

# THE PARISH PUMP



November 2016  
Edition 420



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



**Pensilva School 5km run round  
Sibblyback (Report on page 5)**

## 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

Martin Corney (Chair)	01579 382450
Roger Bennison	01579 363967
Pam Carter	01579 362640
Peter Dipper	01579 362315
Peter Haimes	01579 362459
Alan Neal	01579 362478
Ivor Vaughan	07979 934604
David Waddington	01579 362654
Ruth Wilson	01579 363684

## 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 November 14th at 7.30pm at St Ive



Devon & Cornwall Police  
Building safer communities together



**101**

Minicom 18001 101

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

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)

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

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

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

General Parish matters should be raised initially with the Parish Clerk (Leesa Childs) 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 contact John Body, Finance Officer: 01579 363096, email: [millenniumhouseadmin@btconnect.com](mailto:millenniumhouseadmin@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 in doubt please contact the editor.

**Current Advertising Prices** including VAT at 20%

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

10% discount for 12 months paid in advance.

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

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

## THE MEL BAR

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.**



**sky SPORTS**

## From the Editor

Hello again.

It's great to have so much news from Pensilva school and pre-school once again this month. Some of you will know that I was a very keen runner myself in days gone by and I'm a passionate believer in the importance of regular exercise to benefit our health and well-being. So I was especially delighted to read about the school's 5 km run and happy to give it space on the cover, despite stiff competition from a magnificent fundraising effort by the Lifton Bikers (see pg 6).

It's been a real struggle to get the Pump out this month. I have migrated onto a new laptop, a new version of Windows and new versions of the Publishing software, email software, and just about every other kind of software, all at once! The result has been that everything took three times as long to do. I think I've managed to get there, just about, but if there are any errors and omissions then I must ask your forgiveness. I will try to be up to speed in time for next month's edition.

All the best! Joe

## Millennium House Opening Hours

### Reception

9am till 2.30pm Monday to Friday

### Cafe (Angie's Pantry)

9am till 5pm Monday to Friday

10am till 4pm Saturday

### Bar

5pm till 11pm Monday to Thursday

3pm till 11pm Friday

12am till 11pm Saturday and Sunday

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

## **COVER STORY - Playground to 5k**

Pensilva School recently completed a 5km run around Siblyback Lake as the finale of a weekly after school club where parents ran with their children. PE teacher Ollie Jones who came up with the idea said "I didn't know what level of interest we would have at the start and was amazed by how popular it was, with over 30 taking part each week!" Some parents had never run before and it inspired them to start exercising. Each week the group ran around the local lanes and moors led by experienced running coach and school Chairman Craig Vaughnley, who said: "It has brought the school community together through running and it was lovely to see children encouraging their parents and vice versa!" For the 5km around Siblyback Lake each parent and child received a medal and certificate sponsored by KV Accounting Solutions.

**Pensilva Pre-School.** A part-time position is available at this outstanding pre-school in the heart of Pensilva village. An enthusiastic, vibrant and caring individual is required to take up this much sought-after position.

Hours will be 12.5 hours per week, term time, with the potential for this to be increased over time.

Level 2 or 3 Early Years educator (or equivalent) is a requirement.

This role will be a fixed contract until the end of this academic year, with the potential of a permanent contract at a later stage.

Application requests by email to [pensilvapreschool@hotmail.co.uk](mailto:pensilvapreschool@hotmail.co.uk).

Closing date for applications: **Friday 18th November.**

For any further queries please contact Suzanne Kinsman on 07800 023924.

