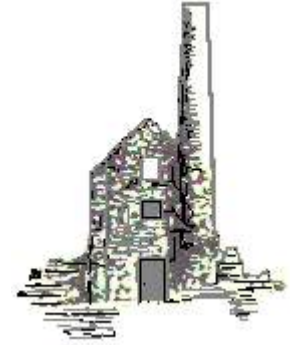


THE PARISH PUMP



March 2018
Edition 436



The Newsletter for the Parish of St Ives



Two residents of Merryhue Farm. But the animals are only part of the story! See pages 10 & 11.

Disclaimer

The articles appearing in this magazine do not necessarily reflect the views of the Parish Council nor of the Parish Pump Editor.

Parish Councillors Telephone List

Peter Haines (chair)	01579 362459	Alan Moss (vice-chair)	01579 362064
James Bruce	01579 362983	Marlene Carr	01579 362919
Martin Corney	01579 382450	Angie Haines	01579 362459
Rosemary Farley	01579 384810	Tony Hodson	07973 536964
Nigel Libby	07968 891814	Kath Parkes	01579 362005
Ivor Vaughan	07979 934604	Craig Vaughnley	01579 364083
Sharon Daw (Cornwall Councillor) 07837 379305 slash.dash.daw@gmail.com			

Meetings of St Ive Parish Council

2nd Monday monthly: Parish Council Meeting, alternating between St Ive Village Hall and Millennium House (please refer to notice boards for the agenda showing start time and venue each month). Any changes to the regular dates (i.e. Bank Holidays etc.) will be publicised accordingly.

4th Tuesday Monthly: Parish Council Planning Committee Meeting, 7 pm at Millennium House Pensilva, followed by the Parish Council Finance & Administration Committee Meeting commencing at 7.30 in the same venue.

Date of Next Parish Council Meeting

Monday 12th March 2018 at 7:30pm at St Ive



Devon & Cornwall Police
Building safer communities together



101

Minicom 18001 101

Police Community Neighbourhood Office 01579 325454 at any time

Your Community Support Officer is PCSO 30271 Linda Phillips.

Contact: linda.phillips@devonandcornwall.pnn.police.uk.

Phone for a chat on 07703 885654. Leave a message & I'll call back when on duty

To report a crime call 101 or go to www.devon-cornwall.police.uk

In an emergency call 999

Contact details for St. Ive Parish Council and for Millennium House

Address for correspondence: Millennium House, Century Square, Pensilva PL14 5NF

General Parish matters should be raised initially with the Parish Clerk who will present them to the Parish Council.

Telephone: 01579 363096, email: stiveparish@btconnect.com

For accounts matters for the Parish and for Millennium House contact John Body, Finance Officer: 01579 363096, email: millenniumhouseadmin@btconnect.com

Millennium House enquiries and reservations: 01579 363096

email: millenniumhouse@btconnect.com.

On the web: Millennium House Website: www.cornwallvenue.com

Parish website: st-ive-parishcouncil.gov.uk Facebook: facebook.com/stiveparishcouncil

Parish Pump Information and Contact Details

To contact the editor please email: parishpump@btconnect.com

or phone the Parish office: **01579 363096**.

Hardcopy submissions by post or by hand to the Parish office, Millennium House.

Softcopy submissions: By email to the editor in MS Word, MS Publisher, pdf, Tiff or jpeg. Please use A4 pages and minimum 16 point font as the Pump is initially produced in A4 size and reduced to an A5 booklet at the printing stage. If in doubt please contact the editor.

Current Advertising Prices including VAT at 20%

Per issue: Quarter Page £7.50 Half Page £15.00 Full Page £25.00

10% discount for 12 months paid in advance.

Bargain Corner free ads by email to the editor or drop off at the Parish Office.

Deadline for the Parish Pump is STRICTLY 15th of every month

THE MEL BAR

Relax and wind down
at the Mel Bar, Millennium House



From the Editor

Just recently we have been hearing quite a bit about community interest companies (CICs) in our parish that specialise in helping people by providing a welcoming environment and outdoor activities. In Pensilva we have the Growing Project; in St Ive we have Gorfenna CIC (whom we heard about in the December 2017 issue in relation to the Dementia Adventure project); and this month we have an article about Merryhue Farm, which runs no less than three CICs in a quiet corner of St Ive Parish over towards Newbridge. It's encouraging to think that we appear to have a cluster of groups dedicated to helping others, and it's also gratifying that our parish appears to provide the right natural conditions for their work.

While on the subject, I was delighted this month to receive, once more, an article from the Growing Project. Becky Payne has written a lively piece to let us know what's going on. Welcome Becky, we look forward to hearing from you in the future.

All the best! Joe

Millennium House Opening Hours

Reception

9am till 2.30pm Monday to Friday

Community Coffee Shop

See separate notice on next page

Bar

5pm till 11pm Monday to Thursday

3pm till 11pm Friday

12am till 11pm Saturday and Sunday

Please Note:

Sun, Dec 31st 2017: 12pm to 2am

Mon, Jan 1st 2018: 12pm to 11pm

If no-one is available please leave a message in our **letter box** at the front of the building or on our answer phone by calling **01579 363096**.

