

# THE PARISH PUMP



May 2014  
Edition 390



**The Newsletter for the Parish of St Ives**



The Growing Project's new polytunnel with  
project members and volunteers

## 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 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 |

|   |              |
|---|--------------|
| Stephanie McWilliam (Cornwall Councillor) | 01579 362037 |
|---|--------------|

## 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 May 12th 2014, at St Ive Institute  
AGM at 7:00pm, followed by Council Meeting at 7.30pm.



Devon & Cornwall Police  
Building safer communities together

 **101**

Minicom 18001 101

**Police Community Officers can be contacted by phone at any time  
on 01579 325454**

PC Garth Hatt [garth.hatt@devonandcornwall.pnn.police.uk](mailto:garth.hatt@devonandcornwall.pnn.police.uk)

PCSO Bob Anslow [robert.anslow2@devonandcornwall.pnn.police.uk](mailto:robert.anslow2@devonandcornwall.pnn.police.uk)

PCSO Becky Steed [rebecca.steed@devonandcornwall.pnn.police.uk](mailto:rebecca.steed@devonandcornwall.pnn.police.uk)

## Contact details for St. Ives 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 (Angela Fisher) who will present them to the Parish Council.

Telephone: 01579 363096, email: [stiveparish@btconnect.com](mailto:stiveparish@btconnect.com)

For accounts matters for the Parish and for Millennium House please contact the Finance Clerk: 01579 329002, email: [millenniumhouseadmin@btconnect.com](mailto:millenniumhouseadmin@btconnect.com)

The Millennium House General Manager (Sarah Hylands-Thorpe) can be reached on: 01579 363096, email: [millenniumhousemanager@btconnect.com](mailto:millenniumhousemanager@btconnect.com)

Millennium House enquiries and reservations: 01579 363096  
email: [millenniumhouse@btconnect.com](mailto:millenniumhouse@btconnect.com).

On the web: Millennium House Website: [www.cornwallvenue.com](http://www.cornwallvenue.com)

Parish website: [st-ive-parishcouncil.gov.uk](http://st-ive-parishcouncil.gov.uk) Facebook: [facebook.com/stiveparishcouncil](https://facebook.com/stiveparishcouncil)

## Parish Pump Information and Contact Details

To contact the editor please email: [parishpump@btconnect.com](mailto: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 you would like a template, 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

Come relax and wind down  
after work

At the Mel Bar, Millennium House

## HAPPY HOUR

From opening time till 7pm Weekdays  
50p off all alcoholic drinks.



### From the Editor

Big everything in this month's edition! The Big Lunch (page 11), The Big Breakfast (pgs 24/25) and a BIG chance to get involved in what goes on here and make it a better place for all of us - Yes it's the Parish Meeting on May 28th! Come and hear from our Parish Council about what's been going on and what they have planned for the coming year. Of particular interest at this year's meeting will be the plans for the future organisation of Millennium House. The Parish Council is committed to separating the running of Millennium House from the normal run of Parish business and I, for one, am determined that regular users of MH will have a big say in the new arrangements. I'll be saying my piece at the Parish Meeting and I hope a lot more people will do the same. As ever, please let me have your feedback about the Parish Pump and how it can be improved. All the best. Joe

### PLANNING - May 2014

#### Planning Applications

|                |  |                   |
|----------------|--|-------------------|
| PA14/<br>02228 | Proposed dwelling and garage on plots 3 and 4 rear of Stoneleigh, St Ive Road                        | Mr & Mrs J Rendle |
| PA14/<br>02553 | The creation of a new vehicular access and internal access track - High Summer, Callington, PL14 7HW | Mr Roger Ackford  |

#### Decision Notices

|                     |   |           |
|---------------------|---|-----------|
| PA14/<br>00586      | Retention of driveway for vehicular access and installation of 4kW solar array - Land formerly dairy farm buildings, Middle Hill, Pensilva - Mr Alistair Taylor       | Approved  |
| PA14/<br>00829      | Construction of two-storey detached timber outbuilding within domestic curtilage of the existing dwelling—Heathfield Cottage St. Ive.                                 | Approved  |
| PA14/<br>00830      | Listed building consent for the construction of two storey detached timber outbuilding within domestic curtilage of the existing dwelling—Heathfield Cottage St. Ive. | Withdrawn |
| PA14/<br>00950      | Erection of extensions (amendment to planning approval PA11/08943) - Mount View, Quarry Lane, Pensilva  | Approved  |
| PA14/<br>01115<br>4 | Proposed 2 storey extension to side of cottage, and single storey extension to rear (resubmission of withdrawn application PA13/11180) 4 Haye Ford, St Ive, Liskeard  | Approved  |

**ST IVE PARISH**  
**ANNUAL PARISH MEETING**  
**AT MILLENNIUM HOUSE PENSILVA**  
**WEDNESDAY 28<sup>TH</sup> MAY 2014 At 7:30PM**

A chance for the parish to come together to talk about its concerns. Make sure you have your say!

## **Millennium House Opening Hours**

### **Reception**

**9am till 2.30pm**

**Monday to Friday**

### **Cafe**

**9am till 2pm**

**Monday**

**11am till 2pm**

**Tuesday to Friday**

### **Bar**

**5pm till 11pm**

**Monday to Thursday**

**4pm till 11pm**

**Friday**

**12am till 11pm**

**Saturday and Sunday**

If a member of staff is not available please leave a message in our **letter box** at the front of the building or on our answer phone by calling **01579 363096**.

## **The Latest from Your Parish Councillor - Martin Corney**

As I write this just before Easter, spring is bursting out all over. The weather is lovely and I'm at the Growing Project helping put up the new poly-tunnel most days. We want to get it built quickly so we can get crops growing with all the advantage of this spring weather.

If you are wondering why the Butchers Arms car park is blocked off with massive concrete blocks, this happened after a large number of Irish Traveller caravans camped in the fields behind the pub in the middle of April. After Enterprise Inns, who own the pub, got the authorities to move them on, they have clearly decided it's safer to block everything off.

I've also put a piece in to this month's Parish Pump explaining what the Neighbourhood Development Plan is and where we are the process. This is a very important project for the parish, since if we don't have a plan, new housing developments could be built with very little control.

I'd like to welcome Charles Wadge, from the Queen Vic, to the Parish Council. I think it's very useful to have input from as wide a section of the community as possible.

Don't forget the parish website [st-ive-parishcouncil.gov.uk](http://st-ive-parishcouncil.gov.uk) with 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.

Phone me, email me on [martin.corney@btinternet.com](mailto:martin.corney@btinternet.com) or "martin corney blog st ive" in search engines will find my blogs for you to comment on these articles and other gems.

## **FRIENDS OF PENSILVA HEALTH CENTRE**

The next meeting of the Friends of Pensilva Health Centre will be on **Tuesday 20th May** at 2.00 p.m. in Millennium Centre and will be the **Annual General Meeting**. All are welcome to attend.

Also a **Coffee Morning** will be held on **Friday 23rd May** at 'Taormina', School Road, Pensilva from 10 a.m. We hope to see many of you there.

