THE PARISH PUMP



January 2014 Edition 386



The Newsletter for the Parish of St Ive



"All Being Well" at the Cycle to Lapland event at Tesco, Callington.

See the All Being Well newsletter on page 24 for a report on the event.".

Parish Councillors Telephone List

I	Peter Dipper (Chair)	01579 362315
	Pam Carter (Vice Chair)	01579 362640
	Stephanie McWilliam	01579 362037
	Roger Bennison	01579 363967
	Alan Neal	01579 362478
	Martin Corney	01579 382450
	Linda Olver	01579 383137
	Keith Mutton	01579 382334
	Alan Moss	01579 362064
	Angela Fisher (Parish Clerk)	01579 363096
	Sarah Hylands - Thorpe (Manager MH)	01579 363096
Sara Rock (Finance Clerk)		01579 363096
	Stephanie McWilliam (Cornwall Councillor)	01579 362037

Date of Next Parish Council Meeting is

Monday 13th January 2014, 7.30pm St Ive Village Hall



2 101 Minicom 18001 101

Police Community Officers can be contacted at anytime on 01579 325454

PC Garth Hatt garth.hatt@devonandcornwall.pnn.police.uk or PCSO Bob Anslow robert.anslow2@devonandcornwall.pnn.police.uk or PCSO Becky Steed rebecca.steed@devonandcornwall.pnn.police.uk

Disclaimer

St Ive Parish Council would like to point out that the articles appearing in this magazine do not necessarily reflect the views of the Parish Council.

Hello Everyone.

A Happy New Year to you all. I hope you had a good Christmas and all you children received lots of presents, and were good for Mum & Dad

Apologies for anyone receiving their December Parish Pump a little late. This was due to a combination of the recent restructuring at Millennium House and once again problems with the photocopier. I have been assured these issues have been resolved so with luck you should receive this copy on time.

I am pleased that I have started receiving letters for the Pump. Unfortunately I cannot accept anonymous contributions. (Amanda Way dog fouling). I am willing to include correspondence as "name and address supplied" as long as I have contact details, should there be any recourse.

9 teams contested the Christmas quiz on Dec 14th. Tom's Team won with a magnificent score of 102 points. The total raised for the Chemotherapy Outreach Unit with the raffle, entry fees and a donation from the Seccombes skittles team was £167.50.

Bev would like to say a big thank you.

Nick Horler Editor

Deadline for the Parish Pump is STRICTLY

15th of every month

Contact Parish Office on 01579 363096

E-mail **parishpump@btconnect.com** and use "Parish Pump" In the subject heading.

All ads must be in font size 16 or larger to ensure it is readable as it is reduced from A4 size to the size of the current publication.

Ads to be sent as Word or Publisher doc (text ads), Pub, Tiff or Jpeg (picture ads). Please contact the Parish Office for Ad Placement Specifications.

Advertising Prices (from December 2012) including VAT at 20%

<u>Add Size</u>	<u>Per Month</u>	<u>Annually </u>	<u>Savings</u>
⅓ Page	£ 7.50	£ 81.00	£ 9.00
½ Page	£15.00	£162.00	£18.00
Full Page	£25.00	£270.00	£30.00

The 10% discount for 12 months advertisement paid in advance is subject to the ad remaining unchanged for the fixed period.

Parish Council Contact Details (Including Millennium House) Millennium House, Century Square, Pensilva PL14 5NF

Parish Clerk and
St Ive Parish Council
01579 363096
stiveparish@btconnect.com

Millennium House Manager 01579 329002 millenniumhousemanager@btconnect.com

Parish Pump parishpump@btconnect.com Telephone enquiries to Parish Clerk above Millennium House and reservations 01579 363096 millenniumhouse@btconnect.com

Parish Council and
Millennium House accounts
01579 329002
millenniumhouseadmin@btconnect.com

Website: www.cornwallvenue.com

Contact details for St Ive Parish Council

Anyone wishing to discuss matters of the Parish with the Council should first address their comments/enquiry to the Clerk (Angela Fisher), who will then present them to the Council. Angela can be contacted at 01579 363096, by post or stiveparish@btconnect.com

For matters relating to Parish Council Accounts, please contact 01579 363096 or millenniumhouseadmin@btconnect.com

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.

THE MEL BAR

Come relax and wind down after work
At the Mel Bar, Millennium House

HAPPY HOUR

Opening time till 7pm Weekdays 50p Off all alcoholic drinks.





December 2013

We would like to say goodbye to the many friends we have made over the years and for all the help we have received. How time flies.

