

THE PARISH PUMP



November 2018
Edition 444



The Newsletter for the Parish of St Ives



A reminder that we live in a beautiful part of the country, where it doesn't ALWAYS rain.

Photograph by Martin Sellix.

If you want to see the picture in colour, you can look at the online version of the Parish Pump here: <http://st-ive-parishcouncil.gov.uk/parish-pump/>

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	07411 192645	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 November 2018 at 7:30pm at St Ive



Devon & Cornwall Police
Building safer communities together



101

Minicom 18001 101

Police Community Neighbourhood Office

Your Community Support Officer is PCSO Bex STEED 30169.

email: CIOSNBMLiskeard@devonandcornwall.pnn.police.uk

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, Jenny Hoskin, 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 362012, 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

As we move into November I suppose the predominantly beautiful weather we have enjoyed since the Spring must finally come to an end, but even if it does, we have had a year to remember from that point of view. At least, that is how I will remember it, and I am grateful to Martin Sellix for sending me the cover photograph which will remind me of a special Spring, Summer and Autumn, every time I look at it.

The picture also reminds me of a feeling I often get when walking on the moor on a sunny and still day. Has it ever struck you how the old mine buildings seem to radiate stillness and serenity, and yet those engine houses were built to house huge steam engines which (I assume) would have been extremely noisy and in constant motion? The area would have been swarming with people toiling away in what was then an industrial landscape of mines, quarries, and locomotives. People came to Cornwall in huge numbers from all over Britain and beyond, because this was where the work was. Many were forced to live under pretty dreadful conditions just to earn a crust. In something like a hundred and fifty years, our area has gone from all that hustle and bustle, to somewhere that people visit to escape their busy lives, in our beautiful, peaceful, remote and relaxing landscapes. It makes you think!

Keep well - 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

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 MILLENNIUM HOUSE, PENSILVA

Now open Monday to Friday!

Monday	10.a.m. to 1.p.m.
Tuesday	9.a.m. to 1.p.m.
Wednesday	9.a.m. to 1.p.m.
* Thursday	9.a.m. to 1.p.m.*
Friday	9.a.m. to 1.p.m.

***Incorporating a Coffee Morning from 10.a.m. to 12 noon. To include free raffle ticket per week - raffle drawn end of each month. Special offer on coffee/tea/cake during this period. ***

Revised menu, offering more choices.

**Open to smaller groups of up to 25 (pre booked) for
Cream teas - buffet- lunch bites.**

The collection point for the

foodbank

is now open every day from
10am to 4pm

in St John's Church, Pensilva⁵.

CHAIRMAN'S COLUMN

I would like to start this month with a big thankyou to the pupils at the primary school who took part in the clean up around the village, it makes the village a nicer place to live.

While I am talking about cleaning up, please don't forget the clean up around Millennium House on Saturday 10th of November, prior to the Remembrance Sunday parade on Sunday the 11th.

Work on the car park at Millennium house is now complete , with the direction arrows being the last job. Please follow the arrows to avoid confusion and possible bumps, thank you.

The council have had several requests to fill the salt bins around the Parish, prior to any bad weather. At the moment we are waiting for Cornwall Council to fill them, hopefully before the weather turns bad! Once they have been filled, if they start to run low through use, please let the Clerk know on 363096 and the Council will see that they are refilled.

As the nights get darker please try and wear light-coloured clothing if you are out at night, so that you can be seen by motorists.

Finally, with firework night approaching, please enjoy yourselves but take care with fireworks and don't forget your pets and any livestock that may be in adjacent fields. We don't want any accidents, or frightened animals loose on roads.

Pete Haimes.

WE NEED A VOLUNTEER TO DISTRIBUTE THE PARISH PUMP IN THE EAST PARK / WESLEY ROAD AREA OF PENSILVA. The round takes less than an hour to complete, once a month. If you would like to help, please call me on 01579 364016 or email parishpump@btconnect.com.
Thanks - Joe (editor)

Pensilva W.I October Meeting

Once again the season of mists and mellow fruitfulness is upon us and Pensilva WI held their annual Harvest Supper and Auction. The event was very well attended and the tables were groaning with delicious savoury and sweet choices. Once everyone had made a brave stab at eating all the food on offer, the Auction commenced. As usual Verna made an excellent auctioneer and soon everyone was bidding furiously for the lovely produce on offer. A great evening was had by all.