## **From Cllr Steph McWilliam – April 2014**

Well, planning and potholes continue to dominate my council work. I do appreciate how frustrating it is that the roads don't seem to be improving but the scale of the task is enormous. You may have heard that Cornwall Council will be receiving about £10m from the government for roads, which is welcome, but with a backlog costed at over £200m, it is still only a small contribution.

At County Hall there is quite a lot of discussion going on about the way decisions are made and by whom. Is it Full Council, the cabinet, individual cabinet members or officers under delegation? This is an important debate because the constitution is complex and it can be difficult to understand why more decisions don't come to Full Council. I am pleased that there is a willingness to debate this so that we can be as open and accountable as possible.

Housing is another difficult one and we need to understand why there have been thousands of new homes built, usually with an element of affordable housing, and yet the numbers on the housing register have hardly changed over the last five years.

There is also good news and it is really important that I don't give the impression that it is all doom and gloom. Discussions are underway to lobby for improvements to the A38 between Saltash and Bodmin. This is not just to improve safety but also to help the economic regeneration of South East Cornwall, which seems to have been left behind where investment is concerned.

I am also delighted that there has been progress with devices to be attached to the wave hub. This has huge potential to provide renewable energy without the drawbacks of wind turbines and solar farms. The Aero Hub at Newquay Airport is making good progress, creating new jobs and helping to reduce the level of subsidy required for the commercial airport services. The Pioneer project to ensure better integration of care for our elderly and vulnerable is also looking good and has potential to protect these people as the pressure on the budget increases.

Finally, thank you to those who have been in touch. It really does help me represent you more effectively.



### **Phyllis's Coffee Morning**

**Millennium House**

**Thursday morning 10:30am - 12:30pm**

**Come along for a chat with friends & enjoy a cup of tea or coffee with a cake for just £2.50**



**FABULOUS NEWS** Our second 45' x 14' polytunnel, funded by your donations and Steph's community grant, will be built by the time this month's Pump arrives on your doormat. I hope we will have also built, filled and planted out the raised beds, so that we have even more crops to fill the veg boxes.

**AND ALSO...** Martin Corney has agreed to come onto our Board of Directors, to replace Gillian, who is emigrating to Canada in the autumn. We are keen to recruit another local person, preferably with good book-keeping /accounting skills, to take on the role of Treasurer. Please let us know if you are interested,

**VOLUNTEERING** With another large covered space to manage, we really need more volunteers, so if you have some time spare, please do join us. We meet every Weds 10 a.m.– 2pm, have a great time together and get fit too. Lunch provided.

**GROWING** Our fabulous French volunteers Mael and Clement came for 6 weeks and have heroically dug their way across the growing area. Broad beans and peas they planted 3 weeks ago are coming though already and they have double-dug and planted 18 rows of potatoes. Becky Payne and Laura Wallbrook donated several fruit bushes and dwarf apples trees, so we now have another fruit area at the bottom of the plot. Meanwhile, the original tunnel is bursting full of produce. We have already been cropping lettuce, spinach, chard, coriander, cauliflowers and broccoli and shall be putting baby beetroot, garlic, onions and broad beans in the boxes soon.

**VEG BOX SCHEME** To enjoy all that fabulous fresh local fruit and veg, order your veg box now: courgettes, runner beans, French beans, tomatoes, strawberries, sweetcorn, peas, etc, etc can be yours in abundance.

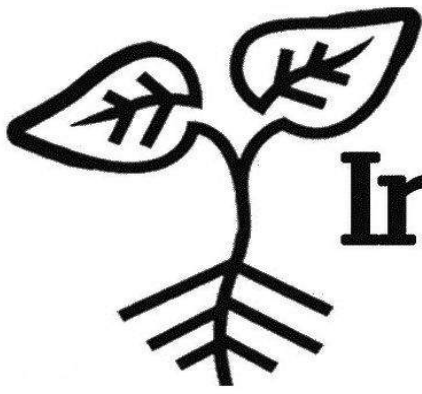
Box Prices are: £7.50 for 1 /2 people, £10 for 3/ 4 people, £15 large family box and the very popular £5 fruit bag. We supply organic wholefoods and have a stall at the monthly Farmers Market.

**COMMUNITY COMPOST SCHEME** As many of you know, we are very happy to accept your lawn clippings, used rabbit bedding, cuttings, etc. at our compost bins by the gate. The only thing is that **none of it must have been sprayed with weed-killer**. If you use weed-killer on your lawn, please dispose of your clippings through the Council scheme, as it could damage our crops.

**The Growing Project CIC is a Community Interest Company** producing organic fruit and vegetables. We have opened the growing space at Kenwyn to the community and welcome volunteers for all sorts of jobs. Contact

Ruth Wilson 01579 363684/ 07853 244934 [www.thegrowingproject.org.uk](http://www.thegrowingproject.org.uk)





# Incredible Edible Pensilva

For more information check [www.incredible-edible-todmorden.co.uk](http://www.incredible-edible-todmorden.co.uk)

As announced previously in the Parish Pump, we have received a grant of £500 from Steph McWilliam's Community Fund. This finally gives us a small budget to buy plants, trees, fruit bushes, compost and wood to plant out some raised beds around the village.

We have some more fruit planting to do at Millennium House: a fig tree and strawberries will be planted soon. Maybe we could build raised beds at our bus stops, to match in with the posh new shelters? Or we could tackle that piece of block wall with a strip of grass in front, just before Glen Park as you go towards the moor. Some raised beds and perhaps a mural, to brighten up the entrance to the village?? We could probably manage both if we can blag the wood from a local supplier.

We need enthusiastic people to decide together what we want to do, get stuck in and then maintain it. We may need to ask some permissions too.

We really, really like the idea of sitting down and sharing food at the Big Lunch, the annual get-together for neighbours on Sunday 1<sup>st</sup> June, to share ideas about how to 'green up' our community. Anyone up for it??

If you would like to get involved in greening up our public spaces, or organising our table at The Big Lunch, we'd love to hear from you.

Ruth Wilson    01579 363684    [thegrowingproject@orangehome.co.uk](mailto:thegrowingproject@orangehome.co.uk)



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

**Dry or tinned food only, please**



1

**Monthly**

20

# BINGO

90

**Millennium House**

**Tuesday 6th May**

**Eyes Down 7:30pm**

**Over 18's only**

**CASH PRIZES**

77

88

**Next session Tuesday 3rd June**

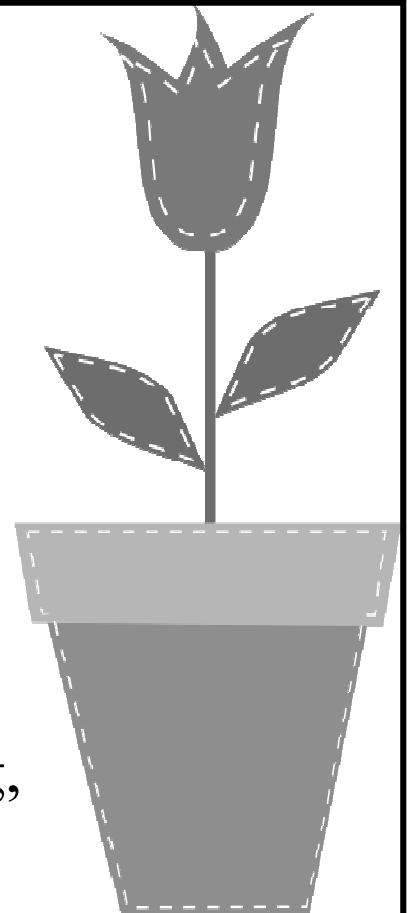
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**MILLENNIUM HOUSE  
SPRING CRAFT FAIR**