It really doesn't seem that long since I purchased the shop in 1985 and met so many good people in the six years before it changed hands when Terry and Vicki took over. After 12 years working for the District Council you elected me as your District Councillor, a role which I was privileged to hold for 10 years. I hope that I served you well and always tried to do my best. It was hard work but very rewarding personally. Certainly the most controversial aspect was planning and it was never possible to please everybody or win every battle. I will always look on the decision to build the Passmore Edwards extra care home in Liskeard as my crowning achievement. It's about caring for people.

During this time Margaret worked tirelessly in the background supporting me and acting as my unpaid secretary. She also quietly took on various roles such as being chairman of the Liskeard CAB Board. Sadly this very successful organisation is a pale shadow of itself following the establishment of One Cornwall and the centralisation of CAB's across Cornwall.

We will miss you all but are moving to Scotland to an area which has beautiful country-side very similar the Caradon area and in a rural setting. Maybe a bit colder! So another chapter of our life begins and we are looking forward to the change but will never forget the people of Pensilva and our many friends and acquaintances made over the years.

With our best wishes John & Margaret Turner

Registered Charity 207720 **ACTION ON**

HEARING

Hear to Help

The drop-in is on the 1st Wednesday of the month between 10.00 and 12.30pm and you can find us upstairs just by the gym. We can clean, re-tube and provide you with batteries, unfortunately we cannot repair or re-tune the hearing aid.

Nick and Liz are the regular volunteers who run the drop-in and they can also provide you with information and advice on getting the best out of your aids and other useful equipment. If you haven't got hearing aids but have concerns about your hearing drop-in for a chat and take away some free information.

Other local Drop In service :-

Liskeard. Oak Tree Surgery (2nd Thurs 2.00 – 4.30pm)

Launceston Medical Centre (2nd Friday 2.00 - 4.30pm)

Torpoint. Chatlink, Old School House (4th Thurs 10.00 12.00noon)

Callington Surgery, Tamar Valley Health Centre. 4th Fri 10.00 - 12.00noon)

If you want to know more about the service or maybe even fancy joining our friendly group of volunteers please feel free to contact me:

Karen Squire; Senior Community Support Officer

01752 228657; mobile - 07918 755809 (voice & text);

karen.squire@hearingloss.org.uk

From Cllr Steph McWilliam – December 2013

This is just a short update this month. The budget went through with a 1.97% increase so now we start work on ensuring we provide the best level of services we can with the funding available. The next big debate will be on the draft Local Plan, setting out Cornwall Council's vision for the way Cornwall develops over the next 17 years. Thank you to those who attended the public meetings at the end of November. Please do get involved in the Neighbourhood Development Plan as this is our chance to shape the way our community develops in line with the Cornwall Plan.

The police have advised that there has been a rise in metal theft and in the theft of oil from storage tanks. Do please take reasonable precautions to protect your property, even though we are still fortunate to live in a low crime area.

There are still problems with people feeding ponies on the moor. It is recognised that this is done with the best of intentions but it really isn't a good idea as it encourages the ponies (and other animals) to come to the roadside where they are more likely to be hit by cars. The welfare of these animals is monitored and measures are in place to ensure they are cared for so it really isn't necessary or helpful for people to take food onto the moor for them.

Work is underway to develop an emergency plan and I am grateful to those who have offered to help. If you would like to be involved, it isn't too late so please get in touch.

As we look ahead to the start of another year, I hope we will work well together in 2014 to make this an even safer and better community than it already is.

Thank you for your support so far and very best wishes for the new year.

I would like to express my sincere thanks and gratitude for the wonderful kindness and treatment I received when I arrived at the Pensilva Health Centre quite late on the afternoon of Friday 22nd November having quite badly gashed my foot with a chain saw. Special thanks to Dr McFarland for her expert stitching and to nurse Sue for her kindness and help. I don't know what I would have done without you both. Long live our wonderful Health Centre.

Nigel Libby

Fore Street

Pensilva

As I am sure most of you are aware that the Caradon Hill Heritage Project (CHAHP) will be coming to and end on December 31st 2013.

The project team are being disbanded, but there will still be two events next year which will be delivered under CHAHP in 2014. The first is the launch of the Caradon Trail, CHAHP Apps and Schools Loans boxes on Saturday 8th March. The second will be the annual mining exhibition in July. We will be holding planning meetings for these events in the new year, after which more details will be provided.

CHAHP now has a legacy group which it is hoped will be able to carry on certain aspects of what CHAHP has been delivering over the last three and a half years. The committee of the group, called Caradon Heritage Partnership (CHP), are drawn from members of the fifteen groups set-up under CHAHP. The aim is for CHP to also work with all of the project partners associated with CHAHP, and who contributed to the success of that project.