COMMUNITY COFFEE SHOP

in MILLENNIUM HOUSE PENSILVA

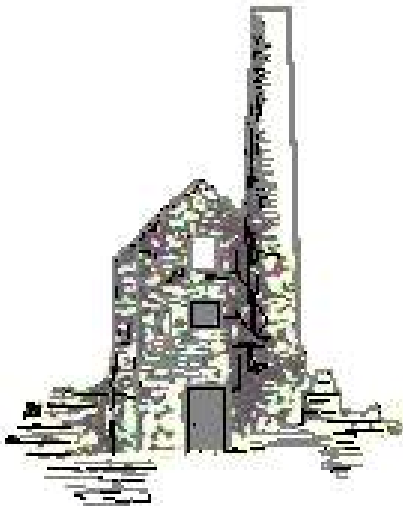
THE COFFEE SHOP IS NOW OPEN AT THE FOLLOWING TIMES:

MONDAYS 10.00am - 1.00pm

TUESDAYS 9.00am - 1.00pm

WEDNESDAYS 9.00am - 12 noon

FRIDAYS 9.00am - 12 noon



St.Ive Parish Council

**A vacancy has
arisen in Pensilva
Ward for one Parish
Councillor.**

**Anybody interested in joining the
Parish Council please apply by March
31st to the acting Parish Clerk at
Millennium House, or for more
information telephone 01579 363096 or
email stiveparish@btconnect.com**

Parish Council Chairman's Column

I would like to start on a personal note this month by saying a big thankyou to all those who sent their good wishes while I was in hospital. I am pleased to say that I have made a good recovery and I am almost back to normal (thanks to all the medical staff).

While I am thanking people I would like to thank ex-councillor Alan Neil who with John Body carried on the fight to get the rates for Millennium House reduced on appeal. After many months of work and several trips to Truro, the rates bill has been reduced and also resulted in a substantial refund. Thank you again on behalf of the Council and the Parish.

At the Parish council meeting it was agreed that the volunteers running the Coffee Shop on a trial basis has been a great success and that this arrangement has now been made permanent. In the near future they hope to open on Thursdays as well.

A video screen has now been installed in reception at Millennium House which displays details of future events at Millennium House,

So please have a look and come and support events.

Finally a note for your diaries, Millennium House has been open for twenty years in May this year, and to celebrate this, the Events Group are organising a party on the 7th of May (bank holiday Monday). If you can help in any way or have any ideas please contact Ruth in Millennium House.

Pete Haimes.

THE Growing Project

PENSILVA



It's that time of year. The time when that wonderful, life-giving medium from which the fruits of our efforts emerge turns into the brown soup that gets stuck to our boots, that we slip and slide around in and generally seem to end up wearing more of than we may have moved or planted. Ah, the joys of mud.

Here at The Growing Project we've been getting up close and personal with a variety of the stuff. A recent Saturday saw us wallowing in it while we shovelled compost at various forms of development and barrowed it to new homes - in the case of the well-rotted stuff, new raised beds below our second polytunnel, while the newer stuff, still recognizable as kitchen and garden waste, went into newly constructed bins at the far top of our field. If you are a contributor to our community compost scheme, you will notice a new arrangement when you come to drop off your trimmings - we are now collecting in a regular bin which we are emptying into our new compost bins. Speaking of which, a little reminder - we love your garden and kitchen waste, but not your weeds and plastic! We are very grateful to you for separating out your weeds and putting these in your regular garden waste and taking away any bags your contributions might be travelling in!

Our team has also been busy sorting through seeds and putting together a planting plan for the coming season - this is the fun part! This year we plan to grow sweet potatoes, tiger nuts and physalis as experimental crops alongside our usual crops.

If you're not yet a customer, there are two ways you can buy from us - you can order up a box and have it delivered to your door every week. We offer a regular and a large box and also a fruit box. Email us to find out more! (growingprojectpensilva@gmail.com). You can also shop at our road side stall, where you will find a variety of veg from our own land and from Riverford at very competitive prices. If you would like to buy our own kale, chard or lettuces, let us know in advance - we will pick it fresh for you!

And don't forget - we have our regular volunteer day every Wednesday 10am-2pm when we welcome you to come and visit and have a tour of the site. We are also always delighted to welcome new volunteers!

Pensilva W.I February Meeting

This was our annual meeting and the beginning of an exciting year for us. 70 years ago in February 1948 Pensilva W.I was formed. 70 years old, quite an achievement and we have lots of ideas on how we are to celebrate. We started off the year very well with a talk and lots of tasters from the award winning Cornish Gouda Cheese Company from Lanreath. Who would have thought there were so many delicious flavours of cheeses? And we sampled them all. Giel Spierings gave us a very interesting talk on how the small family run farm went from on the verge of selling up to producing some of the finest cheeses in the country. All the milk produced is from their own small herd of pedigree cows. All the cows are born and reared on the farm. Giel was warmly thanked by Frances Tucker.

The annual meeting followed with Frances being voted in again as President, Jean Hoare as Secretary and Verna Dawe Treasurer. We also have a full committee including 5 new members.

Prizes and cups were presented to competition winners for the past year: 1st Cherry Woodhouse. 2nd Verna Dawe. 3rd Mandy Smee.

Flower of the month: 1st Jill Pascoe, joint 2nd Cherry Woodhouse and Verna Dawe, 3rd Janet Butcher.

Competition results for this month's competition for 4 cheese straws: 1st Alison Wills, 2nd Amanda Smee, 3rd Verna Dawe.

Flower of the month: 1st Mary Yates 2nd Verna Dawe 3rd Jill Pascoe.

Dates for our diaries:

Marie Curie Tea - Saturday 17th March 2.30pm at Pensilva Village Hall, bring and buy and raffle.

Skittles afternoon Saturday 3rd March. 2pm Millennium House.

Saturday 14th April, our 70th Birthday afternoon Tea.

We have been invited to St Neot W.I's social evening April 20th.

Our annual dinner at the Cheesering Hotel will be May 11th.

The village litter pick Sat. 19th May.

Frances asked for ideas for summer outings so we have that also to look forward to.

Birthday posies and cards were presented to Rosemary Farley, Julie Thorpe and Lynette Pook.

Speaker next month, Marie Hall, she will give a talk and demonstration on fuchsias. We will have the chance to take our own cuttings and pot them up to take home. Why not come along as a visitor or consider joining. We meet on the 2nd Wednesday of each month 7.15pm Millennium House. You will be made very welcome.

