

# Piggery Guide



## **Dear guests,**

We welcome you to our little cottage and hope you have a wonderfully relaxing stay. Our hope is that you will have the time and space to:  
*Breathe deeply, rest quietly and think clearly.*

We live in the Barn next door, feel free to contact us or pop in if you have any questions. Below is some information particular to the Piggery and the rest of the folder has extra material concerning appliances, the locality and 'retreating'.

## **Parking**

Please park at the back of the Piggery as you come in from the lane. If you have visitors they can park in the Courtyard next to our Blue Touran or in the National Trust car park out on the road. Other spaces are owned by our neighbours.

## **Noise**

We would like to apologise for any noise coming from the Barn. Since our stairs and laundry room are right next to your bedroom, there may be some noise. We will try to keep this to a minimum, but do feel free to let us know if this gets too much.

## **Treargel grounds**

You are very welcome to explore the grounds of Treargel which include the Courtyard by the Barn and the garden through the big double gates by the Piggery back door. Through here you will find; the Labyrinth, the small Chapel, the woods and the Hermitage. The other buildings and spaces at Hendersick Farm are owned by our very friendly neighbours. Please respect their privacy, parking and space but do stop for a chat. There is a small map of the area in this guide to help. If you are interested in some meditative gardening, we always welcome help. Come and have a chat.

## **The Hermitage**

If the Hermitage has no guests (ask at the Barn), you are welcome to use it for picnics, BBQs or just sitting quietly by the pond, it is a great place to enjoy some solitude, silence and nature. The key is under the mat. Help yourself to tea and coffee and the stove, but please tidy up after yourself. If anything runs out, let Naomi know, so she can replenish it before other guests come.

## **Fire Safety**

In order to make your stay as safe as possible here are a few tips. Please also read the Treargel Guests Fire Safety Action Plan in this guide or pinned up.

1. In the event of a fire, get out as quickly as possible and call the Fire service.
2. Don't try to tackle the fire yourself unless it is very small.
3. In the event of a fire or power cut, there is a small torch by the door. Please leave it there in case of emergencies.
4. To call the Fire service there is no public phone nearby and mobile coverage may be patchy. However, you may use the landline at the Barn or ask anyone else around Hendersick Farm.
5. To help avoid fire spreading, do shut internal doors, especially at night.
6. The Piggery is a no smoking property. Do ask if you need an outside ashtray.
7. Please only use candles outside.
8. Please don't leave the stove unattended and make sure it is safe, placing the fire guard in front when you retire for bed.
9. Do switch off the electric cooker from the socket.
10. Please take care after cooking, as the rings will stay hot but not appear so, for some time. We respectfully ask that no chip pan is used to cook chips - the local fish and chip shops are very good!
11. Please do not move the free standing heater close to soft furnishings.
12. There are fire alarms in the living room and bedroom. A carbon monoxide alarm and a small fire extinguisher in the living room and fire blanket in the kitchen.
13. Fire exits include all the doors to the outside from the living room, kitchen and Barn, please familiarise yourself with these. Apart from the yale lock in the door to the car park, they all need keys, so please keep these in the locks at all times in case of emergency.
14. We will not lock the connecting door to the Barn in your bedroom, so that it can be a fire exit, but do lock it your side by putting the pin in, for your own security.

## **Boat by the pond (the Billy Morgan)**

Unfortunately we are no longer insured for you to use the lovely Billy Morgan.

We also recommend you don't drink the water or swim in it. The pond is extremely deep (around 3 meters) and things may lurk beneath the surface!

Apart from that, please do enjoy the view.

## **Safety**

- Please take care of the low door frames.
- The electric circuit board is in the Barn, with a sub-board in the cupboard behind the fridge. Let us know if there is an electrical fault.

## **Bathroom**

- If the towel rail doesn't work, the switch is in the cupboard behind the fridge.
- Please angle the shower towards the wall to avoid floods, an extra towel is provided for mopping up.
- There is a hairdryer in the drawer under the big mirror in the bedroom.
- Septic Tank. Since our sewerage all goes through a communal septic tank at Hendersick Farm, please take care what you put down the toilet. Basically only 'natural' human products and toilet paper. No sanitary products, wipes or wedding rings, please. Otherwise, Martyn will have to put on his gloves and grab his plunger again!
- Feel free to use the washing machine. Unfortunately, the dryer part of it no longer works, but there is an airer in the cupboard.

## **Insects and Country life**

Bugs, spiders, mosquitos, moths etc are a reality here. Feel free to gently (or not so gently) remove them and use insect repellent. Also, try not to leave food on the floor, unfortunately once a gift of fudge was sampled by a small animal in the night.

## **Heating**

The original building was built using material suitable for animals not humans, so please feel free to use the heaters to remain warm and dry during your stay, this is not charged separately. You can keep the electric heaters on low or use the timers to conserve energy. Do ask if you need more blankets etc. There is also a hot water bottle in the cupboard and electric blanket on both sides of the bed.

Do enjoy the wood stove, instructions if needed, are in this file or in the wood basket. Extra bags of wood can be bought in local shops at around £5 e.g. Quayside Fresh in Looe or Premier in Pelynt. But please try to buy kiln dried wood as 'wet wood' is more polluting and soon to be banned.

Kiln dried local Ash wood can be bought from us at £6.50 per bag

## **Coastal Path**

To get to the Coastal Path, go back down the farm road to the main lane. Go left up the lane 50 yards towards Talland (the opposite way to Looe) and then turn left off at a little track signed '*Hendersick Farm, farm vehicles only*'. This will then take you to a small gate signposted for the Coastal Path. Beyond this are some amazing views, walks and the beautiful, nearly private beach of Port Nadler.

**Wifi** code is; **BTHub6-H8Q7** Password is; **rRDqJCnJtWQ7**

## **Shop**

Please help yourself to items from our small 'shop' and leave the money in the honesty jar. Let us know if you have suggestions of what else we could sell.

## **Monday Meditation**

Anyone is welcome to join us (Naomi and Carolyn from The Stables) for Monday Meditation. This is generally a short reading/poem/prayer and 30 minutes silence. Ask for details of where and when.

## **As you leave**

- Leave the keys in the door, if we are not around when you leave.
- Rubbish can be left in the bins or put in the black bin in your courtyard or the Barn's green bin by their front door (we put this out for collection Sundays).
- Recycling can be left in the Blue recycling bag. This includes any clean paper, cardboard, plastic, glass or tin. Ask if you want to compost food waste.
- Leave any used linen in the bedroom or bathroom. You don't have to strip the bed, but can if you want to.
- To help save energy, leave any towels not used folded as they came.

## **Feedback**

We are a work in progress, so we would love to know by a note, text or email;

1. What you enjoyed about your stay
2. What would have made it even better

Do also leave a comment in our visitor's book.

## **Staying in touch with Treargel**

If you have enjoyed your stay, please let others know. We rely a lot on word of mouth for publicity. We have a Facebook page 'Treargel Retreats', Twitter @treargel and Instagram account, so do share pictures or comments.

If you would like to encourage others to stay here you can buy vouchers for them at [www.retreats.org.uk/gift-tokens.php](http://www.retreats.org.uk/gift-tokens.php) or donate to our bursary held by [www.promotingretreats.org/bursary-fund/](http://www.promotingretreats.org/bursary-fund/)

If you would like to keep in touch and get regular news about Treargel and any special offers then do subscribe to our newsletter on our website [www.treargel.com](http://www.treargel.com)

Any other questions, don't hesitate to ask at the Barn or 07931 356 656 for a quick text. We hope and pray that you have a wonderful stay.  
Naomi and Martyn