorded history. The dance is certainly pre-Christian and probably the survival of a pagan ritual dance as old as man himself. Mr Douglas Kennedy, former Director of the English Folk Dance and Song Society says:-

"Dancing is the oldest of the arts. It has its origins in the animal world and its roots are buried deep down in human nature. Long before it became an art, dancing figures as a ritual in tribal custom and primitive religion. From the ancient rituals of the past are descended the folk dances of today. Any study of the origin involves reference to the story of mankind as a whole."

There it may well be, lies the undiscovered routes of the Helston Furry Dance. For the people of Helston there is spiritual and emotional content in this old custom. This heritage from those who once breathed the sweet air of this old town is ageless, and Helstonians have wisely kept the threads of the intangible cord unbroken. Its purpose lies in the very soul of man and those who see but the art and charm of it are all the poorer if they are not conscious too of the spell and wonder which is at its heart.

The seasonal setting of the dance suggests its meaning. It is essentially a Spring Festival, the first festival after winter when nature's seeming barrenness gives way to fertility and life. The dance is an expression of joy at the triumph of life (Spring) over death (Winter), the passing from darkness into light, the emergence of man victorious from the eternal struggle for survival.

For many hundreds of years, the dance has taken place on May 8th, except when that date falls on a Sunday or Monday. This is an instance of the wisdom of the early Christian Church in adapting old pagan seasonal customs to appropriate festivals in the Church calendar. For on this date is held the Feast of the Apparition of St. Michael the Arc





Angel, Helston's Patron Saint. St. Michael is said to have appeared on no less than four occasions, including our own Cornish St. Michael's Mount in AD495. Visitors to the town will be interested to see the Furry Dance incorporated in the east window of the Parish Church, the Church of St. Michael, to hear the Church bells ring out and perhaps to attend the special early morning Service held on Furry Day.

There is a likelihood that, before the Church adopted this pagan custom, the dance took place on May Day. This is supported by the fact that the Helston Town Band still plays the tune around the streets in the early morning and evening on that day, but this is now regarded as heralding the greater feast day and for many hundreds of years the traditional date of the dance has been 8th May.

The dance is processional and has an order and dignity about it. For the principal dance at mid-day, the gentlemen wear top hats and morning suits, whilst their partners wear their most charming dresses. The streets and houses are gaily decorated with flowers and greenery, and the dancers enter the shops and houses by one door, emerging from another, dancing around many of the gardens which are left freely open to them and spectators alike. This entering of premises has some significance about which the authorities differ. It may be a survival of a purification right, or an act of driving out the spirit of darkness and bringing in the spirit of light.

The origin of the music which accompanies the dancers, doubtless acquired in the development of the custom and dance is not known. There are no words set to the music, nor is a written score used by the Helston Band. The parts are passed on by Helston Bandmasters to their successors through the years, and they are jealous for its tradition and rendering.

Three names have been in common use for some hundreds of years - Flora, Furry and Faddy. During the 18th and 19th centuries and the early part of the 20th century the word most popularly used was Flora, applied both to the day and to the dance. The dance, however, is now known as the Furry Dance because of its association with the Church festival. The word 'Furry' is probably derived from the latin "Feria", a holy day or feast day. The word 'Faddy', still familiar to many Helstonians, may have some connection with the ancient English dance known as "The Fading". In Ireland, the Rinnce Fada (Long Dance) was danced before James II when he landed at Kinsale in 1681. The three words Flora, Furry and Faddy may all be regarded as traditional. Perhaps none can claim to be original or correct. This custom is so ancient that names are more interesting than important; they are gathered up and replaced as the years go by.

In addition to the Furry Dances, another ancient tradition is exercised on Flora Day, namely "Hal-An-Tow". This feature of the day is distinct from the Furry Dance and, owing to its association with drunken revels in the 19th century, fell into disrepute and decay. In 1930 it was happily and more decorously revived by the Helston Old Cornwall Society, and is now one of the interesting events connected with Flora Day.

Some antiquarians declare that Hal-An-Tow may be the oldest part of the day's proceedings. Whether this is correct or not, there can be no doubt that it is a further expression of the reason for the day's rejoicings. "For Summer is a'come, O, and Winter is a'gone, O". "Hal-An-Tow, Jolly Rumber O," appear to have come from a medieval seaman's shanty, while the verses are all in the English tradition and have no special Cornish flavour about them.