CHP will be the new portal through which events, walks, talks etc will be distributed, and if you wish to continue to receive information relating to events in the Caradon Hill area please email us at: caradonhp@outlook.com and we will add you to our new mailing list.

The current email list will be deleted when the project closes, so please contact the CHP email address today and ask to be added to the mailing list!.

CHP will be maintaining the CHAHP website, so you will also be able to keep up to date with events via that also: www.caradonhill.org.uk and of course with the "Caradon Hill" Facebook page.

Jane, Jane, Steve, Andy & Iain, would like to thank you for your support in making CHAHP the success it has been judged to be & wish CHP a successful future.

We also would like to offer you all seasonal greetings & once again thank-you for your amazing support!

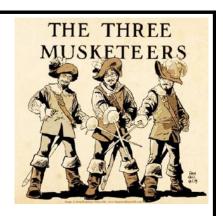
All the best,

The CHAHP team

Pantomime Time Again

For The Over 60's.

Friday 24th January at The Public Hall, Liskeard.



"THE THREE MUSKETEERS"

Presented by Liskeard Lions.

A bus will pick up from **Glen Park**, **the Shop**, and **The Cross, Pensilva, at** *6.00 pm*, and from **St Ive Village Car Park at** *6.15 pm*. To book ring Ivor Hoare on 362531, by the 18th January.

Free to senior citizens.

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. We also have:-

held open days;

helped at the flu clinics;

participated in a trial Peoples Commissioning Board Project;

Set up and organise a successful 'Carers Group'

Contact Jean Connor 01579 363221;

Set up and organise a 'Walking for Health' group.

Contact Ann Wood 01579 364085.

If you would like to make any comments or talk to one of us, please contact us or contact us through The Health Centre.

Pensilva Health Centre

Continuing to provide high quality care for our patients.

Surgery Opening Hours: Monday to Friday 8.30am - 6.00pm

Appointments 01579 362760

Enquiries 01579 362249 www.pensilvahealthcentre.co.uk

FRIENDS OF PENSILVA HEALTH CENTRE

The magnificent sum of £800.15p was raised for our funds at the Christmas Tea held on Friday 6th December. The funds are used to provide extra items of equipment that are not routinely supplied to G.P. practices.

The event was supported by thirteen local businesses, by countless donations to the raffle prizes and refreshments, by the hard work of many helpers and by the many people who attended the event. We are very grateful to everyone for the vital support and generosity.

Next meeting: Tuesday 21st 2014 January, 2.00 p.m. in Millennium House.

All welcome.

Survived a brain injury / stroke?

Headway Cornwall-the brain injury association will be offering a monthly support & advice service, activities to include massage, exercise and



arts crafts and cognitive games

At Millennium Centre, Pensilva every 2nd Tuesday of the month between 10am & 4pm.





DO YOU SUFFER WITH BREATHING PROBLEMS SUCH AS C.O.P.D.or ASTHMA

Do you know someone who does?

If so, come along to our breathers group and join other people with similar difficulties for light exercise, a cuppa and a chat

Pensilva Village Hall Every Monday 1pm - 3pm First trial session FREE Thereafter £3.00 per session

The Latest from Your Parish Councillor - Martin Corney

We had a good turnout for the public meetings at the end of November, where I presented a slide show of information about our Neighbourhood Development Plan. We then had a good discussion followed by the opportunity for everyone to leave comments on Post-Its stuck on flip charts headed by different issues. These comments will be invaluable to the Working Group in creating a survey which we will all receive so that our democratic opinion on parish issues can form the plan we all get to vote on in a referendum. If we pass it, this plan will then have legal standing that can't be ignored by the local planning authority.

A few of the comments related to forming a community energy company that would generate and sell electricity locally and cheaper. I could get really enthusiastic about this idea. There is a similar organisation at Wadebridge called WREN. They also concentrate on helping the community save energy by good insulation and other measures.

The plan for photovoltaic panels of Millennium House looks like it will go ahead. The electricity generated will provide income and savings that can pay off the loan after five years. From then on we generate massive savings which should mean a reduction in our community charge.

I'm still working on the parish website <u>st-ive-parishcouncil.gov.uk</u> adding council meeting agendas and minutes; also downloadable copies of the Parish Pump. For those of you who do Facebook, our St Ive Parish Council page is still being updated with parish news.

Last but not least, several of us are working on turning Pensilva Youth Project into a properly constituted charity so that we can expand what it does. I also want to involve young people in managing the project as full trustees. This has recently become possible since the minimum age for trustees has been changed from 18 to 16.