**“The Lifton Bikers”, who raised thousands for Motor Neurone Disease cycling from John o’ Groats to Lands End.**



On September 10th, eight men, The Lifton Bikers, wheeled out of John o’ Groats on route to Lands End, a distance of over 900 miles. With support from Pensilva resident Nick Horler, who drove the back-up van, their aim was to raise funds for, and awareness of, Motor Neurone Disease, all proceeds going to the MNDA Cornwall branch. Their good friend Jeremy Durrant suffers from this dreadful illness. (Jeremy’s wife Emma used to sell vegetables at the Pensilva Farmers Market until a couple of years ago, when she had to stop because of the progression of Jeremy’s illness.) A target of £10,000 was set and, thanks to the generosity of so many people (several from Pensilva, including Seccombes skittles team and All Being Well) this target was smashed! To date the total raised by these lycra-clad, middle-aged men is in the region of **£28,000** (including gift aid). Donations can still be made at [www.justgiving.com/Lifton Bikers JOGLE](http://www.justgiving.com/LiftonBikersJOGLE) for this very worthwhile charity.

The bikers reached Lands End on 24th September where they were greeted by Jeremy himself, family, friends and members of the Cornwall MNDA group.

## **From Cllr Steph McWilliam - November 2016**

As we head into winter, I will start with a couple of pieces of information that may be relevant. Do you struggle to pay your heating bills? If you do and if you suffer from a long-term health condition, you might be eligible for help to make your home warmer and drier. Call Community Energy Plus on 0800 954 1956 or 01872 245566. If you use the internet, you can find out more at [www.cep.org.uk](http://www.cep.org.uk).

Energy and fuel poverty – There is some good work going on such as the re-allocation of park homes so they can benefit from grant funding and work such as insulation and to be able to share data with energy companies safely so that they can help where discounts might be available.

If there is anything you need to report to Cornwall Council, there is a helpful website at <http://www.cornwall.gov.uk/report-it>. We do some things really well but I am aware that people are still having difficulty talking to a person when they need to. Can I assure you that this is being discussed across Cornwall as I am not the only Cornwall Councillor who is concerned about it? The systems to replace the One Stop Shop staff are not yet good enough and trying to get through the telephone automated service can be awful.

There is better news about the moor and animal welfare issues. Last winter we experienced a loss of quite a few animals and serious health issues. This year looks much better at this stage. The Commons Council and animal welfare teams are taking stallions off, ponies are being microchipped and health checked and there is no sign of the diseases we saw last year.

There has been some confusion about dogs being exercised on the moor so I have checked this and now understand why. It isn't clear cut. Dogs must be kept on a lead at all times between 1<sup>st</sup> March and 31<sup>st</sup> July. At other times they don't have to be on a lead but they do have to be under control. Confusion arises because it is an offence to allow your dog "to cause pain or injury, fear or distress". This can be interpreted as allowing your dog to cause sheep to scatter! There is also the issue of enforcement. If you witness an incident, it is very hard for any action to be taken unless you are willing to be a witness in court if necessary.

Finally, could S Malone who put an item in last month about the overgrown footpath please give me a call? (362037) I may be able to help but need a little more information.

Thank you. Cllr Steph McWilliam

Tel: 01579 362037 email: [smcwilliam@cornwall.gov.uk](mailto:smcwilliam@cornwall.gov.uk)

## The Latest from Your Parish Councillor - Martin Corney



To continue last month's planning news, plans for the Butchers Arms to be reopened supported by two retail units between the pub and the garage in St Ive have not been supported by St Ive Parish Council. For (PA16/07605) the Council has serious concerns that: the proposed refurbishment and extension of the pub does not reflect the Listed Premises or the historic nature of the immediate area; the large extension to the premises would be better sited around the side. No Business Plan was provided with this application. Originally the income raised from the sale/lease of the retail units and accommodation was to refurbish and subsidise the pub. For (PA16/07606): the commercial units do not reflect the Listed Premises or historic nature of the immediate area; this development is overbearing on the Listed Premises; the completion of the refurbishment and extension of the Pub is reliant on the revenue raised from the commercial units.

Vandalism is becoming a problem around Millennium House. Several outside lights, provided for the safety of our community centre users, have been deliberately smashed. The replacement of these lights is not covered by insurance since the value is below our surcharge, so we all have to pay extra on our community charge. There is also a problem with litter being deliberately thrown out of cars most evenings in the car park. We will be taking extra security measures and will prosecute offenders.