**SUNDAY 11TH MAY**

**10am till 4pm**

**Come and join us for a day of shopping,  
demonstrations, food and fun.**

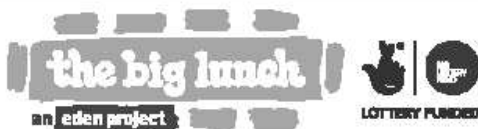


# Join our big lunch



*It's a great big  
neighbourly get-together  
on Sunday June 1, 2014.  
Anybody interested?*

*Ruth Wilson (from the Growing  
Project / Incredible Edible)  
and Martin Corney (Parish  
Councillor) have offered to  
coordinate. Individuals &  
groups, please contact them  
(details below)*



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LOTTERY FUNDED

[www.thebiglunch.com](http://www.thebiglunch.com)

Ruth Wilson 01579 363684, email [thegrowingproject@orangehome.co.uk](mailto:thegrowingproject@orangehome.co.uk)  
Martin Corney 01579 382450 [martin.corney@btinternet.com](mailto:martin.corney@btinternet.com)

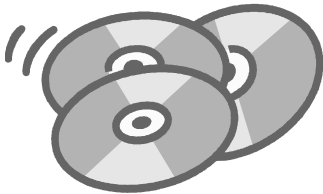
# **VOLUNTEERS FOR YOUTH GROUP**

Parents – are your children at a loose end of an evening?

We need volunteers to run more evening sessions at our Youth Café in Millennium House.

We have a successful Thursday evening session from 7 to 9 pm and would like to run further evenings, but we need volunteers willing to help with the teenagers.

If you can commit regularly to one evening a week and would like to know more please contact the Parish Clerk on 01579 363096 or [stiveparish@btconnect.com](mailto:stiveparish@btconnect.com)



## **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 RECEPTION.

FOR MORE INFORMATION PLEASE CONTACT  
PENSILVA PRIMARY SCHOOL ON **01579 362546**

## **VILLAGE HISTORY GROUP**

Please note that the History Group now meets on the **last MONDAY** of every month at 7:30pm in Millennium House.

We have arranged a talk in September or October by John Manley of the Trevithick Society on the subject "WILLIAM WEST - The Great Engineer's Influence on the Caradon Area." Full details will be published later this year.

For further information please contact Angus Holland on 01579 208754 or email [ansholland6@aol.com](mailto:ansholland6@aol.com). The group's website is at [www.pensilvahistorygroup.org](http://www.pensilvahistorygroup.org)

**Pensilva Women's Institute** is taking a trip to the famous  
**LOST GARDENS of HELIGAN**

**Date: 13th June, 2014**

Leaving Millennium House 9.30 (stops at Liskeard & Dobwalls) returning 3.30.

Cost: Coach **£6.00** plus Garden Entry **£8.00**.

To book your place please ring **01579 363231**

**Pensilva W.I. report**

At the April meeting, Rachel Miles showed us a very delicate Elizabethan bag she had had since she was 13 years old. The bag was decorated with gold and silver thread and pearls. She then proceeded to tell us the history of obtaining the materials to make the bag from around the world. Merchant seamen travelled the world exploring the countries where they could obtain supplies and Sir Francis Drake was one of the explorers. They paid their own expenses until eventually Elizabeth 1st patronised them. In the Elizabethan period fashion did not change so much as it does today and all the clothes were hand made and needles were very precious and woe betide anyone who lost or broke one as they were very hard to obtain.

England was at the forefront of the world in supplying wool and their embroidery was very popular abroad. Spain eventually supplied wool and overtook England. China and Spain supplied gold thread and China supplied silk and linen which was dyed with Saffron. The Elizabethans were illiterate and used the language of flowers to communicate, White for Purity, Bright Yellow for Joy and many, many others.

Flower competition: 1st Jean Hoare, 2nd Francis Tucker and 3rd, Verna Dawe.

Old jewellery competition: 1st Jean Hoare, 2nd Sheila Wherly and 3rd J. Treeby.

At the May meeting on the 14th we shall hear from Louise Nichols about her career as a Textile Artist. You are very welcome to join us at 8pm for a small fee of £2. Who knows you may enjoy the evening and join our friendly bunch!

## **MOBILE LIBRARY**

The County Mobile Library visits

Pensilva **every other**  
**TUESDAY** afternoon

3.50 - 4.05pm Victoria Inn

4.10 - 4.20pm Village Hall Car Park

4.25 - 4.45pm Glen Park



**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

## **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 14th May** Mr Tony Wood  
History of Liskeard

**Wed 28th May** Members Afternoon  
(Bring & Buy)

**ALL SENIOR CITIZENS  
WELCOME TO JOIN THE  
WEDNESDAY CLUB**



**Upcoming Quiz dates in Millennium House  
at 7:30 pm on Saturday June 14<sup>th</sup>**

**Organised by and raising funds for *All Being Well***

## **Supporting Guiding & Scouting Activities in Pensilva**

### **200 CLUB Draw Results for March 2014**

**1st No. 195  
Mrs Ruth Hicks**

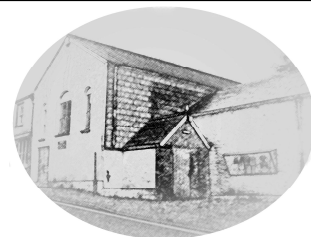
**2nd No. 151  
Ms L Jeffrey**

**3rd No.145  
Mr G Perrett**

**Thank you for your support**

## **PENSILVA VILLAGE HALL**

Pensilva Village Hall no longer collects paper for recycling as Cornwall Council has decided to stop paying recycling/re-use credits to any charities from 1<sup>st</sup> April 2014. The Village Hall committee would like to thank everybody for their donations over the years that we have been collecting paper. Over the last few years you have helped us raise an average of £370 a year.



**Anyone 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.freeseve.co.uk](mailto:peter@pensilva.freeseve.co.uk)**

**Please note that in addition to hall rent there is a coin meter for heating at 40p per hour**

## **Organisations that meet in Pensilva Village Hall**

| <b>Meeting Times</b>       | <b>Organisation</b>      | <b>Contact Person</b> | <b>Telephone</b>             |
|----------------------------|--------------------------|-----------------------|------------------------------|
| Mon. 1:00 - 3:00           | Breath of Air            | Pauline               | 01579 345989                 |
| Mon. 4:00 - 6:00           | Brownies                 | Mrs Martha Oliver     | 01579 362239                 |
| Alternate Wed. 2:30 - 4:00 | Wednesday Club           | Miss June Mills       | 01579 362407                 |
| Wed. 7:00 & various        | Snooker Club             | Mr Philip Bond        | 01579 362091                 |
| Thu. 9:15 -11:15           | Tiny Tots Baby & Toddler | Cathy                 | 01579 363376                 |
| Thu. 1.00 - 3:30           | Art Class                | Yvette Wiltshire      | 01579 362492<br>07886 343621 |
| Thu. 6:00 - 8:00           | Beavers & Cubs           | Mr Simon Thorpe       | 01579 363457                 |
| Fri. 1:00 - 3:00           | MIMS (light exercise)    | Mike                  | 01579 343702                 |
| Fri. 4:00 - 5:00           | Rainbows                 | Mrs Lynne Bond        | 01579 362091                 |
| Fri. 6:00 - 8:00           | Guides                   | Miss Caroline Hambly  | 01579 363228                 |

## **Countdown to Callington MayFest 2014**

### **Dance and Music**

Callington MayFest will again take to the streets on Saturday 10th May. To get you in the mood, we will be running some dance and music evenings. Come along and enjoy some dances that will be taught and lead by Carmen Hunt.