From the Revd. Becca Ball

Hello again! My name is Becca and I wrote an article a few months ago for the Parish Pump. I have been in post just over a year and before Christmas suddenly hit upon one of those scary health episodes. I had thought I had kidney stones but when I went for a scan it showed my kidneys were fine but a very large mass was on my ovaries. Fast forward through 2 weeks of uncertainty and worry, which developed into a sense of peace and assurance that God was with my family and I, and finally I received the news that it was a benign tumour which is common in young women and girls (so I took that as a compliment!!). It was not a pleasant few weeks and I am immensely grateful to all those church folk and Revd. Martin Sellix who picked up the vicar jobs and generally cared for me. Anyone who has been through similar will know the gripping fear that can overwhelm you during the waiting. I am incredibly grateful for the good news, and definitely commend faith at times like this as it certainly took me from a place of fear to a place of peace in those two and a bit weeks.

But this year is a new year, and I am nearly back to full health. After a year in post when I have tried to listen and get to know the people and the area, I want to step out a little more into being “the vicar”. Times have changed; I have 4 parishes so I am not as present in each parish as my predecessor 100 years ago may have been. And neither do vicars get handed address books of all the activities and individuals who may want to meet them! If you would like me to visit your organization or to meet with me yourself, please get in touch! I want to know more about Pensilva and understand more about how the church can be linked into the community. My recent experience drives home the point that faith is incredibly important; there are things in life we will never control and at those times we can really appreciate the support of church and the unexplainable peace that God can give us.

My email is revbeccabell@gmail.com and my number is 07899 363458. Do get in touch!

Also, do put the next Messy Church event, 25th March, in your diary. It is a fab, relaxed event for all the family with craft, games, and a short celebration time followed by tea. If family events aren't where you are at the moment then join us for tea at 5pm and, if you want, stay on for a quieter time of chatting and worship. We would love to see you there.

Merryhue Farm

As you head out of Callington towards Liskeard, drop down over Newbridge and then wind your way up the hill, there's a farm where some rather special work goes on. Merryhue Farm is a registered Care Farm and has been maintained in an environmentally sensitive manner for over 60 years. It is home to a plethora of wildlife and unusual plants, with diverse habitats ranging from semi-ancient woodland to willow carr and marshland. It is also the home of some unusual animals which you wouldn't find on your average commercial farm. There are Valais Blacknose Sheep, miniature donkeys, giant Poitou donkeys, rhea and peacocks, alongside a variety of poultry and other more typical animals.

However, it isn't the beautiful habitats or unusual animals that make Merryhue Farm unique. It is the base for three Community Interest Companies, which over the past 10 years have been quietly helping some of our most vulnerable and deprived young people and adults, with outstanding results.

Transferable Skills Training CIC (TST) was the brainchild of Nikki Markham, who along with her sister Katie Connell, run this organisation that provides an alternative route for education and training for young people age 16+. Many of the young people who come to TST have struggled in mainstream education for a variety of reasons such as mental health issues, behavioural problems, learning difficulties or complex social barriers, often leaving education with few or no qualifications. At TST, where there is a rolling programme which a young person can join at any point during the year, they are taught vocational skills in small groups with plenty of support. Numeracy and Literacy are built in to the programme as Functional Skills, which all the young people take exams in at Level 1 or Level 2. The results for attendance and attainment rival some of the most successful mainstream schools in the county and put TST in the top 10 SEN providers in the region.

Working alongside TST are two other organisations, both set up by Nikki Markham, which fill particular needs in our community.

Battling On CIC helps armed forces veterans who are struggling to adapt to civilian life, by providing support and running programmes

which train veterans to be mentors and teachers to young people. Battling On has won many awards for its outstanding work in this field, including the Soldiering On Award for Innovation 2016, the Devon Community Foundation Thriving Communities Award 2015, and the Queens Award for Voluntary Service in 2017.

Work Skills South West CIC has the remit of helping people who have learning difficulties and disabilities, and provides real and relevant work experience opportunities to young people within the land-based sector. The organisation has recently been awarded a contract with Cornwall Council, subject to due diligence, to provide community-based support services for adults with LDD, and is already working with Devon County Council in this area.

All three organisations work together on the award winning “Together We Can Succeed” programme, which sees the education element of TST, the pastoral support of Battling On mentors and the work experience opportunities of Work Skills South West come together in what has become a unique and life-changing programme for some of our vulnerable young people. I will be writing regular updates as we have some new and exciting projects coming up this year. In the meantime, if you would like to know more about what we do please look at our websites and facebook.

Helena Drawer



Crib break at Meryhue Farm:

Supporting Guiding & Scouting Activities in Pensilva 200 CLUB Draw Results for **January**

1st No. 19
Mrs. K Parkes

2nd No 10
Mrs F Tucker

3rd No 24
Mr P Browning

Thank you for your support

MOBILE LIBRARY

The County Mobile Library visits our area once a month on Fridays of "Week 3" (NOTE: not necessarily the 3rd Friday of the month).



**Next visits: 16th Mar, 13th Apr, 11th May,
8th Jun, 6th Jul.**

Stops at:

**The Victoria Inn, Pensilva at 10.25 to
10.45am;**

Quethiock bus stop. 11.00 to 11.20am.

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Specialists in bespoke doors, windows, staircases, conservatories, etc.

- 20 years experience
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- All joinery can be fitted if required.

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info@alfordjoinery.com

www.alfordjoinery.com

Letter forwarded to the Parish Pump, from Liskeard and Looe Foodbank to Pensilva Churches Together.

Dear All

I am writing to thank you all at Pensilva Churches Together for your support through the last year. You may be interested to know that in 2017 the weight of food donations from the churches totalled 598.8kg! This is a great effort—thank you so much!

During the same period we have distributed over 20 tonnes of emergency food aid to 1,779 local people including 607 children. In the parish we have helped 66 people including 14 children.

Please pass on our thanks to all those who have contributed in so many different ways.

Thank you for your continued support and we would welcome your prayers for the coming year, particularly the impact of Universal Credit on the most vulnerable in our community.

With every blessing

David Berry, Project Manager.