One of the verses celebrates those popular heroes whose deeds are so often included in the English May Revels.

www.helstonfloraday.org.uk

Royal Naval Air Station Culdrose

The origins of RNAS Culdrose can be traced back to 1942 when the Admiralty began surveying 750 acres of land to the south of Helston. Five years later, under the command of Captain G C Dickins, RNAS Culdrose was commissioned as HMS Seahawk.

Designed as a wartime airfield with the operational role of a Naval Fighter School the air station originally had a life expectancy of about ten years. It had three runways, could accommodate nine squadrons and had a complement of about 1,500 military personnel. However it rapidly developed other roles including the trials of the Royal Navy's first jet aircraft, the training of Airborne Early Warning crews and became the home base for the Front Line aircraft carrier-based squadrons.

Although the emphasis has changed from fixed-wing to rotary-wing, the role of the air station remains largely the same. Today RNAS Culdrose is the home of the Royal Navy's Front Line Merlin and Sea King helicopter squadrons which embark in our aircraft carriers, frigates, destroyers and aviation-capable Royal Fleet Auxiliaries. Our primary roles are:

"To deliver operationally capable Squadrons and Flights to meet the requirements of the Fleet"

Ship-borne air power extends the distance over which a taskforce commander can detect, and take action against, enemy ships, aircraft and missiles. The role of RNAS Culdrose is to support the Royal Navy's Front Line Anti-Submarine Warfare (ASW) and Airborne Surveillance and Control (ASaC) helicopter squadrons ensuring that the aircraft, personnel and stores are maintained at the highest level to meet the operational requirements of that taskforce commander.

"To provide 24 hour, 365 days a year military and civilian search and rescue cover for the south west region"



The Sea King helicopters of the Search and Rescue (SAR) squadron are ready to go whenever they are tasked. The squadron has an operating area which spans the Cornish Peninsula, the Isles of Scilly, the western English Channel and the South West Approaches to a radius of 200 nautical miles. Often operating at the limits of the helicopter's endurance and range, the squadron carries out an average of 245 SAR missions a year and countless people owe their lives to the outstanding feats of bravery regularly performed as routine events by the helicopter crews.

“To train aircrew and other aviation specialists for the Royal Navy”

RNAS Culdrose is responsible for Operational and Advanced Conversion Phases (OCP & ACP) of helicopter pilots, observers and aircrew men as well as a wide range of other aviation related training activities, which ensure that the demanding task of operating aircraft at sea, in all conditions, day and night, can be carried out safely. Most members of the Fleet Air Arm will train or serve at RNAS Culdrose at some time during their career.

SQUADRONS BASED AT RNAS CULDROSE

736	NAS	Hawk Jets
750	NAS	Observer Training
771	NAS	Search & Rescue and Sea King Helicopter Training
814	NAS	Merlin Helicopter Front Line Anti-Submarine & Anti-Surface Warfare Squadron
820	NAS	Merlin Helicopter Front Line Anti-Submarine & Anti-Surface Warfare Squadron
824	NAS	Merlin Helicopter Training Squadron
829	NAS	Merlin Helicopter Front Line Flights for Frigates & Destroyers
849	NAS	Sea King Helicopter Training Squadron
854	NAS	Sea King Helicopter Front Line Airborne Surveillance & Control Squadron
857	NAS	Sea King Helicopter Front Line Airborne Surveillance & Control Squadron

Maintaining operational capability of almost 100 aircraft requires a huge back-up organisation. Each squadron has a team of dedicated engineers responsible for the day-to-day maintenance and component replacement on operational aircraft, while station personnel carry out major work on the Merlin aircraft in the Merlin Aircraft in Depth Maintenance Facility.



The Logistics Branch is responsible for pay, finance, catering, stores and spares support; meteorologists provide weather forecasts, essential for aircrew to plan and execute their tasks and Air Traffic Control ensures the safety of aircraft movements carried out at Cudrose and Predannack, its satellite airfield on the Lizard Peninsula.

RNAS Cudrose, which together with Predannack comprises a total area of 1,512 acres and carries out some 45,000 aircraft movements each year, is one of the largest and busiest helicopter operating bases in Western Europe and is one of the Royal Navy's most extensive shore establishments. With a work force of about 2,000 Service and 1,000 Civilian personnel, it is Cornwall's largest single-site employer, employing about 15% of the county's workforce.