Diary dates:

'A weekend just for you' 2nd – 4th November

Liskeard Prime Stock Show Saturday - 3rd November

Remembrance service and wreath laying, Millennium House – Sunday 11th November

Traditional embroidery, Marshgate – Wednesday 14th November

Tea & Tinsel – Friday 30th November

Christmas Wreaths, Bodmin Nursery – Friday 30th November

County Christmas Lunch, Falcon Hotel, Bude – Thursday 6th December

County Christmas Carol Service, St.Petroc's Church, Bodmin, 3pm – Friday 7th December

Christmas dinner, Trethorne – Saturday 8th December at 12.30pm

Birthdays this month: Pat Anderson, Liz Clayton and Verna Dawe who received gorgeous posies and cards.

Sharon Clemens will be giving us helpful advice for **Desserts for Christmas** at our next meeting on Wednesday 14th November at 7.15pm at Millennium House. Please come along, you will be made most welcome.

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

1st No. 61 Rev D Kirk	2nd No 1 Mrs J Weston	3rd No 35 Mrs M Kent
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Thank you for your support

PENSILVA COMMUNITY ASSOCIATION

VOLUNTEERING OPPORTUNITIES in Pensilva

We are delighted to announce that we are teaming up with the RVS (formerly known as the Women's Royal Voluntary Service) who are going to be able to offer us help and support in running Millennium House as a community resource. We welcome volunteers of all ages and abilities. We do have regular volunteers who do a variety of important jobs, but there are lots of other roles available.

We currently need help with the day to day events at our community centre, if you have a few hours to spare each week and would like to offer your services please contact us. Our most pressing needs are:

TUESDAY LUNCH CLUB - ASSISTANT

We have a thriving lunch club on a Tuesday that serves a roast lunch to a growing number of local older citizens. We need someone from 10.30am to 2pm every Tuesday who is happy to help serve lunch, clear dishes, help out generally and chat to our guests.

MILLENNIUM HOUSE RECEPTION

We would love to have enough volunteers to have the reception desk covered every morning and afternoon. Sessions are between 9 and 1 or 1 to 5, Monday to Friday. You will greet visitors, take messages and answer the phone.

EVENTS

We always need help with the events group who work so hard to organise social events such as the Village Gala Day, New Year's Eve Party and live music evenings. In the next few weeks we have the Children's Party and the Christmas Lunch, both of which we would love some help with beforehand and on the day. If you would be able to offer even a few hours of your time we need all sorts of things doing from moving furniture to running raffles, serving food and decorating the rooms.

Please support the Community Association and ensure that we are able to continue to offer a full programme of events for all ages in Pensilva. Give Ruth Hicks a call on 01579 363096.

PENSILVA COMMUNITY ASSOCIATION

FREE COMPUTER CLASSES at the MEL with V LEARNING NET

LEARN HOW TO USE YOUR TABLET OR LAPTOP SHOP ON LINE, SEND EMAILS, SPEAK TO YOUR FAMILY OVERSEAS, MAKE SURE YOUR SYSTEM IS SECURE AND SPOT SCAMS
Our Thursday classes at Millennium House will be starting again on **Thursday 1st November**. There is no charge for these classes.

We will run two sessions as before, 10am to 12 or 1 to 3pm. It is a small friendly and supportive group.

There will be 7 sessions this term finishing on 13th December.

We will be offering the opportunity to use either your own Tablet or laptop or we can provide a tablet.

We welcome new members of the group, particularly those who have very little or no knowledge of how to use a computer as well as all those who were with us last term.

We look forward to seeing you on 1st November.

If you have any questions please telephone Siobhan or Stephen on 01566 770729 who will be pleased to help you.

St Ive & District Gardening Association really enjoyed their meeting in October when local historian and author, Simon Dell, gave a highly entertaining talk on the history of policing in the Duchy. Simon, a former policeman himself who started off in Launceston and finished up in Tavistock, illustrated his talk with a series of fascinating photographs and humorous tales. During the winter months, the gardening club meets on the first Monday of the month at St Ive Village Hall with meetings starting at 19.30pm. Meetings include refreshments and a raffle. From April to August, club meetings take the form of visits to local gardens. For further details please ring 01579 382762 or 382512.