Phone me, email me on martin.corney@btinternet.com or "martin corney blog st ive" in search engines will find my blogs for you to comment on.

Dear Friends, Neighbours and Parishioners.

I write to let you know I'm *standing down* as a Parish Councilor as of 9th Dec. I've served for a year or two now and believe with the new Councilors I can hand on a baton into safe hands.

Please give them your support, their names are in the front of the Parish Pump, or I can pass on your names to them for you.

Thank you,

Regards,

Paddy Long

THIS
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INTENTIONALLY

| Cornwall Blind | Improving the lives of visually impaired people

Struggling with Sight Loss?

Cornwall Blind Association offers emotional and practical help to people living with sight loss in Cornwall including:

Low Vision: Advice for low vision aids Access Technology: Advice on products

Benefits Advice: Assistance to claim entitlements
Equipment Demonstration: Advice on gadgets
Audio Books: Information on books and equipment
Talking Support: Telephone befriending scheme
Counselling: For those affected by sight loss

Transport: Subsidised travel for some activities

Social Clubs and Activities: Links to clubs and activities across the county

For more details

Telephone 01872 261110 or visit www.cornwallblind.org.uk

Registered charity number 1108761

POOL FOR ALL

How would you like to take part in St Lukes Hospices very first pool tournament called "Pool for All" BUT with a twist. This is an all couples pool tournament whether you



are husband / wife, boyfriend / girlfriend or simply best friends. Do something together, have fun, help raise what you can for this fantastic cause and be crowned the first "Pool for All champion". The event will be held at the Victoria Inn for the month of March.

To find out more information and how to enter, please contact Steve on 07449127567 or by email stevejl1981@gmail.com

MOBILE LIBRARY

The County Mobile Library visits

Pensilva every other <u>TUESDAY</u> afternoon

3.50 - 4.05pm Victoria Inn

4.10 - 4.20pm Village Hall Car Park

4.25 - 4.45pm Glen Park



Supporting Guiding & Scouting Activities in Pensilva

200 CLUB

Draw Results for

November 2013

1st No. 141 Mrs P Lobb 2nd No. 131 Mrs M Kent 3rd No. 39 Mr T Hicks

Thank You for your Support

St Ive Institute & Village Hall

Every Wednesday
10.30 am until 12 noon
Coffee Morning

Every Wednesday
10.30 am until 11.30 am
Travelling Post Office

1st Monday at 7.30 pm **St Ive Gardening Club**

Pensilva Wednesday Club

Meet in Pensilva Village Hall at 2.30 pm Alternate Wednesdays

Wed 8th Jan 2014

Our New Year Party

Wed 22nd Jan

Michael Grundy
Where there's a Will . . .

ALL SENIOR CITIZENS
WELCOME TO JOIN THE
WEDNESDAY CLUB

ST IVE AND DISTRICT GARDENING ASSOCIATION PROGRAMME 2013 - 2014

Meetings are held in St Ive Village Hall at 7.30pm.

Visitors and new members are always welcome to join us.

Saturday 4th January 2014 Association Annual Lunch, details to be confirmed.

Monday 3rd February Matt Bown will talk about his time

with Radio Cornwall.

Monday 3rd March 7. 00pm ANNUAL GENERAL MEETING

7.30pm A talk by James Treseder from Wallcottage Nursery.

St Ive Parish Council



COMMUNITY ACTION DAY on Saturday 11th January 2014 at 10 am

We need your help to clear brambles and tidy borders in Millennium House garden.

Bring your own tools if you have them.

Soup lunch provided for volunteers.

Working with



PENSILVA VILLAGE HALL

Pensilva Village Hall collects paper for recycling newspapers, junk mail, catalogues and telephone directories.

These can be dropped off at the Village Hall.

Thank you to everyone who left paper in the last month but please note we can not recycle brown paper, brown envelopes or window envelopes unless the window has been torn out.

We have been paid for January's paper collection which generated £177 which has paid for the annual fire safety inspection, this included replacing one of the fire extinguishers. Now that we have been paid we can send off the next load hopefully to be paid a bit quicker.