RNAS Cudrose is an integral part of Helston and the local community. The majority of personnel, both Service and civilian, live in the local towns and villages and many are closely involved with local organisations. Helston's Flora Day is of course a special day in this part of Cornwall and each year RNAS Cudrose is invited to take part in the Mid Day dance. In 1958 RNAS Cudrose was granted the Freedom of the Borough of Helston and treasures the privilege of exercising this right by marching through the town each year with 'swords drawn, bayonets fixed, drums beating and Colours flying'.



Youth in Helston - Facilities for Young People

Many of the facilities already mentioned elsewhere in this Guide welcome people of all ages. Listed below are the ones specifically designed to appeal to a wide cross section of our younger community.

Helston SK8 Park, which is located within the Coronation Park and Boating Lake area of the town, is a purpose built skateboarding and rollerblading park. It is much used by local enthusiasts and Café facilities are available nearby.

The Flora Centre in Wendron Street houses an 85 seat Cinema and a Café and is open daily. The cinema may be contacted direct on 01326 569977.

The Furry Youth Café is the first youth café of its kind in the area and is a place for the young people of Helston to meet their friends and simply hang out and chat together! They also offer its young customers a range of exciting and inspirational opportunities and activities to do. It is situated above Warren's bakery in Meneage Street and is open on Wednesday & Friday evenings from 6.30pm till 9.30pm, for 13 to 19 year olds and Sundays from 3pm till 5pm, for ages 11 and 12. More details at www.thefurryyouthcafe.co.uk

Swallows Gym is open to all children from toddlers upwards. They can go to the club and ask for a free trial, if all goes well then they will be placed in the appropriate class. Annual club membership fee is payable for all classes. Annual BG (British Gymnastics) membership is also payable for insurance purposes for pre-school, recreational and adult classes. The coaching team are fully qualified and CRB checked. A British Gymnastics (BG) fee is payable at the end of the second session to provide insurance cover.

More details at www.swallowsgym.co.uk

Helston Sports Centre has various facilities available for Young people. Fun Sessions are run on Sundays for all the family. A Swim school is run afterschool during the week and Saturday mornings for all abilities aged from 5 upwards.

More details at 01326 563320



1st Helston Scout Group is part of the Worldwide Scouting Organisation. They meet at the scout hut in King George V playing fields and consist of:

- 2 Beaver Colonies for ages 6 to 8 years old
- 2 Cub Packs for ages 8 to 10 years old
- 2 Scout Troops for ages 10 years to 14 years
- 1 Explorer Unit for ages 14 to 18 years old

They also welcome adult volunteers to help them to deliver a balanced programme of activities for the youth of our community. Dedicated training is provided to support all leaders and assistants.

For more details or to contact them please go to www.scouts.org.uk

Helston Air Cadets is for all young people between the ages of 13 and 18. They meet at Oates Road. For more details contact (01326) 563472 on Tuesday and Friday evenings between 7pm and 9.30pm or e-mail helstonaircadets@btopenworld.com. The Commanding Officer is Craig Bowcutt.

Helston Girl Guiding is for girls aged between 5 and 26 years. There are currently seven successful and vibrant units in the town; Rainbows aged 5-7 years, Brownies aged 7-10 years, Guides aged 10-14 years, Young Leaders aged 14-18 years and Senior Section Rangers aged 14-26 years.

For more details contact Julie Search by email to juliesearch@me.com or phone 01326 564117

Helston Army Cadets is for all young people between the ages of 12 and 18 years. They meet at Oates Road on Wednesday evenings.

For more details contact 01208 73183

Helston & St Keverne Young Farmers' Club offers young people aged 10-26 years a way of socialising with other young people in the local area. The club meet together every Thursday evening, enjoying a talk, visit or a social activity.

For more details contact Emma Rodwell 01209 861188

ACT1 is a drama workshop for young people aged from 6 - 17 years held at the Epworth Hall on Tuesday 7pm to 9pm and Saturday mornings 10 am to 12 midday all year round.

For more details contact Lorraine Taylor
(Membership Enquiries) 01326 619585/568936.