**DON'TFORGET MHEG CRIMBO BINGO!!! WEDNESDAY
DEC. 19TH, MILLENNIUM HOUSE. EYES DOWN 8PM!**

CHRISTMAS PARTIES

Children's Party

The Parish Council would like to fund a children's party on Saturday 22nd December for children of 12 years and under. We are inviting Mums and Dads to come forward to organise the party for the children of the parish. If you are willing to volunteer to arrange a Christmas party please contact the Parish Clerk at Millennium House.

Senior Party

We would also like to arrange a Christmas meal on Sunday 23rd December with entertainment, for the senior members of the parish, singles or couples who do not have family in the area and may be on their own at Christmas. They will need to be nominated by a neighbour or friend. If you know of anyone who would enjoy the company and a Christmas meal please send in your nomination with your contact details to the Parish Clerk at Millennium House. Volunteers to help cook / serve / wash up would be appreciated.

There will be more details in the December issue of the Pump.

Parish Clerk contact details: 01579 363096 or stiveparish@btconnect.com.



**SEW, KNIT AND NATTER.
WHY NOT JOIN US ON
THE LAST TUESDAY OF EACH MONTH
for sewing, knitting or just for a chat and a
cup of tea or coffee and cake.**

THE Growing Project

PENSILVA



It is starting to look autumnal around our site, a lot of crops are finishing after several generous harvests and hopefully we are approaching a slightly quieter time when we can do essential repairs and make plans for next year. Our experimental crops are just starting to be harvested, the sweet potatoes are varying in size but there are plenty of them, although they seem to be a favourite of the slugs and woodlice so are likely to be planted in a different spot next year. Our other experiment is "Tiger nuts" also known as Chufa, these are nut-sized tubers which are a superfood and very good for you. The complaint when they were harvested is they don't like to come out, but I have had the first taste and they are well worth the effort, with a taste like a cross between almonds and coconut. If anyone would like any, please get in touch to place your order as I suspect there will not be enough for vegetable boxes and will be special order only.

Our volunteers are just at the point of staking and tying up our winter broad beans which should be ready to harvest late December weather permitting, we also have onions, shallots, garlic and potatoes being planted in our polytunnels and outside and the plan for the next few weeks is to plant as much as possible in our polytunnels and get it to germinate before the temperatures drop and winter sets in.

Those that have driven past our site recently will have seen the "For Sale" sign outside Kenwyn, however Ruth Wilson has generously left the land that The Growing Project is on to the project. Over the past 9 months, we have become self-sufficient from the main house and have all our facilities in our caravan, however we now will need our own utilities and are currently applying for funds to have our own water and electric put in. I hope by the time you are reading this we will have the majority of funds raised and will be either digging or filling in trenches.

Our Vegetable Box scheme has expanded recently and we are now packing between 21 and 27 Vegetable and fruit boxes each Wednesday .

We have had to repair our roadside stalls after wind damage but they are repaired and fully stocked again now. As well a variety of organic vegetables grown on our land we have a selection of locally grown organic vegetables including pumpkins, apples and squashes.

Our volunteer work days will continue on Wednesdays 10am- 2pm-ish and Thursday 12pm-3pm, we normally do not have a Thursday volunteer day throughout the winter but with the amount of crops currently we will need to be there.

Our contact details are: Email growingprojectpensilva@gmail.com

Phones: Veg Boxes 07398 828783; Growing Project Admin 07854 353865.

The Apple Day on the 30th September at Upton Cross

(organised by Caradon Orchard Group - COG) was a resounding success.

The large apple press was manned between 10.30 and 16.00 and an amazing 450 litres of juice was processed for people who brought in their own apples. Thank you so much to the volunteers who helped with this. There was also a display



of the different equipment COG hires out, fpwerkmeister@btinternet.com).

There were many stalls ranging from honey, fruit leathers and apple trees to glass blowing and gardening implements.

The WI provided hot food with an apple theme, and there was an apple quiz to complete whilst you ate.