Any one wishing to book the hall for Meetings, Birthday Parties or Fund Raisers please contact Peter or Jackie Browning on

01579 363212 or email peter@pensilva.freeserve.co.uk

Organisations that meet in Pensilva Village Hall

Meeting Times	Organisation	Contact Person	Telephone
Mondays 1:00 – 3:00	Breath of Air	Pauline	01579 345989
Mondays 4:00 – 6:00	Brownies	Mrs Martha Oliver	01579 362239
Alternate Wednesdays 2:30 – 4:00	Wednesday Club	Miss June Mills	01579 362407
Wednesdays 7:00 and various times	Snooker Club	Mr Philip Bond	01579 362091
Thursdays 9:15 -11:15	Tiny Tots Baby and Toddler	Cathy	01579 363376
Thursdays 6:00 – 8:00	Beavers And Cubs	Mr Simon Thorpe	01579 363457
Fridays	Caradon Movement in Motion Society	Mike	01579 343702
Fridays 4:00 – 5:00	Rainbows	Mrs Lynne Bond	01579 362091
Fridays 6:00 – 8:00	Guides	Miss Caroline Hambly	01579 363228

Come and join us for fun and play at

Tiny Tots
Baby and Toddler Group



Thursdays
9.15am to 11.15am
at Pensilva Village Hall

£1.50 per child

Babies under 6 months and additional children 50p Includes snack, activity and hot drink for parent/carer Contact Cathy for further details 01579 363376 ANY UNWANTED DVD'S, CD'S AND GAMES



WE CAN TURN THEM INTO CASH FOR PENSILVA PRIMARY SCHOOL FUNDS

PLEASE GIVE ANY UNWANTED ITEMS INTO SCHOOL RECEPTION OR MILLENNIUM HOUSE RECEP-TION

PLEASE CONTACT
PENSILVA PRIMARY SCHOOL
01579 362546
FOR MORE INFORMATION



Phyllis's Coffee Morning

Function Room
Millennium House
Thursday morning 10:30am - 12:30pm
Come along for a chat with friends whilst
enjoying a cup of tea or coffee with a cak for only £2.50



Dry or tinned food Only please

You can now donate locally in Pensilva. Every Thursday 11.00am -12.00noon St Johns Church





HAVE A HAPPY NEW YEAR EVERYONE from staff, volunteers and directors at The Growing Project. We hope 2014 is a good year for you.

We are very proud of our achievements in 2013. We have employed a picker/packer/driver one day a week, as our box scheme, as our box scheme expands. We have been donated two greenhouses, vastly increasing our indoor growing space and also some lovely tools.

We continue to support 8 local people as volunteers: one of these has just been selected as Environmental Volunteer of the Year by Volunteer Cornwall. Please join us if you would like to have fun and grow good food. On that note, we are part of a group promoting Incredible Edible Pensilva, which is starting work outside Millenium House onJanuary. PLEASE join us, it will be a great day.

We have fenced off our land to stop Dalmatian predation and were picking tomatoes until the first week of December (possibly these last two items are linked). And I completed a year's study with Cornwall School of Social Entrepreneurs, so am now officially entrepreneurial.

LAND SEARCH We are developing a lovely relationship with a local organic farm and will let you know how that impacts on our ability to source even more lovely loval veg for our boxes

AS PART OF YOUR NEW YEAR RESOLUTIONS, WHY NOT SUPPORT YOUR LOCAL VEG BOX SCHEME?

Wonderful fresh veg, delivered weekly free to your home. Grown locally and organically wherever possible

£7.50 box for 1/2 people

£10 box for 2/3 people

£5 fruit box - additions

OR build your own box; contact for full price list

The Growing Project CIC is a Community Interest Company producing organic fruit and vegetables and developing training for local people. We are a group of people who have opened the growing space at Kenwyn to the community and welcome volunteers for all sorts of jobs.

Ruth Wilson 01579 363684/ 07853 244934 www.thegrowingproject.org.uk

ST JOHN'S CHURCH, PENSILVA

Services for January 2014

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

Sunday 5 th	9 .30 am	Anglican Benefice Eucharist at St Cleer
	11.00 am	Dr. Kathy Lang
Sunday 12 th	11.00am 5.00 pm	Anglican led Service Pizza and Praise at St. Ive Methodist
		Church
Sunday 19 th	11.00 am	Ley led Cafe Church
Sunday 26 th	11.00am	Rev. Mark Pengelly - Covenant Service

Pizza and Praise on Sunday 12th is an informal worship for busy families, with a bite to eat before we leave. All are welcome to come and join in.

Every Thursday at 10 am there is a short **Holy Communion** service. A **coffee morning** is held afterwards, open to all.

Afternoon Tea on Friday 3rd January at Penharget Cottage, Bring and Buy. Everyone very welcome.

Prayer Group will meet 10th and 24th January, 3.30pm at 7 Lower Wesley Terrace. Please ring Rev Keith on 343240 or Rev Kev. on 363336 if you would like prayer for yourself or someone else.

Fellowship will meet on Friday 3rd, 17th and 31st January at 7.30pm in the Church. Please do feel free to come along to this friendly group. Further info from Geoff or Carolyn on 362698.