**Please note that
Pensilva Carnival Day 2018
will be on Saturday July 7th
Any groups who would like to organise
events in the preceding week, as part of
the carnival, please contact Karen on
01579 362196.**

St Ive and District Gardening Association

Thanks to the wide range of habitats in Cornwall we have a great variety of wild flowers. This was well illustrated by Jenny Edrich in her slide show at our last meeting. Some areas are especially valuable --- there are 14 different varieties of white clover at Kynance alone and one rare heather which exists only on the Lizard. However, many of our native flowers are in trouble due to modern agricultural practices and foreign introductions so we must take care of them before it is too late.

On March 5th our AGM will be followed by a talk about Daffodils in the Tamar Valley by Jo Toterdell.

We meet in St Ive village hall and we are always pleased to welcome visitors and new members.

Contact: 01579 382762

DAVID HEWETT GARDEN SERVICES

For all aspects of garden care:

lawn mowing, grass cutting,

strimming, hedge cutting,

clearance, and more.

01579 363796

25 years experience.

Fully insured.

QUIZZES AT MILLENNIUM HOUSE

NEXT QUIZ: SATURDAY MARCH 3RD, 7:30PM

Then: April 28th, June 9th, Pensilva Carnival Week (date TBC)

September 1st, October 13th, December 8th

All at 7:30pm

Organised by and raising funds for

All Being Well

Improving the health of our community

Table Top Sale

St Ive Church

Sat 4th March 10:30am-3pm

Lots of Tables

Pick up a Bargain

Home Cooked Refreshments

Local Made Pasties

Ample Parking in Car Park Behind the Church

Ruth and Colleen's Monthly

BINGO

At Millennium House

on Tuesday 6th March

Then 3rd April

Eyes down at 7:30pm

Over 18's only

£££ CASH PRIZES £££

Pensilva Folk Session

Monthly, 2nd Thursday

Next Session 8th March 2018, 8pm

Mel Bar, Millennium House

**Informal 'singaround' all singers/musicians welcome or
come along and tell a joke, a story or just listen**

Further Details

Steve 07410 447818

steve@stevesutton.plus.com

ST JOHN'S
CHURCH
PENSILVA



*Mothering
Sunday*

*Praise and
Thanksgiving*

*Sunday
11th March
11.00 am*

CELEBRATE

those who care for us on

MOTHERING SUNDAY

worship for people of all ages

Share a gift of flowers

Come & give thanks

Enjoy hot chocolate, tea, coffee, squash,
cakes & biscuits after the service

Marie Curie
Cancer Care



On Saturday 17TH March

at 2.30pm

in PENSILVA VILLAGE HALL

PENSILVA W.I. will be holding an

AFTERNOON TEA

IN AID MARIE CURIE CANCER CARE

RAFFLE AND BRING AND BUY.

Entry £2.50 to include tea and cakes.



www.mariecurie.org.uk/teaparty

MILLENNIUM HOUSE EVENTS GROUP PRESENTS

ST. PATRICK'S PARTY

MARCH 17
2018

LIVE MUSIC

FREE ENTRY

BLUE JEWEL CEILIDH BAND

DOORS OPEN AT 7PM

**MILLENNIUM HOUSE, PENSILVA,
PL14-5NF**

**FIND US AT
MILLENNIUMHOUSE.ORG.UK**

MILLENNIUM HOUSE
EVENTS GROUP
PRESENTS...



EASTER

BINGO!

23RD MARCH

EYES DOWN 8PM

FUN FOR ALL,
GREAT SELECTION
OF PRIZES





Palm Sunday

25th March

3.30 to 5.30pm



Easter

themed activities
followed by a buffet

St Ive Church Produce Market

Every 1st Friday 10:30 to 1:30pm

Homemade Cakes Fresh Vegetables

Jams Pickles Local made Pasties

Bric-a-brac and much more - also

Home Reared Traditional Meat

Pork, Beef, Chicken, Dry Cured Bacon, Sausages from

Trehill Farm Produce

Cooked Lunch available from 11:30 only £4.50

Pentiddy Community Woodland

Volunteer Days

Your chance to get involved with helping to look after
Pentiddy woods!

Sunday 25th March 10am-4pm

Drinks, soup, bread and cake provided

Come along and bring family and friends. This is a fun and rewarding way to give a little back to a local community project. It's a great opportunity to meet new people, learn new skills, spend time in the woods and have fun!

Those that come along and help get a share of some of the timber (once we have put aside the few loads for sale to raise funds for the years' insurance.)

Accompanied children and dogs very welcome!

Bring hand tools and work gloves if you have them. Loppers, billhooks, bow saws. We will have a small supply available. No experience necessary. Training given. Work to suit all abilities and ages.

Come and share some good company, wholesome and productive work and delicious food!

Please contact us if you would like to come along so we know how much cake to make!

Ele and Anthony Waters: 01579 363775 or 07765 103504

PENSILVA WILDLIFE GROUP



WILDLIFE IN MY PENSILVA GARDEN

A talk by local resident Hilary Taylor

On

Thursday 19th April at 7.00 pm

At

Millennium House

We'd love to see you.

Join us to hear about the wildlife in Hilary's garden and maybe to tell us about what you see in yours.

Refreshments will be available. Along with the chance for an informal chat.



AGM

This will be held afterwards and you are most welcome to join us if you can.



Supporting
children's hospice
SOUTH WEST
Registered Charity No. 1003314



An evening with...

