



CAST-Off is devised by Lucy Grant and organised by the Helston-based arts organisation CAST. Supported by the Garcia Family Foundation, Falmouth University, FEAST, Little Parcs, Owmles Trust and Helston Town Council, with assistance from Museum of Cornish Life and National Trust.

**Useful things to bring**  
 Don't forget to bring a bag to carry your map and sketchbook and any other equipment from the list below. The bag will be useful for collecting things as well, and you can share your finds in our outdoor museum in the walled garden.

**SKetchbook and pencil**  
 During the CAST-Off programme (3 to 28 August) you can collect a free sketchbook and artist's pencil from the Penrose walled garden on Tuesdays and Saturdays, 10am to 4pm, or from CAST Café, which is open Tuesday to Saturday, 10am to 5pm.

**Ben's Den**  
 Also on Tuesdays and Saturdays, from 3 to 28 August, artist Ben Sanderson will be making a den in a little bit of woodland on the edge of town near the Bulwark estate. Follow signs from the Fairground car park and drop in between 10am and 4pm.

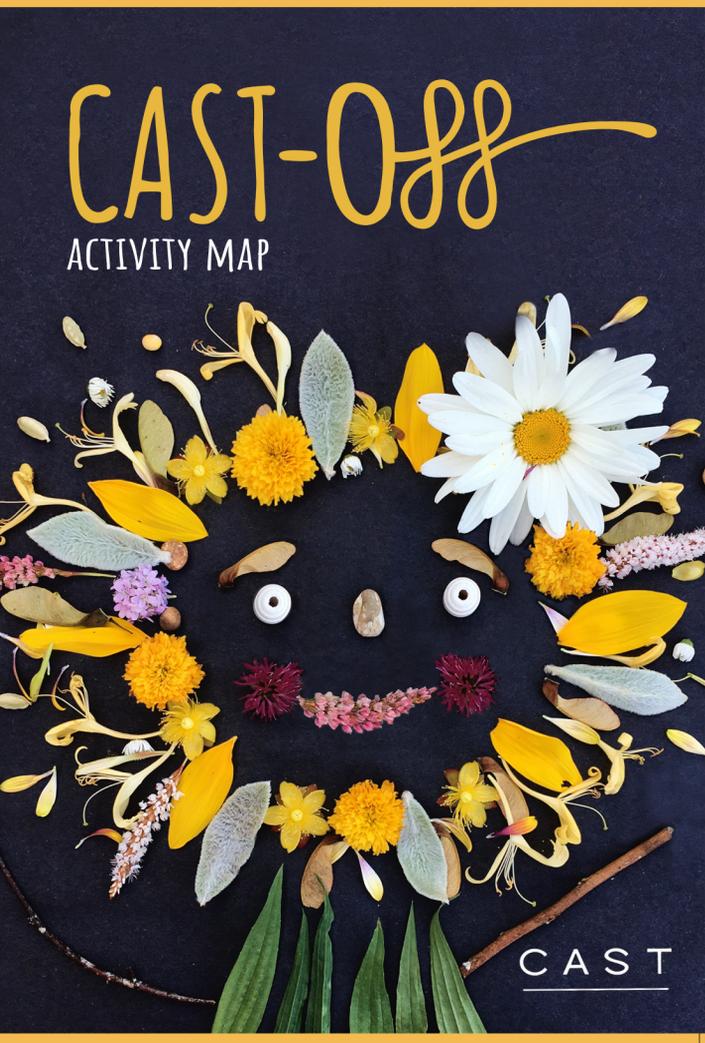
**The Walled Garden**  
 On Tuesdays and Saturdays, from 3 to 28 August, look out for free artist-led creative activities in the walled garden at Penrose. Sessions will run from 10am to 12 noon and 2 to 4pm on these days. Devised by CAST studio holder and other Cornwall-based artists, activities include pigment making, metal casting, pinch pottery, clay construction, botanical exploration, wild

**Drop-in activities**  
 Bring your completed map to the walled garden on Saturday 28 August to collect a prize.

**Prizes**  
 There are eight numbered locations marked on the map and you'll find a special CAST-Off sign in each location. You can collect a different stamp at each sign. All the locations are accessible on foot or bike from Helston or from car parks marked on the map.