If you're a musician, come and play for the dancing. Last year up to 15 musicians came to support the dancing. Rosie Fierek will again lead the musicians.

The big difference this year is that these sessions will be held on FRIDAY evenings at 7.30 pm in the Town Hall. The first session will be held on Friday 28th March. This will be followed by sessions on Fridays 4th and 25th April and 2nd May.

### **On the Day**

The day is certainly going to be a busy one! If you'd like to join the procession and dance the Callington Furry Dance, please muster in the Saltash Road car park at 12.30pm, ready to set off at 1.00pm. The entertainment kicks off as soon as the procession arrives in the town centre and from then on it's action all the way!

What can you expect? In the streets will be three Morris sides; dancers and musicians from Brittany; the Magnificent MayFesters music group to accompany maypole dancing; the Callington Community Gospel Choir; three dance groups from the Community College (including a stunning fusion routine between traditional maypole dancing and modern street dance); the amazing Cornish group, Hevva; and a promenade performance by story-tellers telling tales of Cornish piskies and Callington's own Arthurian hero, Caradoc.

There will also be live music in the Bull's Head yard and the day will finish with a *Nos Lowen* (a Cornish ceilidh) in the Town Hall where the incredible band, Skillywidden, will be appearing.

Whether you are fans of the Cornish culture or would like to dip your toe gently into it, you'll have a fantastic day out at the Callington MayFest. We'd love to see you there.

For more information on any of the above items, email [caveatcallington@gmail.com](mailto:caveatcallington@gmail.com) or ring Peter on 01579 384509. Or you could always look at our website at [www.callingtonmayfest.weebly.com](http://www.callingtonmayfest.weebly.com).



## **VISIT CALLINGTON MAYFEST**

**Members of Callington Traders Association support Callington MayFest and wish everyone an enjoyable day.**

**Please support our local traders, many are extending their opening hours on May 10th.**

**Seek and you will find special MayFest deals!**

**A great choice of independent specialist shops.**

**There is so much more - Visit to see for yourself**



**Callington Traders Association**



**SHOP LOCAL  
AND KEEP CALM**

## **CARADON MOVEMENT IN MOTION SOCIETY**

Here we are again the 3rd newsletter

Having just completed nine months of a very good year we decided to have a meeting to finish off the financial year and start the New Year to correspond with the start of the new tax year..

We are an exercise group that use the village hall in Pensilva on a weekly basis for the benefit of sufferers of illness that prevents them from doing any strenuous exercise. The group is a self funding group and do not receive any grants or funds from other parties.

We meet on every Friday afternoon between 1pm and 3pm for exercise, a cup of tea, some laughter and an enjoyable two hours. If anyone would like to join us they will be made most welcome. The first week is free and following that it will be £3 every week to join. We welcome people of any age.

The group also socialises and go out for the occasional meal; we are not limited to village residents as some members come from as far as St. Keyne and St. Cleer. It would be nice to see you if you think you are in need of some "me time" and would like to do some very light exercise please come and give us a try.

I will close with a reminder that you can find us in the Parish Pump under the Pensilva Village Hall section with a contact number. Henry Woods - Secretary.

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**Monthly**

20

# BINGO

90

Millennium House

**Tuesday 6th May**

Eyes Down 7:30pm

Over 18's only

**CASH PRIZES**

77

88

9

**Next session Tuesday 3rd June**

## Pensilva Post Office



Located through the Café on the 1<sup>st</sup> floor of Millennium House

**the opening times are:**

**Tuesday - 9am to 1pm**

**Wednesday - 9m to 12 noon**

**Friday - 9am to 12 noon**

## ***Badminton?***

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

<sup>18</sup> **Monday & Tuesday 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* - Monthly Newsletter

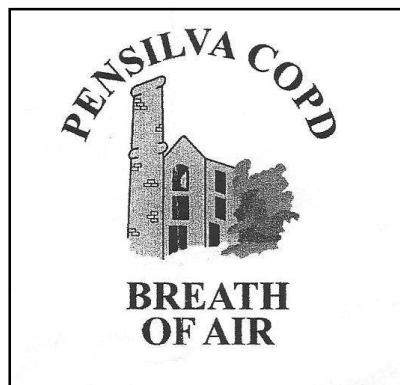
Well that's another month flown by! Lots of triathlons completed during March with one of our younger members, Joe Knight, posting some fabulous times, followed by a bunch of oldies (mostly).

Not much else to report this month so here's some information about us for anybody who doesn't know what we are about.

All Being Well is the trading name of the Pensilva Health and Fitness Association Ltd., a registered charity whose objective is to improve the health and well being of the local community, by providing a professionally supervised exercise facility. We welcome people of all ages and abilities and in recent years we have been attracting more and more people with health problems or special needs of one sort or another. In particular we try to reach out to people who might normally be reluctant to use a gym and we try to make sure that All Being Well provides a friendly, welcoming atmosphere for everybody.

So if you feel that a bit more exercise would be good for you, even if you think that gyms are "not for you", drop in for a chat and maybe you'll see thing differently, because this is one gym where nobody is out of place.

NHS registered with  
support from local  
Doctors



First session is  
**FREE !**

We meet every Monday 12.30 to 2.30pm at Pensilva Village Hall

We are people with long term conditions

Everyone is welcome. Come along for some fun, a cup of tea and  
biscuits, with a social, light exercise group.

Instead of sitting at home come and meet us for some company.



The **co-operative**

More information from Pauline **01579 345989** or Fred **01566 775460**

## **Pensilva Health Centre**

**Continuing to provide high quality care for our patients.**

Appointments 01579 362760

Enquiries 01579 362249 [www.pensilvahealthcentre.co.uk](http://www.pensilvahealthcentre.co.uk)

Due to an increase in administrative tasks in the dispensary, it will now be closing at lunchtimes. The new opening hours for the surgery and dispensary are now as follows:

**Monday to Friday 8.30am - 6.00pm EXCEPT:**

Both are closed on Tuesdays from 1.00 to 2:30 pm for training;

The Dispensary (only) is closed from 1.00 to 2.00 pm on other days.

Reception are available on the telephone for enquiries between 08:00 am and 18:30. Outside surgery hours, your call will be automatically divert to the emergency out of hours service – stay on the line and wait to be put through.

**New Repeat Prescription Ordering System – TheWaiting-Room.net**

We are changing the way we process repeat prescription requests via our website to bring us into line with revised NHS electronic security requirements. You can also use it to book an appointment online.