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, Maria Parker – 362098, Frances Tucker -363718

St Ive Methodist Church

Preachers for January 2014

Sunday 5th Jan	11:00am 6:00pm	Mr A. Libby Rev T Osborne
Sunday 12th Jan	11:00am 5:00pm	Mr Keith Mutton Pizza & Praise at St Ive
Sunday 19th Jan	11:00am 6:00pm	Rev T Osborne CS United Service
Sunday 26th Jan	11:00am 6:00pm	Miss H. Blacker Rev J. Willcock

All are invited to join in the two craft groups which are held fortnightly on Thursday's at St Ive Chapel (in the side room.)

We have an afternoon group which meets at 2pm "Craft & Chat" and an evening group "Chattermakers" which meets at 7.30pm Everyone welcome to come and do whatever craft you may do and chat the time away.

For more details please ring Kathryn on 01579 382334

St Ive Church

Services at 11:15am Every Sunday

Jan 5th Holy Communion Rev Margot Davies

Jan 12th Family Service Small pets welcome

Jan 19th Holy Communion Rev Margot Davies Lunch follows this Service

Jan 26th Morning Service

Jan 19th 12:45pm Lunch in Church 2 course lunch £7 all welcome

Rev'd Margot Davies 01579 208698 E mail margottaj@tiscali.co.uk

Church Wardens Kenneth Willcock 01579 362446

Brian Dwelly 01579 364010

E mail btdwelly@aol.com

Please let the Priest or Churchwarden know of anyone requiring a home or hospital visit



St Ive Church Big Breakfast

A big thank you to everyone who attended the breakfast on 9th November. We served just short of 100 breakfasts and £570 was raised for Church Funds.

Many thanks to all the helpers and to those who kindly donated some of the ingredients. Also to Millennium House for the use of the room and kitchen.

We hope to do the same again next year.

Pensilva Primary School Autumn Term 2013

The start of our academic year 2013/14 has been packed with all sorts of interesting events; musical, environmental, sporting, cultural, and plenty of fun whilst fundraising. We have also welcomed Mrs. Teresa Clinick as our Acting Headteacher whilst Mrs. Becky Crispin is off sick. Our cultural highlights include Year Three / Four corresponding with David Walliams (actor, Channel swimmer and acclaimed children's author), M&M Theatre Company visiting our school to perform their production of Aladdin and Year Six students taking part in the Cuckoo Rock performance at Sterts Theatre.

Community support was very much appreciated when Caradon Hill Area Project transformed our wildlife area that had become a little too wild! With more open space to explore and new stone circle we look forward to enjoying the outdoors even more, especially with the prospect of the flower bulbs flourishing and bird boxes being inhabited.

Our Cross-country team have continued to flourish, with a record number of pupils (over 40) attending training each week, two league races to date and participation in the Cornish Marathon Fun Run – with Grace Davidson winning a trophy for Third place in her age category. A successful start to the season also for our Netball team who are taking part in the High 5 competition. Action on the court continued with basketball where our Year Five/ Six pupils have enjoyed the training sessions run by Plymouth Raiders.

44 of our Key Stage Two pupils visited London for a whistle stop two day tour accompanied by staff and parent helpers and thoroughly enjoyed a splendid variety of experiences - the aeroplanes at the airport hotel, the performance of The Lion King, the Science Museum, London Zoo and dinner at the Rainforest Café. Not to miss out, our pupils at Pensilva brought London to the school. They created impressive models of Big Ben and the Houses of Parliament, now on display with their postcards written after their virtual sightseeing tour, the renowned Spaghetti Tower science challenge, cockney rhyming slang language classes with the Lambeth Walk being step perfect and all rounded off with our children well-prepared to sing the National anthem following the afternoon film!

We are fortunate to be very well supported by our Parent Staff Association (PSA) who organise many events, raising funds to support the children with numerous items for the class, trips and 'treats' that add to the day such as the flags and popcorn at our recent 'London comes to Pensilva'. 15th November was both Children in Need day and the Christmas Fair and everyone was invited to come to school dressed in their nightclothes for the day – a bright and cheery array of onsies were on display from pupils and staff alike! Aside from the dress code our traditional Christmas Fair finished off the day, with wonderful home-made crafts and plenty of fun stalls. We are due to round off the year with the Christmas raffle being drawn at our Christmas Nativity and Carols evening performance.

Space is running short and there is still more to news to share – such as the grand fund raising event of Jeremy's 27year old moustache being shaved off to raise money to support the refurbishment of the school pool, our popular Knit & Natter club kindly run by volunteers, our Scholastic book fair, Red Nose day, the invaluable support of volunteers coming to help in class, our Open the Book assembly plays, and Harvest Festival which this year supported the Food Bank. There are so many people who give their time, skills and enthusiasm to our school community, working very hard to help us achieve all that we do; on behalf of the Governing Body, staff and pupils of Pensilva Primary School:

A very BIG Thank you and Best Wishes for 2014.