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 this article and other gems.

### **2016 High Down Community Fund Deadlines for grant applications in 2016.**

**Deadline date:**

**Awards Panel meets on:**

7th November 2016

5th December 2016

**For more info see:** <http://www.cornwallfoundation.com/high-down-wind-farm-communtiy-fund.html>

The fund is administered by Cornwall Community Foundation.  
01566 779333 / 779865. [office@cornwallfoundation.com](mailto:office@cornwallfoundation.com)



# Pensilva Primary School Update

Here at Pensilva School we have had a busy start to the school year. We welcomed 19 new pupils into Tiddy Class who have all settled in well.

In the last six weeks, Tiddy class has been on a sponsored walk with Pre-school to raise money for Diabetes UK and the ITP Support Association. The children walked up to the farm shop having a splash in some puddles and looking for bears on the way. Once at the farm shop they had a drink and snack to build up their strength for the walk back to school. All the children made the walk and raised an amazing £661.

The class has visited St. John's Church to find out about the symbols used in the church and what it means to be part of a church community. We followed this with a trip to Bodmin and Wenford Railway with Loveny class. Both classes have been working on transport through time so this gave the children a close look at history.

At the other end of the school, the year six children have been campaigning hard to be elected as house captains. This culminated in a secret ballot where captains and vice captains were chosen.

Over the summer, twenty-seven children from the school completed the Big Friendly Read Summer Reading Challenge at Liskeard Library. They all had to read six books of their choice during the holidays. They were presented with their certificates and medals by Tracy Foot from the library service.

Our new School Council has had its first meeting and has big ideas for fundraising and improving the school. We also have an Eco Committee run by two, year six children, who are working towards a Bronze Eco Award.

All the children took part in the Honey Fair art competition and we had a 4<sup>th</sup>, 2<sup>nd</sup> and 1<sup>st</sup> in various classes.

Finally, we have two Harvest celebrations this year. One, with pre-school and Tiddy class, here in school. The other, with the whole school, at Millennium House. All contributions are being donated to the food bank.

## PENSILVA WI HARVEST EVENING ON 12<sup>th</sup> OCTOBER

Before a mouth watering 'bring & share' supper, president, Frances, welcomed members, family and friends. She then spoke about the recent passing of 2 dear members, Elsie and Joan, who will be very much missed. She thanked everyone who supported the Coffee Morning for MacMillan Cancer Care which, with donations, has raised over £367.

Frances reminded us about the Programme Planning Meeting on Monday, 17<sup>th</sup> October; a Lunch & Craft afternoon at Cowslip on Thursday, 1<sup>st</sup> December and Christmas Lunch at Lanhydrock Golf Club on Sunday, 4<sup>th</sup> December.

Our treasurer, Verna, took to auctioneering eloquently, selling an abundance of produce and with her able helpers, Jill and Vi, made a fun evening for all.

9<sup>th</sup> November is the next meeting date and will be, as usual, held in Millennium House at 7.15pm. when there will be a demonstration 'Cooking with Chocolate'.

Visitors and new members are always welcome - do come along and give us a try.

# Art Classes *with Yvette*

## Millennium Centre, Pensilva.

*If you have always wanted to Paint 'Why Wait'??*

*Come and Join one of my classes, they are fully structured, suitable for both beginners and improvers.*

*Kick start your hobby in a 'friendly and relaxed' atmosphere, aimed at 'enjoyment'.*

**Wednesday Afternoons 1.30pm to 4.30pm**

**2 Separate Classes Run on a fortnightly basis,**

**1 x Watercolour and 1 x Pastel Class.**

*Other Classes & One day workshops or demonstrations also available.*

Contact Yvette on 07886 343621 or

email: [yvettewiltshire@sky.com](mailto:yvettewiltshire@sky.com) website: [www.artwithyvette.com](http://www.artwithyvette.com)

## PENSILVA TEA PARTY BREWS AGAIN

The Pensilva tea party held on 1st of October was a great success, raising £368.13 for Macmillan. It was lovely to see so many of our regular supporters along with a few more new faces.