**Stamps**  
 This map suggests a range of activities that can be done anywhere around Penrose. Fill in the boxes, ticking activities off as you go. There's space for drawing on the map side as well.

**Activity Map**  
 CAST-Off Summer 2021



### 1 Penrose Amenity

This was once an area of mining industry, and polluted marsh. Today it is a place of nature restored, used for all kinds of recreation and leisure.

Stamp here

### Move

On foot or wheels, fast or slow, move to where you want to go. How do you move along the CAST-Off trail - walking, scooting, cycling, running, skipping, hopping? The distance from the CAST-Off sign at the gate near Coronation Park to the walled garden is just over one mile. Time how long it takes you to get there. How many different ways can you travel?

How many minutes?

hop skip jump slide run

### Collect

Nature is full of beautiful, useful and interesting things, such as seeds, stones, feathers and leaves. If you see anything that is particularly special collect it and bring it to the walled garden to show us and to display in our outdoor museum.

List the things you have collected, with a word to say what is special about each one.

I've collected special things

I have found...

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### 2 Loe Marsh

The marsh here is a special natural habitat that has been recently restored. The pools and wet shrubby areas attract frogs and insects, small mammals, nesting birds and a population of bats.

Stamp here

### Draw

Drawing helps you to notice things and is an important way of recording information. Everyone has their own way of seeing and their own way of drawing. Choose a plant or flower or tree and look at it carefully. Then try drawing what you see.

Use your pencil to draw your discoveries and ideas on the map. You can also collect a sketchbook from the walled garden on Tuesdays and Saturdays and try out all kinds of different drawing techniques at the artist-led sessions.

I've drawn what I see

### Look closely

Roll up your map into a tube to look through. Sit on the ground and use it to examine the plants, flowers and insects around you. Choose something that interests you and look at it carefully. What do the different parts look like and what do you think they might be for? Try drawing one thing very carefully here, showing all the parts with as much detail as you can see.

I have noticed all the details

### 3 Walled Garden

This is the old kitchen garden for Penrose House. In days gone by it would have been tended by a team of busy gardeners and would have grown abundant fruit and vegetables for the people who lived here.

Stamp here

### Clouds

The weather changes all the time and the clouds can tell us a lot about what's going to happen next. High very thin clouds go with fine weather. These are known as cirrus. White fluffy clouds, known as cumulus, usually appear when the weather is good. But when they turn dark it means rain is coming. A mackerel sky looks like the pattern on the skin of a mackerel. It means change in the weather is likely. Sometimes clouds look like animals or people. Can you draw some here?

I watched the clouds

### 4 Bar Walk Plantation

Among the many trees along this leafy stretch are sweet chestnuts. These majestic trees are thought to have been introduced to Britain by the Romans, who planted them along their campaign routes to provide their troops with ready food.

Stamp here

### Form

Form is the shape and structure of an object. Look for a stone and contemplate its form. How old do you think it is? How do you think it became the shape it is? Are stones in the woods different in form from the pebbles on Loe bar? Why might this be?

Collect any interesting and unusual stones and bring them to the walled garden on a Tuesday or Saturday to be part of our museum display.

I've collected unusual stones

### Orientate

Long ago people found their way around by using features in the landscape - a church tower or a tall hill - and by the position of the sun and stars. Later, people learned to navigate and explore new places using a map and compass. Nowadays we can orientate our place on earth by GPS technology. At the next activity post, use the compass to find north and align your map using the printed compass rose.

Which direction is the sea?  
Which direction is Helston?  
Which direction is home?

I can orientate myself

Once upon a time there lived a...

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### View

Artists like to draw and paint the views they see. We call these landscapes. They carefully choose where to stand, what to look at and which bits of the view to put in their pictures. Choose a view that interests you. Which are the things you want to include, near and far?