JOHNNY
COWLING

ELIOT HOUSE, LISKEARD

FRIDAY 11TH MAY 2018
AT 7.30PM

Ticket only event

£12.50 including Pasty Supper

Contact Pat

on 01579 362959

PENSILVA GROUP MEETINGS NOW AT 5:30pm AS WELL AS 7:30pm

be inspired
with
**Slimming
World**



MONDAY PENSILVA 5:30 and 7:30 pm
The Millennium Centre, Princess Road,
Pensilva, Liskeard PL14 5NF.
Tel: Hayley **07966 370233**

TUESDAY LISKEARD
9:30am, 11:30am, 5:30pm or 7:30pm
Lower Hall, Church St., Liskeard
PL14 3AQ. Tel: Vicki **07973 402829**

WEDNESDAY LISKEARD 9:30am
Liskeard & District Sports Association,
Lux Park Coldstyle Road Liskeard
PL14 3HZ. Tel: Sammy **07807 289801**

THURSDAY DOBWALLS 5:30 or 7:30pm
Dobwalls Football Club Dobwalls Liskeard
PL14 4LU. Tel: Sammy **07807 289801**

FRIDAY GOLBERDON 9:30am
Golberdon Village Hall Nr Callington
PL17 7ND. Tel: Jane **07769 734316**



slimmingworld.co.uk



Pensilva Memory Café

Are you caring for someone with Dementia, or do you perhaps have concerns about your own memory? It can be lonely and worrying but you're not on your own. Many people around you are in the same boat. You don't have to feel isolated. More people than ever are becoming dementia aware, and most organisations need, and want, to be dementia friendly.

You may have seen posters for Memory Cafes and wondered what they are about. They are a great place for people with dementia and memory problems to socialise in an informal and friendly atmosphere. Memory Cafes are held in Liskeard, Callington, Launceston, Downterry, Looe, and many more places in the South West. Most are held monthly, some are more frequent.

Pensilva has its own Memory Cafe. It is a small friendly group who meet once a month for tea and cake and a bit of relaxing fun. We might have some music, a simple game or quiz, and a bit of reminiscing. You can join in if you want to, but nothing is compulsory. We hope you will just relax and not worry about anything for a couple of hours. There is no charge but we do appreciate a donation in the region of £1 each towards expenses.

It might be worth coming along to join us just to see what goes on. You might find it beneficial to yourself, or your partner, or a parent, or friend. You might even enjoy it. Why not give it a try? You'd be most welcome. There's nothing to lose.

We meet on the fourth Thursday of each month from 2pm - 4pm. We'd love to see you at St John's Church, next to the Millennium Centre, PL14 5NF.

For more information contact Carolyn or Pat - 01579 363461 or 01579 362698
email carolynandgeoff@gmail.com or patdilworth@hotmail.co.uk

If you are a carer of anyone, of any age or condition (not just dementia), you will benefit enormously from the help of Kernow Carers Service. Freephone 0800 587 8191. Leaflets are available at the cafe.

PENMILL ART GROUP

**We are a small, friendly group using all art mediums. If you paint we would love you to join us. We meet at Millennium House
10-2 every Monday.**

**Please come & see us or phone Pam on
01579 363441.**

Community Lunch

First Sunday of every month 12pm for 12.30pm
3 Course Lunch with Tea and Coffee

Adults £7.95p

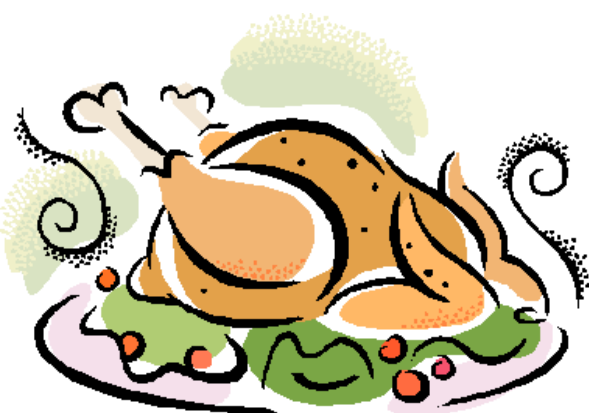
Children (*Under 12*) £4.95p

At Millennium House, Pensilva

Bookings required:

**Call Graham or
Charmayne**

on 01579 363096



Pensioners Lunch

2 Course Meal plus Tea or Coffee
Only £5.50

**Every Tuesday here at Millennium House
Speak to our reception or
telephone Graham on 01579 363096**



**So why not join us for Good
Food and Good Company, all
on the day you collect your
pension?**

Badminton?

Come and join our relaxed and friendly group at Pensilva Millennium House

Mon & Tue 7.30 - 9.30pm

Friday 8.00 - 10.00pm

For further info phone

Nigel or Carol on

01579 363594 or

07885 798370

All Being Well

Your local, friendly gym.

Over 17 years working in our local community to improve health, fitness and well being.

Call us on **01579 363890** or drop in to see us at Millennium House, Pensilva.

Opening hours:

Mon/Wed/Fri 10.00 to 3.00

Mon & Fri 5.00 to 9.00

Tues/Thur 9.00 to 1.00

Saturday 10.00 to 1.00

Email: abwgym@gmail.com



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a skin care system researched and developed by The International Dermal Institute

£5 off any Dermalogica skin treatment with this advert.
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Valid throughout 2018.

Your **future** is written all over your **face**

How you care for your skin today has a lot to do with what it'll look like in several years. As Dermalogica skin care therapists, we are expertly trained to restore your skin to its optimum health, ensuring that it will look its best. Our innovative techniques and cutting-edge formulations deliver maximum results in a minimum of time...and for years to come.

Visit us today to see how we can help you achieve amazing skin health.

Affina Beauty Studio

"To make beautiful"

01579 324 864

PENSILVA VILLAGE HALL

Anyone wishing to book the hall for meetings, birthday parties or fundraisers please contact Peter or Jackie Browning on **01579 363212** or email **peter@pensilva.freeserve.co.uk**.



Please note that as well as hall rent there is a coin meter for heating at 40p/hr.

We hold a Hall users and committee meeting on the fourth Monday of each month at 7.00pm. Please feel free to come along and support us.