For more information check www.incredible-edible-todmorden.co.uk

Great news

The parish council have agreed that we can start work on the area outside Millennium House, initially planting apple trees and fruit bushes.

We will therefore have our very 1st Incredible Edible Pensilva Activity Day outside MH on 11th January. We will clear brambles, trim bushes, weed and prepare for planting apple trees.

We shall bring as many spades, forks, pruning shears and hedge trimmers as we can, but if you have tools you can bring, please do. Good strong gardening gloves will be needed too.

Meanwhile, Happy New Year and all the best for 2014



All Being Well - Monthly Newsletter

As mentioned last month, we spent the weekend of 6th, 7th and 8th of December helping Tesco in Callington with their "Cycle to Lapland" event, raising money for Diabetes UK. As I write this I cannot say how much was raised but it will probably be around £1000 from the Callington store alone - the same event was going on in every Tesco store in the country! For All Being Well, as a small community gym, it was an honour to be involved in a huge national campaign like this, especially raising money for a cause so close to our hearts. Diabetes is massively on the increase in this country: between 1996 and 2012 the number of people with diabetes in the UK more than doubled from around 1.4 million to around 2.9 million. And the trend is set to continue: an estimated 5 million people in the UK will have the disease by the year 2015. There is a strong genetic component to the disease but there is also a great deal we can do to help ourselves. In fact, the increase in the number of cases is almost entirely driven by lifestyle issues such as diet and exercise – and that's where All Being Well comes in!

The new year is traditionally when attendances at the gym increase. Maybe people who have been meaning for some time to join or return to the gym finally take the step at this time of year; a new year's resolution, perhaps, or because they are horrified by what the scales tell them after the Christmas binge! If you've been toying with the idea of trying to improve your health through exercise, and haven't had the courage to take the plunge, make 2014 the year when you finally start to do something about it. One thing we can promise you at All Being Well is a friendly welcome and a relaxed and supportive atmosphere to help you to achieve whatever you decide you want to achieve. (Actually, that's two things)

Finally, on behalf of All Being Well, a huge thank you to everyone who makes it possible for us to continue to help our community, including: our wonderful members, our devoted, professional and totally fantastic staff, and everyone who has helped us financially and morally through the year, including the local businesses who sponsor us, our loyal group of quizzers, everyone who has backed our various fundraising efforts, our landlords the Parish Council and the Millennium House management and staff, Nick at the Parish Pump, and everyone who has encouraged us with a few well-chosen words of support.

A happy (and healthy!) new year to all of you.

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Located through the Café on the 1st floor of Millennium House the opening times are:

Tuesday - 9am to 1pm

Wednesday - 9am to 12 noon

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Caradon Heritage Partnership (CHP) is the name of the Caradon Hill Area Heritage Project (CHAHP) legacy group. The partnership committee has been formed by representatives from each of the fifteen CHAHP formed writers, local and natural history groups. The aim of the partnership is carry on certain aspects of the CHAHP, and also to support each of the new groups in order to ensure they flourish in the future. The partnership will also be looking at new local projects in which will benefit those who live, work or visit the Caradon area. To carry out this work CHP will be looking to the CHAHP partners for continued help and support as well as seeking financial support from grant bodies and funders such as the Heritage Lottery Fund. CHP would also welcome support from other local groups and businesses.

CHP will meet monthly, the next three meetings, at Sterts Upton Cross, are on Wednesday 15th January, 26th February and 19th March. These are open to all, though only those on the committee are eligible to vote (The January & February meetings will be used in part to plan the events below).

CHP Dates for your Diary

Friday 7th March – Alec Kendall talk - the Lost Years of the Liskeard & Caradon Railway – Stuart House 7:30pm

Saturday 8th March – 11am Launch of the Caradon Trail from the Parade, Liskeard. Launch of the CHAHP Hurlers, Minions, Golitha, Caradon Trail, Liskeard & Moorswater Apps (on Android & Apple). Launch of the CHAHP Oral and Visual Archive and Schools Loans Boxes. At Stuart House and Liskeard & District Museum.











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Sofa Bed Mattress. double size,180cmx112cmx10cm.Interior sprung Vgc. £30.

Electric hob, 4 solid rings, stainless steel, full working order, 580mm width, 500mm depth, £30

01579 208572

1 month's supply of "Regaine" hereditary hair loss treatment for women. It is suitable for women between 18 and 65 who are not pregnant and do not have any heart or high blood pressure problems. Half price at £12.50.