The wildlife group provided information about the local fauna and flora and there was an apple identification table.

In the family and children's marquee, Heather Langton of Flint and Steel Forest School (www.flintandsteelforestschool.co.uk) helped the children with apple bobbing, make apple pom-poms, paint wooden apples, undertake block printing and bake apples over the fire. There were also loads of toffee apples for sale.

Thank you to Diana Hudson and Amy Vian who also helped.

The local primary schools had been invited to take part in an apple based art competition. The

following children from Darite and Upton Cross schools receiving amazing prizes for their brilliant entries: Mylor M, Poppy H, Lauren H, Lily W, Ellie-May D, James K, Ellie W and Alice C. It was really difficult to choose from all of the incredible entries.

We look forward to the upcoming COG events, and of course the Apple Day next year. To join COG, please contact our membership secretary bewolstenholme@gmail.com



GB Olympian high jumper visits Pensilva School!



In October we had a special visit from Olympian High Jumper, Robert Mitchell. He led morning PE sessions with all the children, doing training exercises to improve fitness, such as star jumps and squats. Both the children and Mr Jones enjoyed the challenges set. Robert loves being healthy and in our assembly he talked about his approach to

healthy eating and showed us pictures of some of his competition jumps. He hopes to compete at the 2020 Olympics and left us inspired to think that with hard work and determination we could achieve our dreams too.



Would you like a free talk to
hear about the work we do at

Children's Hospice South West

If you are part of a group and would like to hear more about the vital work we do, we can provide free speakers at a time suitable for you and can tailor the talk to suit your group.

**For more information or to book a talk please email
reception.lh@chsw.org.uk or call 01726 871 800**



Making the most of short and precious lives across the South West
www.chsw.org.uk
Registered Charity No. 1003314



A NEW SERVICE IN OUR AREA



STROKE BEFRIENDING SERVICE

Have you had a stroke and would like to speak to someone who understands? Volunteer Cornwall's Stroke Befriending Service could be just the thing you're looking for.

One of our friendly Stroke Befriending volunteers can meet with you on a regular basis and offer support and encouragement. We have found this can really help to build confidence and make people feel less isolated and more connected to their community.

This is a completely free service and volunteers can visit people at home, in hospital or in a care home. Stroke Befriending is also available via telephone, email and video call.

Or if you have had a stroke and would like to help someone else in their recovery journey, why not get in touch and find out more about becoming a Stroke Befriending volunteer?

Contact Volunteer Cornwall to make a referral or find out more:

Email - Laura Smith, Stroke Befriending Co-ordinator,
lauras@volunteercornwall.org.uk

Call - 01872 266997

Visit - <https://www.volunteercornwall.org.uk/how-we-help/health-social-care/stroke-befriending-service>

Cartwheels Christmas Craft Fair

Sat 3rd & Sun 4th November 10am - 4pm

- Locally produced quality arts and crafts on sale
- Stands from Rock Cottage Pottery, Loveny Willow, Cornish Pebbles, Clarabelle Crafts, Caradon Country Seat, Treweatha Crafts, Lily Burl, Penny O'Connor, The Cornish Hare, Troutbeck Nurseries and more.
- Visit Cartwheels shop for all your patchwork and quilting supplies as well as cushions, bags, wall hangings and gifts.
- Refreshments, disabled access and facilities with ample free off road parking.



Penhaw Farm, Merryme t, L PL1

Tel: 01579 343675/340026 or visit
www.cartwheelscraftcentre.co.uk



Ruth and Colleen's Monthly

BINGO

At Millennium House

on Tuesday November 6th

Then December 4th

Eyes down at 7:30pm

Over 18's only

£££ CASH PRIZES £££

FRIENDS OF PENSILVA HEALTH CENTRE

CHRISTMAS TEA

AT MILLENNIUM HOUSE ON
FRIDAY 7TH DECEMBER 2018

AT 2.30.p.m.