Throughout November and December patients were given a form to complete to register an email address with the surgery. Patients who have registered an email address should have received an email from TheWaiting-Room.net, please follow the link in the email to activate your account. If you have registered an email but have not received an email from TheWaiting-Room.net, please check your junk mail firstly or contact the surgery if you have not received one. If you have not completed a form, please see our website for details of how to register. Please be reassured that during the transition, you can use both systems for ordering but please register for the new system as the old system will be closed down shortly.

The Practice team would like to take this opportunity to thank you for your loyalty and support.

Drs Macfarlane, Ronchetti and Cole

## **PENSILVA HEALTH CENTRE - PATIENT PARTICIPATION GROUP CARERS AND BEREAVEMENT GROUP**

Are you a carer, bereaved or lonely? Then come along and join our group.

Tea, coffee, biscuits and plenty of friendly chat.

Every 2nd Tuesday of the month 1:30 to 3:30. Enter by Health Centre side door.

**Jean Conner 01 579 363 221 or 07 899 694 670**

## 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 Ann Wood 01579 364085**).

If you would like to talk to one of us you can contact us directly or through the Health Centre.

## YOUR HELP IS NEEDED!

**The Friends of Pensilva Health Centre** will have a vacancy for the voluntary role of **Secretary** from May 2014.

The Friends exist to raise and manage funds for the Health Centre. The funds are used to purchase items of equipment that are of benefit to the patients but which are not routinely supplied to GP practices. Over the twenty plus years of our existence many items, from an ECG machine to portable 24 hour blood pressure monitors, have been funded meaning that often patients do not have to wait for a hospital appointment and then make the journey to either Liskeard or Plymouth, but can be treated at the Health Centre. Recently, the purchase of an additional portable 24-hour ECG machine was agreed. This will be a more advanced machine able to detect and record incidents of which the patient is unaware.

The Friends have three meetings a year and two fund raising events. The role of Secretary involves taking Minutes of the meetings, occasional letter writing and notifying local parish newsletters of dates and times of meetings. Short reports of the AGM and the fund raising events are also published by the Secretary. The current Secretary will be available to answer any questions that may arise from the handover and to offer help, if required.

If you feel that you would like to help us please contact the Chairman, Mrs Jean Connor on **01579 363221** for more information.



children's hospice  
SOUTH WEST

Registered Charity No 1003314

## Johnny Cowling Evening

**Saturday 24th May 2014 at 7:30 pm**

Cornish Ivy, Liskeard

£12.50 per person including Pasty

Tickets from **Pat - 01579 362959**



Cornwall Hospice Care  
*Caring for our community*

Registered Charity No: 1113140

### Reflections

**A memory, a summer evening,  
an outgoing tide,  
...and to remember someone you love**

On Sunday 8<sup>th</sup> June, Cornwall Hospice Care will be holding a moving remembrance event on Swanpool Beach in Falmouth. Anyone who would like to take part is invited to write the name of their loved one and a short message if they wish on a tag which will be attached to a gerbera flower and put on a specially handcrafted raft. Just before 7pm, with some words of poetry and gentle music, the raft will be floated out to sea with the outgoing tide, and pulled by a local gig club.

If you are not able to join us, but would like to add a flower and message to the raft, please let me know and I will ensure your flower is included. To receive a tag for the event, please call Clare on **01726 66868**. Alternatively you can download a form from our website [www.cornwallhospice.co.uk](http://www.cornwallhospice.co.uk).



# Relay for Life 2014



**The 24 hour team walking event at Liskeard Rugby Club**

**In aid of**



**CANCER  
RESEARCH  
UK**

**On the bank holiday weekend of 24th / 25th May 2014**

**To find out more, visit [relay.cancerresearchuk.org](http://relay.cancerresearchuk.org)**

**or to learn about the Pensilva Posse team, see the box below**

## **Pensilva Posse Rides Again!**

### **It's that time of year again... Liskeard Relay for Life 2014 - Come and join us!**

As I am only too sadly aware, so many of us are affected, be it our neighbours, family or friends who receive the news. The statistics are stark - 1 in 3 of us is affected by a cancer diagnosis.

Cancer Research UK has funded many projects to improve treatments and outcomes from generation to generation. Wouldn't it be wonderful if on hearing the diagnosis the next words were "... and there's a cure". That's why we continue to raise funds.

Liskeard Relay for Life, the only event of its kind in Cornwall, is very much a family friendly affair. It starts at midday on the Saturday when those who have had a cancer diagnosis lead the first lap of the 24 hour walk (before heading to the Refreshments tent!). Others follow, ensuring that there's always one team member on the track for the next 24 hours - symbolising the fact that cancer never sleeps. As well as walking, teams host a variety of stalls, games, refreshments and live music, all adding to the fun.

At nightfall we quieten down for the Candle and Hope ceremony; a minute's candle-lit silence is broken by the Pelynt Male Voice Choir, creating a unique atmosphere that allows us to reflect and to appreciate the messages of hope and remembrance for our loved ones. Walking continues through the night, past sunrise, and on to an energetic finish among smiles (and some tears) at midday on Sunday.

You can help to make this year's event another great success! Whether it's an hour's walking; baking cakes for a stall; selling bric-a-brac; coming up with a fabulous fundraising idea; a message for the Candle of Hope ceremony; sponsorship; buying or selling raffle tickets; publicity; whatever you can do would be greatly appreciated!

If you would like to take part in the opening lap, or join our team (Pensilva Posse), or enter a team of your own, you can do so via the Relay for Life Website (details above). Or if you would like to help in any way or have any questions about the event -

**contact me, Alex Putna, on 07985 387472**

**Thank you!**

## How easy is it to change the world and make history?

Polio is an infectious disease that invades the nervous system and can cause irreversible paralysis and even death.

It is highly infectious, and can have debilitating impacts. While it can strike anyone, at any age, the disease mainly affects children under five years old.

Polio swept throughout the world during the 1930s - 1950s – including the UK, causing widespread fear and panic. Schools were shut down, public spaces closed. Hospital wards filled with iron lungs and manufacturers struggled to keep up with demand for crutches as previously healthy children lost their mobility and were paralysed – all as a result of this incurable disease.

Now, thanks to decades of investment in vaccination programmes, polio cases have been reduced by 99%.

On 13 January 2014 India marked three years since its last case of wild polio, a landmark achievement for global public health and the worldwide effort to eradicate polio.

On March 27<sup>th</sup> 2014 the World Health Organization's South-East Asia region was declared polio-free. This historic accomplishment marks a vital step toward the Global Polio Eradication Initiative's goal of delivering a polio-free world by 2018.

2.5 billion children have been immunised against polio. There are now just 3 endemic countries left in the world.



We are now “This Close” to achieving a polio-free world, and many public figures and celebrities have signed on to help Rotary spread the word. More than 40 world figures and celebrities including Bill Gates, Jackie Chan, Archbishop Desmond Tutu and Jack Nicklaus are taking part in Rotary's “This Close” campaign. We are “This Close” to ending polio - all we need is you.