01579 362698.

3' divan bed with headboard.

Hardly used and surprisingly comfortable. **£30 ono.**

01579 362037 or 07866 757614

2 Howdens **Dordogne Oak Veneered Doors** in excellent condition approx
6'6"X 2'6" **£45 each**.

Gazco Linea wall mounted **gas fire** with remote control and balanced flue, black glass front. Hardly used **Offers**.

01579 363497

Hinari Steam Supreme.

3 Steam baskets. Unboxed. Never used. **£20 ono**

01579 362788

Pair Black Speakers (Sharp) 16" high x 7" deep £10

- **3 Branch light fitting**. Antique brass, glass opaque shade. As new £20
- 2 Pine solid kitchen chairs 50p each2 Sun umbrellas 50p each01579 362684

740 English & Scottish Shillings

Dated between 1948 - 1970
Face value £37.00
Will sell for £20
01579 362953

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 320741 (Phil)
Book Exchange	Daily	01579 363096
Country Dancing	Alternate Thursdays 8.00 - 10.00pm	01579 382402 Ray Buckingham
Farmers Market	2nd Sat Monthly 9:30 - 12:30	01579 363096
Fitness Pilates	Monday 9:30 - 10:30am	07850 473428 (Dianne)
Friday Club (Supervised play 5—12 year olds)	Friday 6.00pm - 7.30pm	07715557645 after 3.30pm Pam
Hearing Aid Maintenance	1st Wednesday 10.00 - 12.30	01752 228657 Karen Squire
Ladies Netball	Friday 09:15 - 10:15am	07985 387472
Pensioners Lunches	Tuesday 12:00 - 2:00pm	01579 363096
Short Mat Bowls	Thursday 7:00pm	
Tai Chi	Tuesday 7:00 - 8:00pm	07949763256 (Bob)
Village History Group	Last Wednesday 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	01579344464
Zumba Fitness Classes	Wednesday 7:30 - 8:30pm	07850 646207 (Sarah)
PENSILVA VILLAGE HALL		
Beavers	Thursday 5:30pm	01579 363457 Simon Thorpe
Breathers Group	Monday 1.00pm - 3.00pm	01579 345989 Pauline
Brownies	Monday 4:00 - 6:00pm	01579 362239 Martha Oliver
Cubs	Thursday 6:30pm	01579 363457 Simon Thorpe
Girl Guides	Friday 6:00 - 8:00pm	01579 363212 Jackie Browning
Pensilva Wednesday Club	Wednesday 2:30pm	01579 362407 Miss J Mills
Rainbows	Friday 4:00 - 5:00pm	01579 362091 Lynne Bond
Rangers	For Info	01579 362982 Kirsty Oliver
Pensilva Snooker Club	Wed 7:00pm + Various times	01579 362091 Phillip Bond
Tiny Tots	Thursday 9:15 - 11:15am	01579 363376 Cathy
PENSILVA SCHOOL		
Pensilva Pre-School	Monday-Fridays 9-12.00 noon	
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What's on in St Ive Parish? ST IVE INSTITUTE Art Classes Wednesday Afternoons 07886 343 621 Yvette Wiltshire Art & Craft Group Tuesday 1:00 - 5:00pm 01579 362216 (Jackie) Coffee Morning Wednesday 10:30 - 12:00 01579 382762 Gardening Club 1st Monday monthly 7:30pm Post Office Wednesday 10:30 - 11:30

St Ive Institute available for hire. £3 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

Monday & Thursday 7:00pm

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



St Ive Snooker Club

ST IVE & DISTRICT GARDENING ASSOCIATION



01579 382315 R Bunkum

Saturday 4th January 2014
Association Annual Lunch, details to be confirmed.

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



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 would love to welcome you.

There is no 'teaching' but help/advise 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.

Millennium House





PLEASE NOTE REVISED OPENING TIMES

Hot & Cold Lunches Snacks & Drinks

All day Breakfast Salads
Jacket Potatoes Quiche
Bacon Rolls Chips
Chocolate Cakes

Hot & Cold drinks
And much more

Opening Hours

Mon, 9.00am - 2.00pm

Tues & Wed 11.00am - 2.00pm Thurs & Fri. 11.00am - 2.00pm

Millennium House 01579 363096

Millennium House

THE MEL

Licensed Bar Free House

Opening Hours

Mon - Thu - 5 pm to 11 pm Friday - 4 pm to 11 pm Saturday - 12 noon to 11 pm Sunday - 12 noon to 11 pm

Millennium House 01579 363096