St John Ambulance promotes and encourages young people to have a practical interest in first aid, they provide training in first aid which will be a useful service within the community and encourage team working and the ability to cope in an emergency. Children aged from 5 years can join the Badgers and then at 10 years they move on to become a St John Cadet.

For more details please contact 01326 562843

Helston AFC has youth football teams for both girls and boys aged from 5 years up.

For more details contact
Paul Hendy 01326 573742

Helston RFC has youth rugby teams for both girls and boys aged from 7 years up.

For more details contact
Niall Devenish 01326 561418

Where to Stay in Helston

Listed below are Hotels and Guesthouses in Helston:-

The Angel Hotel

Coinagehall Street
Helston TR13 8EB
T: 01326 569393
E: angelhotelhelston@gmail.com
W: www.angelhotelhelston.co.uk

The Blue Anchor Inn/Number 52

50 Coinagehall Street
Helston TR13 8EL
T: 01326 562821
E: theblueanchor@btconnect.com
W: www.spingoales.com

Wheal Dream B & B, Bar and Restaurant

Wendron
Helston
TR13 0LR
T: 01326 565103
E: whealdream@live.co.uk
W: www.whealdream.com

Lyndale Cottage Guest House

Greenbank, Meneage Road
Helston TR13 8JA
T: 01326 561082
W: www.lyndalecottage.co.uk

Mandeley Guest House

Clodgey Lane
Helston TR13 8PJ
T: 01326 572550
E: mandeley@sky.com
W: www.mandeley.co.uk

Premier Inn

Clodgey Lane
Helston TR13 8WE
T: 0871 5278512
W: www.premierinn.com

Strathallan Guest House

Monument Road
Helston TR13 8HF
T: 01326 573683
E: enquiries@strathallangh.co.uk
W: www.strathallangh.co.uk

Holiday Letting Agencies

Classic Cottages Ltd

Leslie House
Lady Street
Helston TR13 8NA
T: 01326 555555
E: enquiries@classic.co.uk
W: www.classic.co.uk

Further information and advice can be obtained from the Town Council.

Telephone
01326 572063



Useful Names, Addresses & Telephone Numbers

PLACES OF WORSHIP

St. Michael's Church
Church Hill, Helston TR13 8PF
Tel: 01326 572516

The Church of Jesus Christ
of Latter Day Saints
Clodgey Lane, Helston TR13 8PJ
Tel: 01326 564503

Helston Methodist Church
Coinagehall Street
Helston TR13 8EL
Tel: 01326 562997

Light & Life
Free Methodist Church
Light & Life Centre
Water-Ma-Trout Industrial Estate
Helston TR13 8HR
Tel: 01326 564994

St Mary's Catholic Church
Clodgey Lane, Helston TR13 8PJ
Tel: 01326 572378

Helston Baptist Church
Centrepoint Youth Centre
Church Hill, Helston TR13 8NR
Tel: 01326 565910

Jehovah's Witnesses
Kingdom Hall, St John's Road
Helston TR13 8HP
Tel: 01326 563927

LOCAL SCHOOLS

Nansloe Academy
Bulwark Road
Helston TR13 8JF
Tel: 01326 572966

St Michael's C of E School
Penberthy Road
Helston TR13 8AR
Tel: 01326 572386

Parc Eglos School
Parc Eglos
Helston TR13 8UP
Tel: 01326 572998

Helston Community College
Church Hill
Helston TR13 8NR
Tel: 01326 572685

DOCTORS' SURGERIES

Helston Medical Centre
Trelawney Road
Helston TR13 8AU
Tel: 01326 572637

Meneage Street Surgery
100 Meneage Street
Helston TR13 8RF
Tel: 0844 3879888

DENTAL SURGERIES

Angel Dental Clinic
Angel Centre, Tyacke Road
Helston TR13 8RR
Tel: 01326 560730

Helston Dental Practice
2 Meneage Street
Helston TR13 8AB
Tel: 01326 562600

Meneage Dental Centre
41a Meneage Street
Helston TR13 8RB
Tel: 01326 574006

National Health Service Direct
Tel: 111

OPTICIANS

Vision Express (UK) Ltd
39 Coinagehall Street
Helston TR13 8ER
Tel: 01326 572172

Raison Opticians
26 Meneage Street
Helston TR13 8AB
Tel: 01326 565519

Tesco Opticians
Clodgy Lane
Helston TR13 8PJ
Tel: 01326 432438

LOCAL HOSPITALS

Helston Community Hospital
Meneage Road
Helston TR13 8DR
Tel: 01326 430200
(Minor Injuries Unit -
8am to 8pm)