If you ask anyone if they would like to leave their mark on history and change the world for the better, the answer would be yes. Not everyone has an idea on how to do just that and the actual task can seem quite overwhelming. However, experience shows that one person can make an impact even with small steps. It can be done by shining a light on a specific issue, signing a petition, or by donating or raising funds for a cause. Would you like to leave your mark on history? Join us at our Big Breakfast on Saturday 7<sup>th</sup> June and help us to .... **END POLIO NOW!**





Rotary

# Big Breakfast



**Saturday  
7th June**

**9.00am - 1.00pm**

**Callington Town Hall**

All proceeds to Rotary  
charities and in particular

**END POLIO  
NOW**

**7-piece breakfast  
with tea or coffee**

**£5.00**

With grant-funding  
support from the

**Bill & Melinda Gates  
Foundation**

every pound  
donated is

**TRIPLED**

**END  
POLIO  
NOW**



**MAKE  
HISTORY  
TODAY**

## 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](http://www.cornwallblind.org.uk)

Registered charity number 1108761

## Hear to Help

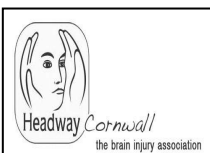
Registered Charity 207720

The drop-in is on the 1<sup>st</sup> 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 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 free information.

Other local drop In services :-

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

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](mailto:karen.squire@hearingloss.org.uk)



## Survived a brain injury / stroke?

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

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

Drop in for a chat and a cuppa

For more information call Frances or Debbie on

**01208 873567 or 07715336853**



## **St Ive Church**

### **Services at 11:15am Every Sunday**

- May 4th** Holy Communion  
**May 11th** Family Service *Small pets welcome*  
**May 18th** Holy Communion—Lunch follows this service  
**May 25th** Morning Service
- 

### **Other May Events**

- Fri 2nd** Home Produce & Bric-a brac with Lunch & Coffee 10:30 -1pm  
*Home Made Cakes, Fresh Veg, Local Made Pasties, Pickles, Jams & much more.*  
**Tues 13th** Cafe Church, 7pm  
*Speaker from The National Trust with Puddings to follow*  
**Sun 18th** Lunch in the Church, all welcome, 12:45pm, only £7
- 

Reverend Margot Davies    **01579 208698**    email [margottaj@tiscali.co.uk](mailto:margottaj@tiscali.co.uk)

Church Wardens:    Brian Dwelly    **01579 364010** ([btdwelly@aol.com](mailto:btdwelly@aol.com))

                         Paddy Long    **01579 364006**

Please tell the Priest or Churchwardens of anyone requiring a home or hospital visit

### **St. John's Church, Pensilva - Other notices.**

**Lent Lunches:** Very many thanks to all who made soup or provided rolls or other food, or helped in any way with the Lent Lunches at the church. Many thanks too to all who supported & came & enjoyed the lunches and conviviality. Over £500 was raised for church funds & 10% (£52) is being donated to a Cornish homeless charity.

### **Pensilva Memory Café**

The Memory Cafe meets on the 4th Thursday of every month in St John's Church. There will be a Café on Thursday 22nd May from 2-4pm for anyone who feels that remembering names, words or anything else is becoming a problem. It is also open to those who care for someone who has these problems. You are welcome to come along for a relaxing afternoon of chat and memories (and usually tea and cake as well!). Please feel free to join us this and every month. If you would like to know any more please ring Carolyn on **362698**.

# ST JOHN'S CHURCH, PENSILVA

## *Services for May 2014*

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

|                         |         |  |
|-------------------------|---------|--|
| Sunday 4 <sup>th</sup>  | 9.30 am | Anglican Benefice Eucharist at St Cleer          |
|                         | 11 am   | Rev.Mark Pengelly – Chapel Anniversary           |
| Sunday 11 <sup>th</sup> | 11am    | Anglican led Holy Communion Service              |
|                         | 5 pm    | <b>Pizza and Praise</b> St. Ive Methodist Chapel |
| Sunday 18 <sup>th</sup> | 11 am   | Ley led Cafe Church                              |
| Sunday 25 <sup>th</sup> | 11 am   | Mr. David Nicholls                               |

**Pizza and Praise** on Sunday 11<sup>th</sup> 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 2nd May 3pm at St. John's Church, Bring and Buy. Everyone very welcome.

**Christian Aid Week** 11<sup>th</sup> – 17<sup>th</sup> May. Envelopes enclosed in The Pump can be handed in at Pensilva Stores, Mary Gilbert or Frances Tucker for Pensilva or Brandiz Cottage or Brandiz Park for St. Ive, or they can be handed in at the Christian Aid events.

**Walk and Pasty Supper** – Monday 12<sup>th</sup> May, 6.30pm at Penharget Cottage

Bring and Buy and Raffle. 6.30pm at St. John's Church for a lift.

**Musical evening with "Canticorum"** – Tuesday 13<sup>th</sup> May 7.30pm at St. John's Church followed by supper.

**Prayer Group** will meet Friday 9<sup>th</sup> and 23<sup>rd</sup> May, 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** Friday 2<sup>nd</sup>, 16<sup>th</sup> and 30<sup>th</sup> May 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 May 2014***

|                        |         |                               |
|------------------------|---------|-------------------------------|
| <b>Sunday 4th May</b>  | 11:00am | Local Arrangement             |
|                        | 6:00pm  | Miss H Blacker                |
| <b>Sunday 11th May</b> | 11:00am | Rev R. Stevenson              |
|                        | 5:00pm  | Pizza & Praise at St Ive      |
| <b>Sunday 18th May</b> | 11:00am | Rev R Goodland                |
|                        |         | United Service with Communion |
| <b>Sunday 25th May</b> | 6:00pm  | United Service                |
|                        |         |                               |
| <b>Sunday 25th May</b> | 11.00am | Mrs B Snowling                |
|                        | 6.00pm  | Rev Tom Osborne               |

**Bible Study Group:** 2nd and 4th Thursdays at 3pm.

**Craft groups** on Thursday April 3rd and Thursday April 17th in the side room of St Ive Chapel, at 2pm or 7:30pm to suit participants. 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**.

**2ND SAT MONTHLY**

**9.30 - 12.30**

## **PENSILVA FARMERS MARKET**

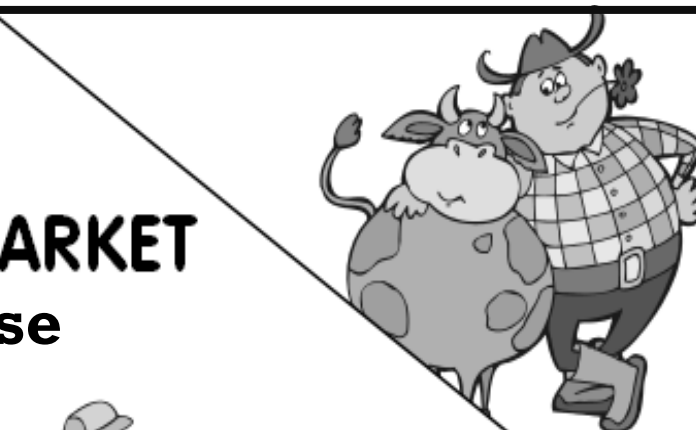
**Millennium House**

### **FRESH LOCAL PRODUCE**

- Meat
- Bakery
- Vegetables

### **CRAFTS**

- Quilts
- Cushions
- Embroidery
- Greeting Cards



**NEXT MARKET**  
**SAT 10th May 2014**



## **Computer Tamer**

Home help

for all your Computing needs.