Organisations that meet in Pensilva Village Hall

Meeting Times	Organisation	Contact Person	Telephone
Mon. 4:00 - 6:00	Brownies	Mrs Martha Oliver	01579 362239
Alternate Wed. 2:30 - 4:00	Wednesday Club	Mrs Jean Conner	01579 363221
Wed. 7:00 & various	Snooker Club	Mr Philip Bond	01579 362091
Thu. 6:00 - 8:00	Guides	Miss Caroline Hambly	01579 363228
Fri. 1:00 - 3:00	MIMS	Chris	01579 343702
Fri. 4:00 - 5:00	Rainbows	Mrs Lynne Bond	01579 362091

St Ive Institute & Village Hall

Every Wednesday	10:30am to 12 noon 10:30am to 11:30am	Coffee morning Travelling Post Office
First Monday	7:30pm	St Ive Gardening Club
Every Monday & Thursday	7:00pm	St Ive Snooker Club

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Jeanette **01579 363691**



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For more details Telephone 01872 261110 or visit

www.isightcornwall.org.uk

PENSILVA HEALTH CENTRE - PATIENT PARTICIPATION GROUP

We are a group of patients who meet regularly with the Health Centre to bring forward for discussion ideas, comments and suggestions about your surgery. In the past we have held open days, helped at the flu clinics and participated in a trial Peoples Commissioning Board Project.

We also organise a Carer's and bereavement group (see below) and a 'Walking for Health' group

(Contact Ivor Vaughan 07979 934604).

You can contact us directly or through the Health Centre.

PENSILVA HEALTH CENTRE CARERS AND BEREAVEMENT GROUP

Are you a carer, bereaved or lonely? Then come along and join our Group. Tea, Coffee and plenty of friendly chat and, when possible, local trips to various venues.

**Meetings are held every third Thursday of each month at 11.30.a.m.
Meet in Millennium House car park.**

For any information please contact Jean Connor 01579 363221

PENSILVA HEALTH CENTRE - Baby Clinic First Thursday of every month, from 1 to 2pm

A friendly health visitor will be on hand to weigh your baby and give friendly, professional advice.

For information call the health centre on

01579 362249

St Ive Church

Services at 11:15am Every Sunday

- Mar 4th **Holy Communion**
- Mar 11th **Family Service.** *Small pets welcome*
- Mar 18th **Holy Communion** Lunch follows this service
- Mar 25th **Morning Worship**
- Mar 29th **Maundy Thursday Service 7pm**
- Mar 30th **Good Friday Service in Chapel 3pm**

Other March Events

- Fri 2nd Produce Market and Bric-a-brac**
Home made cakes etc, fresh vegetables, locally made pasties, pickles, jams and much more. Farm fresh meat from Trehill Farm Produce.
- Sat 3rd Table Top Sale 10:30 to 3:30**
Lots of tables. Loads of Bargains. Homemade refreshments.
- Fri 9th Lent Lunch 12 noon to 2pm**
Homemade soups + cheese and biscuits
- Tue 13th Lent Lunch in Chapel 12 noon**
- Sun 18th Lunch in Church 12:45pm. All welcome. Only £7 for 2 courses.**
- Tue 27th Lent Lunch in Chapel 12 noon**

Reverend Margot Davies **01579 208698** email margotaj@tiscali.co.uk

Church Wardens Brian Dwelly **01579 364010** btdwelly@aol.com

Colin Catchpole **01579 383867** ccatchpole@hotmail.com

Donations for Liskeard Food Bank can be left in the Church each day between 10am & 4pm

ST JOHN'S CHURCH, PENSILVA

Services for March 2018

Anglicans and Methodists share services at 11 am each Sunday, coffee served before service

Sunday 4th	(9.30am	Anglican Benefice Eucharist at St Cleer)
	11 am	Mr Derek Packman
Sunday 11th	11 am	Mothering Sunday see separate advert
Sunday 18th	11 am	Anglican Holy Communion
Sunday 25th	11 am	Palm Sunday Rev. Mark Pengelly
	3-5pm	Messy Church
	5 pm	Food for Thought at St John's Church

Café Style Church followed by coffee and chat, Thursday mornings, 10am, everyone welcome.

Lent Lunches weekly at St John's from 12 noon. Thursday 1st, 8th, 15th, and 22nd March. Homemade soup.

Weekly Lent Course 7:30 at St. John's, 2nd, 9th, 16th, 23rd March.

Prayer Group: 2pm Fri 9th & 23rd February. Please ring Eileen on 362580 or Carolyn 362698 if you would like prayer for yourself or someone else.

For further details of the Services held in St John's, if you know of any illness or need in the village or if you would like your wedding or baptism in the church, please contact:

Geoff Cox - 362698 or Frances Tucker - 363718



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St Ive Methodist Chapel

Services for March 2018

Sun 4th Mar	11am	Rev Iris Bray	No evening service
Sun 11th Mar	11am	Mr Alan Libby	6pm No evening service
Sun 18th Mar	11 am	Rev Iris Bray with Communion	No evening service
Sun 25th Mar	11 am	Mr Keith Mutton	5pm "Food for Thought" at St John's

For regular updates on services etc at the Chapel, as well as around the area, look at the St Ive Methodist Church Facebook page.

Chapel's Lent lunches continue on Tuesday 13th and Tuesday 27th March at 12 noon. They will be run this year by the Junk food project, and donations will go towards the work they do.

The United Lent course will continue on Fridays at St John's Pensilva. 7:30pm. All welcome.

Village Churches Together group will meet 7:30pm at St John's Church Pensilva on Tuesday 6th March. Everyone welcome. More details from Keith on 01579 382334.

The Chattermakers Group will meet on Thursday 1st, 15th and 29th March in the Guild room from 7:30pm. This is a group open to anyone that likes to do any craft and would like to share with others of a like mind (hence the 'Chatter' bit!!) Anyone wanting more details please contact Kathryn on 01579 382334. All welcome.