West Cornwall Hospital
St Clare Street
Penzance TR18 2PF
Tel: 01736 874000

St Michael's Hospital
Trelissick Road
Hayle TR27 4JA
Tel: 01736 753234

Royal Cornwall Hospital
(Accident & Emergency)
Treliske, Truro TR1 3LJ
Tel: 01872 250000

National Health Service Direct
Tel: 111

Relocating to Helston

If you are considering relocating to Helston there are many estate agents and letting agents who can be of assistance. These include:-

Estate Agents

Bradleys
1 Meneage Street
Helston, TR13 8AA
Tel: 01326 564321

Bray & Co
71 Meneage Street
Helston, TR13 8RB
Tel: 01326 562562

Christophers
5 Wendron Street
Helston, TR13 8PT
Tel: 01326 565566

Miller & Son
14 Meneage Street
Helston, TR13 8AB
Tel: 01326 572434

Miller Countrywide
22 Meneage Street
Helston, TR13 8BE
Tel: 01326 563411

PDQ
14 Coinagehall
Helston, TR13 8EB
Tel: 01326 561561

The Mather Partnership
17 Meneage Street
Helston, TR13 8AA
Tel: 01326 565016

Care & Company
58 Coinagehall Street
Helston, TR13 8EW
Tel: 01326 565956

Olivers Estate Agents
65 Meneage Street
Helston, TR13 8RB
Tel: 01326 572676

Property Management and Letting Agents

PM&A
9 Wendron Street
Helston, TR13 8PT
Tel: 01326 565250

Community Group Contact List

ORGANISATION NAME	CONTACT NAME	TEL NUMBER
Cornwall Dyslexia Association	Helpline	01872 274827
Cornwall Kendo Club	Mr A Glanville	01326 318249
Cruse Bereavement Care in Cornwall	Bernadette Pawley	01726 76100
Girlguiding UK - Helston District	Mrs Julie Search	01326 564117
Helston & District Footpaths Society	Mr Eddy	01326 565328
Helston & District Gardening Club	Mrs K Eaton	01736 761840
Helston & District Lions Club	Paul Murphy	01326 554144
Helston & Lizard Multiple Sclerosis Club	Mrs E Johns	01326 572489
Helston & St Keverne Young Farmers' Club	Emma Rodwell	01209 861188
Helston Age Concern	Nick Martin	01326 574421
Helston Air Cadets	Craig Bowcutt	01326 563472
Helston Bowling Club	Jean Fox	01326 564921
Helston Chamber Choir	Mr Paul Hunt	01326 574272
Helston Farmers' Market	J Schofield	01326 231146
Helston Light & Life Church	Pastor Michael Bretton	01326 564994
Helston Thursday Club	Mrs D White	01326 574615
Helston Old Cornwall Society	Mrs E Foreman	01326 574643
Helston Railway	Barbara Barnes	07901 977597
Helston Youth Centre	Kate Shotter	01326 573549
Helston W.I.	Lesley Lewis	01326 563010
St John Ambulance Cadets	Mr P Chinn	01326 563600
St Keverne Male Voice Choir	Mr B Royds	01736 763625
Shelterbox		01326 569782
The League of Friends of the Helston Community Hospital	Jo Coward	01326 231510
Victim Support	Ms P Burt	0845 4566 099

light + life centre

SUNDAY MORNING GATHERING

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www.lightandlife.co.uk/helston
Church Office 01326 564994



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62 Meneage Street, Helston
Cornwall TR13 8QY

Tel: 01326 564297

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26, Meneage Street
Helston, Cornwall
TR13 8AB

3034035

Swallowcourt

Taking Care of People

Ponsandane, Penzance

Tel: 01736 330063

Email: ponsandane@swallowcourt.com



Trevaylor Manor, Penzance

Tel: 01736 350856

Email: trevaylor@swallowcourt.com



The Poldhu, Mullion

Tel: 01326 240977

Email: poldhu@swallowcourt.com



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