Down to earth, jargon-free tuition, advice, repairs, troubleshooting, upgrades & installation.

Puzzled by email setup, anti virus, backing up photos or any other aspect of using your machine?

Need that computer set up or repaired?

Need a website designed or updated?

For all this and more call Tony for a free chat about your needs. Then I can visit you at your home.

No callout fee for a local visit, just a reasonable hourly rate.

Talk to you soon. Gift vouchers available

01579 320547 t.bedden@btinternet.com



## **FIT PAWS**



Dog walking and/or  
home boarding.

Home visits for feeding and  
toileting also available.

£ 5.00 per half hour for feeding,  
toileting and/or walking.

£10.00 per day for home boarding  
with food included.

Telephone Sarah:

**01579 363385**

or **07715582135**

Email: [info@fit-paws.co.uk](mailto:info@fit-paws.co.uk)

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Call David

**01579 364050 / 07767662635**

**Fed up with the headache of bookkeeping?  
VAT man causing you problems?  
Need to find more time for you and your business?  
Let me help .....**

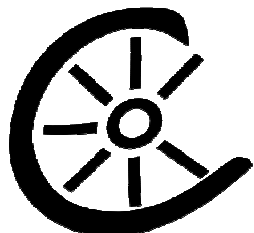
VAT Returns \* Annual accounts \* Cash flow \* Monthly figures \*  
Bank reconciliation \* Admin support \*

Using your existing system or starting from scratch

**Please contact Rob on 01579 364017 or 07840 907192,  
or e-mail [info@rmkbooks.co.uk](mailto:info@rmkbooks.co.uk)**

## **RMK BOOKKEEPING SERVICES**

Institute of Certified Bookkeepers Practice Licence 14374



## *Cartwheels Craft Centre*

*Penhawger Farm, Merrymeet, Liskeard, PL143LW*

Art & craft workshops in a rural and inspirational setting

'Drawstring Bag' 3rd May 10am - 4pm £28

'Bluebell Woods in Watercolour' 17th May 10am - 4pm £40

'Needle Felting' 24th May 10am - 4pm £30

'Shallow Willow Basket' 31st May 10am - 4pm £46

'Further Drawing Skills' 21<sup>st</sup> June 10am - 4pm £40

'Willow Shopping Basket' 28<sup>th</sup>/29<sup>th</sup> June 10am - 4pm £100 (2 days)

**Saturday 14<sup>th</sup> June is our Summer Craft Fair celebrating our first anniversary. There will be demonstrations from tutors, art and craft sales and the launch of the new workshop schedule with discount given on any workshops booked at the craft fair.**

**Refreshments, disabled access & facilities, free off road parking.**

31

For more info call 01579 343675 or view [www.cartwheelscraftcentre.co.uk](http://www.cartwheelscraftcentre.co.uk)

## Manor House Care Home



Specialists in Dementia Care

Permanent, respite and day care available

Please call for further information

**01579 343 534**

Email: [manorhouse.tremar@yahoo.co.uk](mailto:manorhouse.tremar@yahoo.co.uk)

Website: [www.manorhousecare.co.uk](http://www.manorhousecare.co.uk)



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**01579 362 945**

[info@mccarthypropertymaintenance.co.uk](mailto:info@mccarthypropertymaintenance.co.uk)

[www.mccarthypropertymaintenance.co.uk](http://www.mccarthypropertymaintenance.co.uk)



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**Email : [katevaughnley@gmail.com](mailto:katevaughnley@gmail.com)**

**Telephone : 01579 364083 / 07725 004152**



# *Kilmar House Residential Care Home*

**We pride ourselves on being different!  
01579 343066**



Kilmar House is the smallest elderly residential home in Liskeard and the personal touch really shows. Each resident is treated as an individual who is free to spend their days as they

wish. We have no rigid routine or schedule that you need to fit into, you tell us your schedule and that is what we work towards!



We maybe the smallest home but have a very large house with lots of rooms for residents to spend their time how they wish. We have all the required facilities and activities to make your stay very comfortable as well as a large and productive garden to enjoy.

Please come and visit our beautiful Jacobean home which has been lovingly restored and maintained. You do not need to make an appointment to come and look around, we will always be pleased to welcome you.

We are pleased to offer permanent placements in some of our most beautiful rooms, some with en-suite facilities as well as respite and day care to whatever suits your needs.



# **GRAHAM ALLEN**

## **QUALIFIED GARDENER**

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TURF LAYING  
SHRUB & HEDGE PRUNING  
GARDEN CLEARANCE**

**Call 07955371076**

**gardenergraham@hotmail.co.uk**

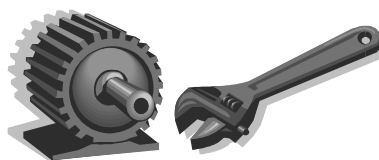
## **Sarisen Mechanical**

**“Let the workshop come to you”**

**Experienced and qualified mobile  
mechanic and engineer**

- ♦ Repairs & servicing of cars, light vans, campers & trailers
- ♦ Welding of vehicles & light steel fabrications
- ♦ Recovery & roadside repairs
- ♦ Mechanical Restoration of classic vehicles and machinery
- ♦ M.O.T's arranged

**No job too small or too big**



**Major debit/  
credit cards  
accepted**

**Phone: 01579 363548**

**Mobile (24 hr): 07780526602**

**Email: sarisen1953@yahoo.co.uk**

**Manor House Inn  
Rilla Mill**



**01579 362354**

**Traditional rural pub where families  
and dogs are welcome...  
recommended by The Real Ale Guide  
and The Good Dog Guide**

### **BAR OPENING HOURS**

**Sat & Sun 12-11, Mon 5-11**

**Tue to Fri 12-3 & 5-11**

**Home-cooked food served Tue to Sun 12-2 and 6-9  
Delicious Sunday Roast 12-2: £7.00 adult, £4.95 smaller/child**

**Free WiFi, Pool tables, Dart boards, Games, Live Music**

### **WHAT'S ON THIS MONTH**

**FRI MAY 9th, LIVE MUSIC - THE DT's**

**SAT MAY 24th, LIVE MUSIC - WITHOUT JOHNNY**

**OPEN both Bank Holidays (Mon 5th & 26th May) Food 12-2 & 6-9**

Check out our website for full details [www.manorhouserilla.co.uk](http://www.manorhouserilla.co.uk)  
also like & follow us on **Facebook** for the latest events & offers

# The **co-operative** personal travel advisors



Let me introduce myself, **Tamsin Gladwell**. With 10 years travel industry experience, I run my own business through **The Co-operative Personal Travel Advisors**. I would love to assist you with any travel arrangements.