Pensilva Tea Party is a monthly event and we welcome everyone.



Our next meeting, in aid of **Help the Heroes**, will be on Saturday, November 12th at Millennium House, Pensilva, 3pm to 5pm. Please come along and support us, meet some new friends and have fun. For help with transport contact Tessa Volders on 01579 363438.

## Pensilva Memory Café

Pensilva Memory Café is a friendly informal setting for people with memory problems and their carers to feel comfortable, socialise, share experiences and exchange information. The Memory Café is run by volunteers and voluntary donations.

Please come along and join us. Make new friends, enjoy some music, reminiscences and refreshments. Join in the activities if you want to or just relax for a couple of hours.

Pensilva Memory Café meets on the 4<sup>th</sup> Thursday of each month at St John's Church, Pensilva from 2-4pm and the next one is on Thursday 24th November.

Volunteers to help with the Memory Café always welcome. For more info please contact Carolyn on 362698 or Pat on 363461.

**WORK ON THE GARDEN** at this time of year is very much about clearing out crops, weeding and putting the beds to sleep for the winter. We're doing that by topping off with manure and compost and then covering with cardboard and mulching with grass clippings.

The wonderful thing for me as we were working last week was seeing just how much we've refreshed and reinvigorated the soil in the raised beds. They're alive with worms and other microbes and looking really healthy. All very satisfying.

**VOLUNTEERING AT THE GROWING PROJECT** We have a lovely group of volunteers and you are very welcome to join us. As a result of the great response to September's article, we have decided to launch a second work day for volunteers on a Thursday afternoon from 12-3 p.m. as well as our usual session on Weds 10 a.m - 2 p.m. I'm very excited about this opportunity to involve more local people and get lots of extra work done.

**CROPS AND PLANTING** I shall be planting out broad beans and peas in the tunnels ready for the spring and have some lettuces growing away now it's cooler. The tomatoes are coming to an end now, but the chillies are still going strong.

Still in the ground are Jerusalem artichokes, parsnips, Brussel sprouts, chard and celeriac. I'm pleased to report that the purple sprouting broccoli is recovering from caterpillar damage and so we'll get a decent crop soon; my favourite.

**OUR VEG BOXES** are showing an autumnal feel with parsnips and other roots; squashes, chard and cauliflowers. Sadly the summer veg are now finished; the cycle turns again!

To enjoy fabulous fresh local fruit and veg, delivered to your door every Wednesday afternoon, order your mixed veg box now. Prices are: £7.50 for 1 /2 people, £10 for 3/ 4 people, £15 family box and the very popular £5 fruit bag. Or drop by our veg stall which is refreshed with all sorts of seasonal delights every Thurs. Please put your cash in the post-box on the gate.

**COMMUNITY COMPOST SCHEME** We welcome your lawn clippings, used rabbit bedding, cuttings, etc at our compost bins by the gate. If you use weed-killer on your lawn, please dispose of your clippings through the Council scheme.

**The Growing Project CIC is a Community Interest Company** producing organic fruit and vegetables. We have opened the growing space at Kenwyn, Higher Rd to the community and welcome volunteers for all sorts of jobs. Contact Ruth Wilson 01579 363684/ 07853 244934 [thegrowingproject@orangehome.co.uk](mailto:thegrowingproject@orangehome.co.uk)

*This note received from J. Searle*

A cheque for £15 has been sent to Little Harbour, St. Austell, from the sale of apples at our gate.

Thanks to all.

J. Searle. Diamond Villa

## **SNOOKER**

Owing to players leaving us to play for other teams and younger players having other interests, Pensilva snooker team, who play their matches on a Wednesday night, require players to play for them because they are short. If interested please ring Dave on 01579 363047 or Phil on 01579 362091.