Bring and Buy

(New or nearly new - No videos or books please)

Cards

Raffle

£3 entry to include food and drink

QUETHIOCK PARISH HALL

ON

SATURDAY 10TH NOVEMBER 2018

BETWEEN 10 AM TO 12.30 PM

TABLE TOP SALE AND COFFEE MORNING

OF A

**SELECTION OF OVENWARE, STAINLESS STEEL,
ELECTRICAL & MISCELLANEOUS KITCHEN EQUIPMENT**

ALL PROCEEDS WILL BE SENT TO

THE CHILDRENS' SOCIETY &

DEMENTIA UK IN MEMORY OF JOY GOODSON



CANCER
RESEARCH
UK

Christmas Craft and Gift Fair

Coffee and
Cake!



Everyone
welcome!

Saturday 10th November 12-4pm

The Function Room,
Millennium House, Pensilva

Raffle

Local Crafts
and Gifts

20 Stalls

Guess the weight
of the cake!

Not to be missed!

Sweepstake



**RVS PENSILVA WEDNESDAY CLUB
TRURO COACH TRIP
WEDNESDAY 28TH NOVEMBER 2018
Leaving Millennium House at 9.30.a.m.
Pick-ups in Liskeard and Dobwalls**

£10.00.

To Book, please telephone Jane Mann 01579 362960

NEW OWNERS AT VICTORIA INN!!!

New lunch and Evening menu

Brunch Fridays & Saturdays from 9.30am – 11.30am

New Opening Hours

Monday	Closed all day	
Tuesday	5pm to 11pm
Wednesday	12pm to 3pm and 5pm to 11pm
Thursday	12pm to 3pm and 5pm to 11pm
Friday	9.30am	to 11pm
Saturday	9.30am	to 11pm
Sunday	12pm to 7pm

Book now for Christmas parties & Christmas Day Lunch!!!!

LIVE MUSIC EVERY MONTH

CALL – 01579 363933

QUIZZES AT MILLENNIUM HOUSE

NEXT QUIZ: SATURDAY DEC. 8TH, 7:30PM

All at 7:30pm

Organised by and raising funds for

All Being Well

Improving the health of our community

POLPERRO FISHERMAN'S CHOIR

IN AID OF THE TRIANGLE CENTRE, CORNWALL AIR
AMBULANCE, AND MILLENNIUM HOUSE EVENTS



MILLENNIUM HOUSE

PENSILVA, PL14 5NF

DECEMBER 15th 2018

7:30pm £5 ON THE DOOR

ST. IVE CHURCH



JOHNNY COWLING: CHRISTMAS SPECIAL

TICKETS
£10



INCLUDES A PASTY SUPPER

SUNDAY 16TH DECEMBER AT 7PM

TICKETS AVAILABLE FROM PAT: 362959 BRIAN: 364010 DENNIS: 383054



MILLENNIUM HOUSE

PENSILVA, PL14 5NF



NEW YEAR'S EVE PARTY

★ MEXICAN THEME ★

MONDAY
31ST DEC

FROM
7:30^{PM}

★ INCLUDES BUFFET AND DISCO ★

£10 PER PERSON /
£5 CHILD (2-16)

TO BOOK CALL
KAREN
01579 362 196



42nd St Ive Show

Saturday 7th September 2019

Entry open to all

Advance notice of art, handicraft and photography topics

Adult Handicrafts:

1. Something new from something old
2. A hand made greetings card
3. A door stopper, any medium
4. Tapestry / Cross Stitch
5. A gift for a child or friend (any medium)
6. An article in red
7. Patchwork, quilting or applique
8. A framed picture made from items found on the beach.(12” x 12” max)

Adult Art:

1. Pencil, charcoal, ink or pastel drawing.
2. Oil, acrylic ink or mixed media painting.
3. Watercolour picture

Photography:

All photographs must be mounted and no larger than 7 x 5 inches.

Adults

1. Wildlife
2. Caught unaware
3. Winter
4. Fun!
5. A special occasion
6. Own choice with a suitable caption, coloured or black and white.

Young People

A photograph you have taken yourself

Schedules will be available in May 2019.

PLAY CHESS?

Free tuition is offered for anyone wishing to play basic chess.

This service is completely free and with no obligation for anyone aged between 8 and 88.