The Village Church Prayer meeting will also be held at St Ive Chapel on Thursday 1st, 15th and 29th March from 7:30pm. All welcome

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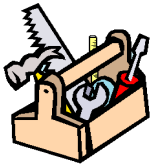
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| 18 th - 24 th APR - SCOTTISH HIGHLANDS TOUR | 25 th - 26 th AUG - DORSET STEAM FAIR |
| 28 th APR - TOBY'S GARDEN FESTIVAL, EXETER | 31 st - 2 nd SEP - BURGHLEY HORSE TRIALS |
| 12 th - 13 th MAY - WINDSOR HORSE SHOW OR LONDON | 11 th SEP - WIDECOMBE FAIR |
| 22 nd MAY - KILLERTON HOUSE & GARDENS | 16 th SEP - TOBY'S HARVEST FESTIVAL |
| 19 th JUN - HELFORD RIVER CRUISE | 27 th - 1 st OCT - SHROPSHIRE BY COACH, RAIL & CANAL |
| 2 nd - 6 th JUL - LLANDUDNO TOUR | 3 rd NOV - BRIDGWATER CARNIVAL |
| 22 nd JUL - EXMOUTH SEA CRUISE | 17 th NOV - FESTIVAL OF LIGHT @ LONGLEAT |
| 4 th AUG - COUNTRYFILE LIVE | 23 rd - 26 th NOV - TURKEY & TINSEL @ BOURNEMOUTH |
| 5 th AUG - FESTIVAL OF BRITISH EVENTING | 24 th NOV - CLARKS SHOPPING VILLAGE, STREET |

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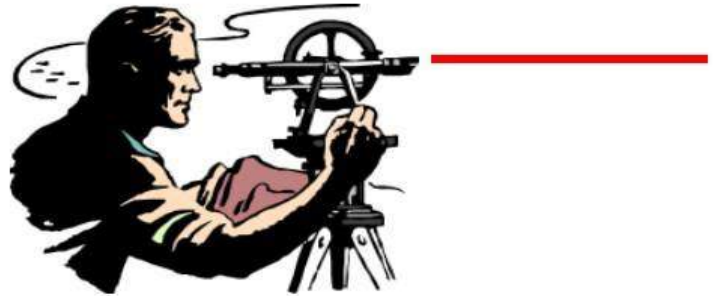
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King size (5ft) mattress and base. Excellent condition. **£45.** Bed Linen for same also available.
01579 363812.

Four wheel disability walker with seat and brakes. **£35.**
Three wheel disability walker with bag and brakes. **£30.**
Pine four drawer bedroom unit. **£45.**
01579 362417

Complete new **Toilet set** inc fittings & seat. Never installed. **£25.**
Wickes **Garden Shredder** **£10**
01579 363812

Britax child's **car seat** for toddler. Hardly used. **£40. 01579 343535.**
Telephone number now correct!

4ft 6ins x 6ft 3ins double metal **bed frame,** black and brass, no mattress. Extremely good condition. **£30** Buyer collects.
01579 383915

Royal Sovereign **Strawberry Plants.** Potted £0.75 each. Bare rooted £0.60 each. **01579 320401**

Dremel Moto Saw. As new condition **scroll saw/fret saw.** Ideal for hobbyists. Own, plastic carry case but is missing vacuum cleaner adapter & instruction booklet. Instructions available on line. **£40.** **01579 362207** (Pensilva)

Armchair. In good condition. Mushroom pink. **£15. 01579 384029** (St. Ive)

Superdry clothing **2 windcheaters,** black with fleece lining. excellent condition **£20 each** ono **2 hoodies,** 1 purple, 1 navy, good condition **£15** each or ono
Black sherpa lined **windcheater,** excellent condition **£30** ono
All sizes XS & S
Jack Wills **wool sweater** size 8 and Johnnie B red Sherpa lined hoodie age 11-12 **£10** each ono
Photos can be emailed. **07724 111132**

Brand new, never worn, **motor bike helmet**, with visor and inside sun visor, red, grey & white. Size medium. Paid £90, will accept **£30** or nearest offer.
07980 284002

Berry's **sideboard**. Circa 1960s. 171cm high x 44.5cm deep x 78cm high. 2 cupboards with one reversible door. 4 drawers, one felt cutlery drawer. **£50 ono**. Unusual iridescent paper **side lamp**. Approx 31" high on small base. **£5**. **Buyer collects. 01579 345783.**

Pro Lite **Fridge** 2'11" h x 1'10" d x 1'9" w with 3 shelves. £35.00 ono.
Original **Belfast sink** 24"L x 18"W x 10" D. One slight chip. Ideal for garden use. **£35**.
Child's Encore **Spanish Guitar**, Model Number ENC34. John Hornby Shewes & Co Ltd. With case in VGC. **£25**. No Offers.
01579 384658

Reikie or Massage Table etc. Very good condition. (Fold away). **£35**. Pensilva area. **01579 363192**

WELMAR Piano. Upright, 2 pedals, 52 keys, Length 55", height 41". Bought from and regularly tuned by Evan Hatch (Pianos) at Launceston. **£1300**.
01579 363010

Automatic guitar tuner (quick tune) includes electronic pitchpipe.v.g.c as only used a few times/with box. **£5**.
Inflatable punch tower, foot pump included, (160cm h). New still in box. **£5**.
Ladies motorbike jacket Rayven, size 12, black/pink, as new. **£50**.
Men's black leather bike jacket, 52L, & trousers, 40L, TARCA, vgc. **£50** the set.
Baby bouncer for up to 6mths. East coast, light fawn/with white polka dots design material, vgc, **£10**.
07743 416676 (Minions area)

Folding **3-wheel walker** with brakes and bag. Ideal mobility aid. Suitable indoor/outdoor. Hardly used. **£50. 01579 363081.**

Nest of 3 tables yew wood and glass top. Good condition **£45**.
3ft Mattress in clean condition. Ex quality. **£50**.
3ft Divan to match mattress. VGC. **£40**.
3ft Pine headboard very attractive **£20**.
01579 343990 or **07553 928333**

Targus Notepac plus classic 16" **laptop case**. **Black £5**.
Leather black briefcase 17½" x 12½" x 4". **£10 o.n.o.**
Both in good condition. **01579 362846**

3 ft **Pine Bed** complete with fire-resistant mattress. Excellent condition. Hardly used. Buyer collects. **£30 ono**.
01579 362753

Half Brogues black size 10. Cost £140 new; **now £50**.
Gents classic black **leather jacket** size 46. **£50**. **07789 861546**

Shires Show jacket. Black with purple Collar. Only been worn a couple of times. Ex. Con. **£25**.
01579 343992 or **07810 178802**

Homedics Back Massager. Full lumbar or Lower Lumbar only options. Plus variable intensity. Fits any armchair. Can be seen working. Only used twice. Great Xmas present. **£50 ono**.
07973 510693 St Ive.