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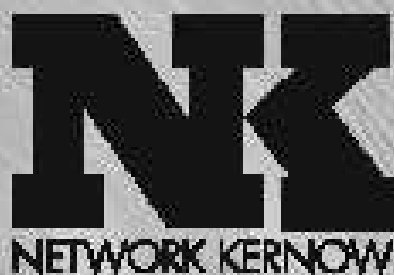
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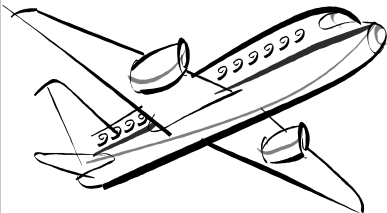
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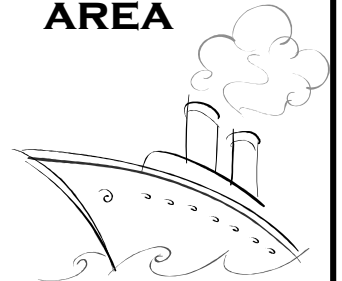
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If your children are under 18, it's vital that you make a Will in which you name their guardians and clearly state what provisions you have made for them. If you and your partner aren't married, your estate will go to your children divided equally. If they aren't your partner's children the worst case scenario is that they could be left without a home.

People can automatically think that because they are married or living with each other, the partner will inherit everything in the event of death – but of course this isn't the case. Add children into the equation and the scenario becomes even more complicated. We receive enquiries time and time again on these issues and can only urge people to make a Will to ensure that their wishes are carried out as they would like.

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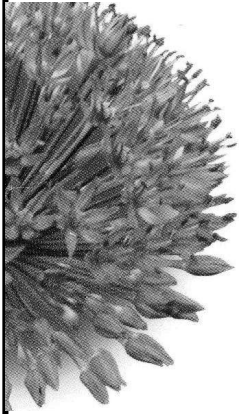
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Kids snakes and ladders **playmat** **£5.00** new (still sealed)

Kids pink hopscotch **playmat**, **£5.00** new (still sealed)

**ROCKET DOG** flipflops. Black wedge, red bead detail (new still in box) was £40 - accept **£20**

**Calligraphy set** and beginners book **£10.00**, new (in box)

**Me to You Bears**; 1 is medium size with blue coat, glitter around collar, ideal for xmas, **£15.00** 1 is small size holding a reindeer, ideal for xmas, **£10.00 or both for £20.00.**

**Giorgio** beverly hills 2011, collectors bear in protection box, **£10.00.**

**01579 362146 or 07743416676**

Black **Playstation 2** (slim) and controller  
Good condition,

All power cables included **£15**

**01579 383134**

1 pair Dunelm Mill ready made **curtains** width 76" drop 54" design Gabriella, Colour Duck egg blue/flowers. New and never used. cost £125 will take **£50.**

**01579 363497**

Honeywell **24 hour electronic central heating/hot water programmer** - brand new still boxed. **£15**

**01579 362851**

Hi sleeper **metal frame bed** with shelves, desk and chair good condition also with the single mattress **£50.00**

**Adidas football boots**, F10 junior size 5 1/2 purple and green hardly worn **£20.00**

Fender squier **electro-acoustic guitar**, good condition complete with new string and a very nice sound **£50.00**

Encore **juniors guitar** with case **£20.00**

**07980156802 01579 342868**



# Bargain Corner Free Ads up to £50

**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 each

**2 Sun umbrellas** 50p each  
**01579 362684**

**Sofabed Mattress.** double size, 180cm x  
112cm x 10cm. Interior sprung Vgc.     **£30.**

**Electric hob,** 4 solid rings, stainless  
steel, full working order, 580mm width,  
500mm depth, **£30**  
**01579 208572**

**Dreamland 2 heat foot warmer  
boot** - As new, still boxed. **£10.00**  
**01579 362204**

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.**

**22" LG full HD Monitor TV,** black, built  
in freeview, Excellent condition **£50**  
Tremar **01579 343445 /**  
**07827016446**

**Singer Sewing Machine** No. 15K88  
Form K4380. Has been converted to  
electric. **£50.00**

**Vax Vacuum Cleaner.** Combined with  
vaxing (wash cleaning) carpets **£30.00**  
**01579 362454**

**Ladies motorbike gear:**

Caberg helmet blue & white **£30**

**Motorbike boots size 5** **£15**

Also available, full set Frank Thomas  
**leathers,** blue & white, ladies size 12.  
All in excellent condition, little use as a  
pillion passenger. **07966 700659**

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

1 pair Dunelm Mill ready made curtains  
width 76" drop 54" design Gabriella, Col-  
our Duck egg blue/flowers. New and  
never used. cost £125 will take £50  
**01579 363497**

**PSP** with 4 games and a Simpson Film  
**£40.00**

**Blackberry Curve** Mobile Phone 9320  
**£20.00**

**New River Island Jacket** size 14.  
**£15.00**

1 tortoise shell **Kitten** **£20.00**

1 multi colour **kitten** **£15.00**

**Tel 07967548814**

Ads are free for items up to £50.  
£5 charge for items over £50.  
Ring the Parish Office on  
**01579 363096** or email  
**parishpump@btconnect.com**  
Or leave a note at Millennium  
House Reception.

**Please let us know when sold.**

| What's on in St Ive Parish ?                      |                                    |                               |
|---|------------------------------------|-------------------------------|
| WHAT'S ON   | WHEN                               | CONTACT DETAILS               |
| <b>MILLENNIUM HOUSE</b>                           |                                    |                               |
| 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                  |
| 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<br>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 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                   | 01579344464                   |
| Zumba Fitness Classes                             | Wednesday 7:30 - 8:30pm            | 07850 646207 (Sarah)          |
| <b>PENSILVA VILLAGE HALL</b>                      |                                    |                               |
| Art Class   | Thursday 1.00 - 3:30               | 01579 362492 Yvette Wiltshire |
| 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            |
| <b>PENSILVA SCHOOL</b>                            |                                    |                               |
| Pensilva Pre-School                               | Monday-Fridays 9-12.00 noon        |                               |

## What's on in St Ive ?

### ST IVE INSTITUTE

|                     |                           |                                   |
|---------------------|---------------------------|-----------------------------------|
| Art Classes         | Wednesday Afternoons      | 07886 343 621<br>Yvette Wiltshire |
| Art & Craft Group   | Tuesday 1:00 - 5:00pm     | 01579 362216<br>(Jackie)          |
| Coffee Morning      | Wednesday 10:30 - 12:00   |                                   |
| Gardening Club      | 1st Monday monthly 7:30pm | 01579 382762                      |
| Post Office         | Wednesday 10:30 - 11:30   |                                   |
| St Ive Snooker Club | Monday & Thursday 7:00pm  | 01579 382315<br>R Bunkum          |

**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**

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



### ST IVE & DISTRICT GARDENING ASSOCIATION



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

**Mon. 12th May. A visit to Casa Laguna garden, Lanreath.**

Assemble in St Ive car park to leave at 6:20pm.

**Sat. 31st May. Plant sale in St Ive Village Hall. Doors open at 1:30pm**

**Mon. 2nd June. A visit to Pine Lodge gardens.**

Assemble in St Ive car park to leave at 6:40pm.

*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.

# Millennium House



## CAFE

### Hot & Cold Lunches Snacks & Drinks

All day Breakfast

Jacket Potatoes

Bacon Rolls

Chocolate

Hot & Cold drinks

And much more

Salads

Quiche

Chips

Cakes

### Opening Hours

Mon, 9.00am - 2.00pm

Tues & Wed 11.00am - 2.00pm

Thurs & Fri. 11.00am - 2.00pm

***PLEASE NOTE  
REVISED  
OPENING TIMES***

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