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Please phone William on 01579 362939



EVERY THURSDAY 4-5.30PM
ST IVE VILLAGE HALL

NO EXPERIENCE NEEDED, ALL WELCOME
FROM POP TO CORNISH SONGS. WE ONLY SING IT IF IT'S FUN!
PLEASE CONTACT CLARE: 01579 382341
OR EMAIL: CONTACT@CLARENORRISH.COM
WEBSITE: clarenorrish.com

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

PENSILVA WEDNESDAY CLUB R.V.S

**Meet in Pensilva Village Hall at 2.30.p.m. on alternate
Wednesdays**

**All Adults welcome to join - £1 per meeting –
Refreshments - Various activities - Entertainment -
Coach Trips - Raffle**

Information: please contact Jane Mann 01579 362960

Pensioners Lunch

**2 Course Meal plus Tea or Coffee
Only £5.50**

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



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

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: 23rd Nov, 21st Dec.

**Stops at: The Victoria Inn, Pensilva at
10.25 to 10.45am;
Quethiock bus stop. 11.00 to 11.20am.**



PENSILVA GROUP MEETINGS NOW AT 10:00am, 5:30pm and 7:30pm.

be inspired
with
**Slimming
World**



MONDAY PENSILVA 10am, 5:30 & 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



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

Call **01579 363890**, drop in at Millennium House, Pensilva, or email abwgym@gmail.com

Opening hours:

Mon/Fri 10am-3pm & 5pm-9pm

Wed 10am to 3pm

Tues/Thur 9am to 1pm

Saturday 10am to 1pm

Ask about GP exercise referrals!

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 Friday.

Please come & see us or phone Pam on

01579 363441.

LISKERRET MALE VOICE CHOIR

We are currently looking for new members in all sections. No previous experience necessary.

Practice Mondays 7:30pm at the Royal British Legion, Liskeard.

Enquiries to the secretary on

01579 363881

Email: charaton@btinternet.com

Website: www.liskerretmvc.org

Charity No. 1120243

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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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



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Social Clubs & Activities: Links to clubs & activities in the county

For more details Telephone 01872 261110 or visit

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St Ive Methodist Chapel

Services for November 2018

Sun 4th Nov	11am	Mr Alan Libby
Sun 11th Nov	11am	United Remembrance Service at the Anglican Church
Sun 18th Nov	11 am	Mr Mark Pellow
	4 pm	United Public Issues Sunday followed by tea and a service.
Sun 25th Nov	11 am	Mrs Margaret Halls-Falconer
	5pm	United Food for Thought at Pensilva

The Chattermakers craft group will meet in the Guildroom at 7:30pm on Thursday 8th and Thursday 22nd November. All welcome.

The Village Prayer Meeting will be held in the small room, also at 7:30pm on Thursday 8th and 22nd of November. All welcome.

Thanks for supporting Macmillan Coffee morning. A cheque for £252.10 has been sent off to them.

For up to date details please follow us on our Chapel Facebook page.

PENSILVA MEMORY CAFE



DO YOU HAVE MEMORY PROBLEMS OR CARE FOR SOMEONE WHO DOES? WHETHER IT'S MILD, MODERATE OR SEVERE YOU CAN SOMETIMES FEEL A BIT ISOLATED AND ALONE.

DON'T BE LONELY. KEEP SMILING. THERE ARE MANY OTHERS LIVING WITH THIS CONDITION.

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WE MEET ON THE FOURTH THURSDAY OF EACH MONTH AT ST JOHN'S CHURCH

St Ive Church

Services at 11:15am Every Sunday

- Nov 4th No service at St Ive. Together at Ten at Merrymeet 10am
Nov 11th Remembrance Service 10:45am
Nov 18th Holy Communion. 11.15am Lunch follows this service
Nov 25th Family Service. 11.15am Small pets welcome
-

Other November 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.**
- Sun 18th **Lunch in Church** All welcome. **12:45.** 2 courses only £7.