WANTED to buy, a small piece of non-development, flat, accessible **land** within 5 miles of St Ive. Any type of land considered.
Tel 01579 - 384658.

PLEASE LET US KNOW WHEN YOUR ITEM HAS SOLD.

What's on in St Ive Parish ?

WHAT'S ON	WHEN	CONTACT DETAILS
MILLENNIUM HOUSE		
Aikido	Thursday 7:00pm	
Antique & Collectors Fair	4th Sunday Monthly 10:00 - 4:00	
Badminton Club	Mon & Tues 7:30pm. Fr. 8.00pm	01579 363594 (Carol & Nigel)
Book Exchange	Daily	01579 363096
Breath of Air	Monday 12.30pm - 2.30pm	01579 345989 Pauline
Country Dancing	Alternate Thursdays 8.00 - 10.00pm	01579 382402 Ray Buckingham
Fitness Pilates	Monday 9:30 - 10:30am	07850 473428 (Dianne)
Ladies Netball	Friday 09:15 - 10:15am	07985 387472
Pensioners Lunches	Tuesday 12:00 - 2:00pm	01579 363096
Short Mat Bowls	Thursday 7:00pm	01579 208528
Village History Group	Last Monday Monthly 7:30pm	01579 208754 (Angus)
Wildlife Group	Quarterly	01579 362539 (Hilary)
Woman's Institute	2nd Wed Monthly 7:15pm	01579 363718 (Frances Tucker)
Yoga	Wednesday 7:00pm	01579 344464
Zumba Fitness Classes	Wednesday 7:00 - 8:00pm	01579 363096 (Millennium House)
PENSILVA VILLAGE HALL		
Brownies	Monday 4:00 - 6:00pm	01579 362239 Martha Oliver
Pensilva Wednesday Club	Wednesday 2:30pm	01579 363221 Mrs Jean Conner
Pensilva Snooker Club	Wed 7:00pm + Various times	01579 362091 Phillip Bond
Guides	Thursday 6:00 - 8:00pm	01579 363228 Caroline Hambly
MIMS	Friday 1.00 - 3.00pm	01579 343702 (Chris)
Rainbows	Friday 4:00 - 5:00pm	01579 362091 Lynne Bond
Rangers	For Info	01579 362982 Kirsty Oliver
PENSILVA PRE-SCHOOL		
Pensilva Pre-School	Monday-Fridays 9:00 - 3:15 (session times available)	07890 023924 Mrs Suzanne Kinsman (Manager)
Tiny Tots Toddler group	Friday 9:15 - 11:15am	07890 023924 Mrs Suzanne Kinsman (Manager)

ST IVE INSTITUTE

Gardening Club	1st Monday monthly 7:30pm	01579 382762
St Ive Snooker Club	Monday & Thursday 7:00pm	01579 382315 R Bunkum
Art & Craft Group	Tuesday 1:00 - 5:00pm	01579 362216 (Jackie)
Post Office	Wednesday 10:30 - 11:30	
Coffee Morning	Wednesday 10:30 - 12:00	
St. Ive Singing Group	Thursday 4.00 - 5:30pm	01579 382341 (Clare)

St Ive Institute available for hire. £3.50 per hour. This includes the use of the kitchen & electric (excluding wall heaters which operate on a £1 coin meter)

Contact Jill Ede 01579 384095

Hall meetings will now be held bi-monthly on the second Tuesday of the month



ST IVE & DISTRICT GARDENING ASSOCIATION



Meetings in St Ive Village Hall 1st Monday in the month at 7.30pm

Monday 5th Mar **7pm Annual General Meeting** Then
7.30pm Jo Toterdell, Daffodils in the Tamar valley

Monday 3rd April A visit to **The Lodge**, Fletchers Bridge, Bodmin, PL30
 4AN Assemble in St Ive car park to leave at 6.00 pm

Monday 8th May A visit to **Calamazag Nursery**, St Martin's Rd, Looe,
 PL13 1NX. Assemble in St Ive car park to leave at 7pm

Visitors and new members are always welcome to join us.



ART AND CRAFT GROUP

We are a small friendly informal group who enjoy doing art and craft. If you paint or do any type of craftwork and would like to join us we'd love to welcome you.

There is no 'teaching' but help/advice is always forthcoming!

We meet at St. Ive Institute Hall from 1.00pm to 5.00pm Tuesday afternoons.

Only £3.00 for the afternoon plus 50p for tea/coffee and biccies.

If you are interested please give Jackie a call on **01579 362216**.

We look forward to meeting you.

Pensilva Post Office

Located through the Café on the 1st floor of Millennium House



Opening times:

Tuesday	-	9am to 1pm
Wednesday	-	9am to 12 noon
Friday	-	9am to 12 noon



MILLENNIUM HOUSE

THE MEL

**Licensed Bar
Free House**

Opening Hours

Mon - Thu	-	5 pm to 11 pm
Fridays	-	3 pm to 11 pm
Saturday	-	12 noon to 11 pm
Sunday	-	12 noon to 11 pm

Millennium House 01579 363096