I have drawn a landscape

### 5 Loe Bar

This shingle beach blocks the mouth of an estuary which was open to the sea many centuries ago. Sit high up on the ridge and imagine the horizon full of ships in full sail, setting out on voyages or returning with cargo from faraway places.

Stamp here

### Sink or Float

Find a safe shallow place by the lakeside (there are good places in Degibna Woods and Carminowe Creek). Use objects you have collected or look for different materials such as bark, pebbles, sticks, shells, leaves or feathers. One by one, place them gently on the water. Do they sink or float? Why do you think some things float and others don't? What will make something that floats sink, or something that sinks float?

I've found things that float

### Colour

The world is full of colour. Observe the sky, leaves in the trees and the plants and flowers all around you, then look at the people out walking, running and cycling. What colours do you see? Is the sky always the same blue? Are leaves all the same green? Turn over, and match the colours along the edge of the map to things you see around you. Give each colour a new name, like 'runner red' or 'August oak green'.

I notice colours!

### 6 Carminowe Creek

A mill used to sit on the stream at the head of this creek. Now it is a special place to sit and enjoy the beautiful views and see all kinds of wild flowers, birds and insects.

Stamp here

### Imagine

In legend, the giant Jan Tregeagle (the wickedest man in Cornwall) was given the endless diabolical task of carrying sand from the beach at Gunwalloe to Porthleven cave, only to have the sea wash it back again each day. It is said that Loe Bar was created when his sack split and spilled, filling the river mouth with sand. Can you imagine any other stories? Who or what lives in Degibna woods or in the lake? Tell us about the character or creature you've imagined in the space here.

I used my imagination

### Texture

The world is made up of all sorts of surfaces and textures. You can feel different textures with your hands and feet, for example how it feels to walk with bare feet on grass or sand or on sharp stones, or how a stone feels in your hand. Draw a line between each thing on this list and its texture. Can you add more things and textures?

bark smooth dandelion clock slimy  
prickly pebble soft snail rough thistle

I felt textures

### 7 Degibna Woods

King Edward I granted these woods to William de Treville in 1272 on the condition that he kept a boat and fishing hook here for the King's use should he ever choose to visit. These woods are still a magical place to walk and play.

Stamp here

### Identify

Some of the birds you see may be familiar, but do you know what they're called? Different birds have different characteristics, for example size, colour, shape, song and plumage.

How many different kinds of birds can you see and name?  
Have a go at identifying trees, plants or flowers too. Write down any names you know here.

I can identify

### Listen

Sshhh... ask your friends and family to be very quiet and listen carefully to the sounds around you, near and far. Find a comfortable place to lie down, close your eyes and listen. What can you hear? Which sound is furthest away and which is closest? Why do you think some sounds carry over long distances and others don't?

I listened carefully

### 8 Ben's Den

This little wood sits alongside Bullock Lane, an old cattle droving route used by local farmers to bring their cows and bullocks into Helston to sell at the old Helston Cattle Market.

Stamp here

### Measure

Most old measurements were made in relation to an adult man's body. For example, a league was the distance a man could walk in an hour. The height of a horse was measured in hands, and feet were used to measure the height of a person. Even an old inch was roughly the size of the top of a man's thumb.

Using your own hands, feet and arms, can you work out your own version of these measurements?  
I measured with my body

I am ..... (my) feet tall.

A leaf is ..... (my) thumbs long.

My league (the distance I walked in an hour) was from .....to .....

I've measured these things with my body:

### Shape

Go on a shape hunt. Look for shapes in leaves, flowers and trees. How many different leaf shapes can you find? If you fold a leaf down the middle does one side look the same as the other? If it does, this is called symmetry. Some leaves are symmetrical, but some definitely are not. Are trees symmetrical? Collect as many different kinds of leaf as you can and carefully draw their shapes.

I drew shapes

### Shape

Draw leaf shapes here...

Sounds I can hear:

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### Shape

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