ADVANCE NOTICE. Johnny Cowling Special. Sunday 16th December, 7pm.
Tickets £10 incl. a pasty supper. Tickets from Pat 362959, Brian 364010 or Dennis 383054

Following the retirement of Rev Margot, services will remain the same except for the first Sunday in **November** where there will not be a service at St Ive but we will join our friends at Merrymeet for a Holy Communion service at **10am.**

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

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

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Services for November 2018

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

Sunday 4th	11am	Dr Kathy Lang
Sunday 11th	11 am	Remembrance Sunday. Rev Sue Hill and Mr Geoff Cox.
Sunday 18th	11am	Anglican Holy Communion
Sunday 25th	11 am	Rev. Mark Pengelly with Holy Communion
	5pm	Food for Thought at St John's Church

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

Afternoon Tea, Friday 2nd November, 3pm at St John's. Cup of tea and a chat. Everyone welcome to join us.

Bazaar and afternoon tea, Saturday 24th November 2 - 4pm at St John's Church. We will be pleased to see you there.

Fellowship Group 7:30 pm on Fri. 9th and 23rd Nov. at St John's Church. All very welcome to come along. Ring Carolyn on 362698 for details.

Prayer Group: 2pm Fri. 2nd, 16th & 30th November. Please ring Eileen 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 ring: Geoff Cox, 362698 or Frances Tucker, 363718

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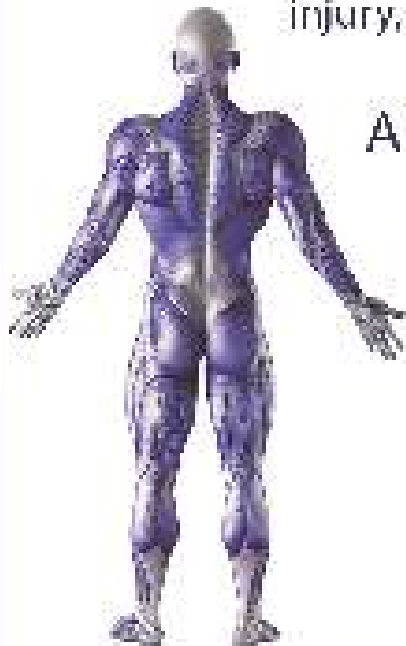
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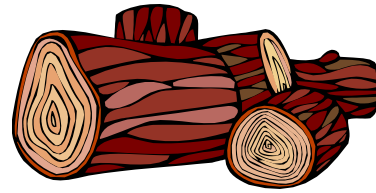
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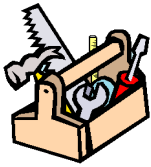
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Child's garden metal **swing & accessories**. **£15**. **01579 362085**

4 frame honey extractor (plastic). Good order. **£45.**

Carpet shampooer £6

Dyson hoover £5

01579 320401.

Wood-framed **mirror** 2'6" x 3'7". **£10.**

01579 363812

Car Ramp 6' long. Folds in half. Unused. Good for loading mobility cars. **£49.**

01579 384222 or 07828 016665.

Mobility Walker Hardly used. Cost about £80 new from Argos. Will sell for **£40**

18 **Demijohns £1 each.** **01579 362001**

Lec Fridge. Excellent working order. **£50**
Can deliver Pensilva area. **01579 363791**

Sony Home Cinema System CD/DVD/
Tuner/Amplifier with 5 small wired
speakers, sub-woofer and remote control.
£50. **07841 717913.**

Three wheel disability walker with bag and
brakes. **£30.** **01579 362417**

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**

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.

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

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

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

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)

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

Leather black briefcase 17½" x 12½" x
4". **£10** o.n.o. In good condition.

01579 362846

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.

**Please let us know when your item
has sold.**

01579 363096 or

parishpump@btconnect.com

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
Ladies Netball	Friday 09:15 - 10:15am	07985 387472
Penmill Art Group	Friday 10am - 2pm	01579 363441
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 are on a £1 coin meter)

Contact Sue Sedgewick on 01579 383291

Hall meetings will now be held quarterly on the second Tuesday of the month in January, April (includes AGM), July and October.

ST IVE & DISTRICT GARDENING ASSOCIATION

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

Mon 5th Nov **Change of speaker - Tools to amuse and confuse, Max Simpson**

Mon 3rd Dec **Fantastic Ferns, Tricia Howard. Plants for sale**

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

THE MEL BAR ***MILLENNIUM HOUSE*** ***Licensed Free House***

GUEST ALES - LAGERS - CIDERS - WINES - SPIRITS

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

01579 363096