## **Pensilva Wednesday Club R.V.S.**

Meet in Pensilva Village Hall at 2.30pm on alternate Wednesdays

<b>November 9</b>	<b>Meeting in Village Hall</b>
<b>November 23</b>	<b>Meeting in Village Hall</b>

**ALL ADULTS WELCOME TO JOIN THE WEDNESDAY CLUB**



**PENSILVA**



**PRE-**

**SCHOOL**

# **BREAKFAST CLUB**

From Monday 31<sup>st</sup> October

Pensilva Preschool will be opening its doors  
at 8am for Breakfast Club!!

8am - 9am £4 with breakfast

8:30am - 9am £2 without breakfast

*Breakfast served between 8am & 8:30am*

*All will comply with our Nippers Nutrition Programme*

If you would like a space for your child / children  
please contact

**07890 023924**

**[pensilvapreschool@hotmail.co.uk](mailto:pensilvapreschool@hotmail.co.uk)**

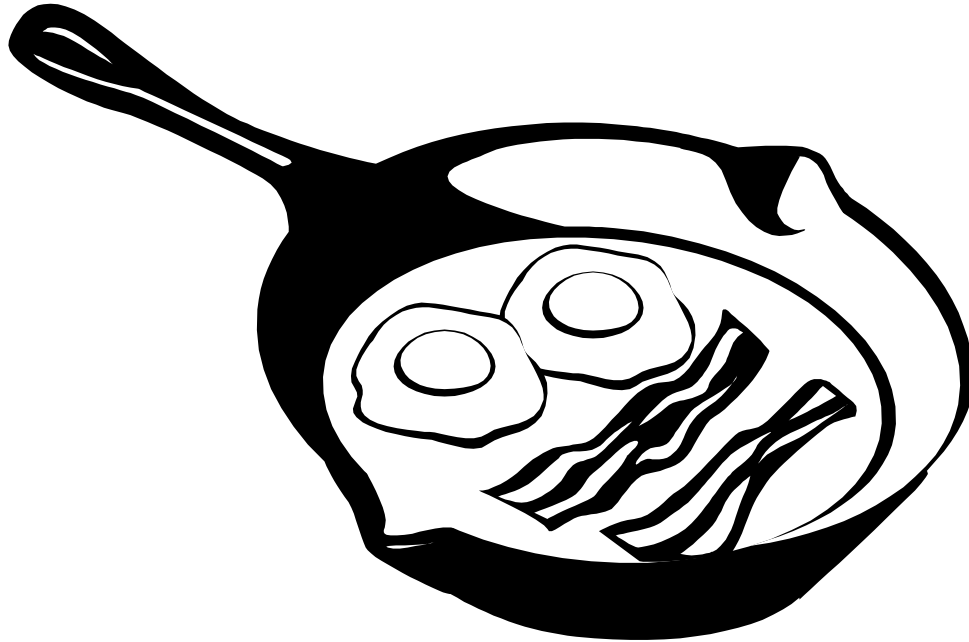
All spaces must be booked

in advance to allow for

catering and staffing,

**Cancelations are non-refundable**

# Big Breakfast



Millennium House

Saturday 5<sup>th</sup> November

9am to 3pm

£5.50

On behalf of St Ive Church



## *Cartwheels Craft Centre Christmas Fair*

**Sat 5<sup>th</sup> & Sun 6<sup>th</sup> November 10am - 4pm**

- Quality arts and crafts on sale
- Stands from The Felted Sheep, Loveny Willow, Cornish Pebbles, Clarabelle Crafts, Caradon Country Seat, Usborne Books and more
- Wicca Work demonstrating working with Rush
- Visit Cartwheels shop for all your patchwork and quilting supplies as well as cushions, bags, wall hangings and gifts.
- Refreshments, disabled access and facilities with ample, free, off-road parking.

*Penhawger Farm, Merrymeet, Liskeard, PL143LW*

Tel: 01579 343675/340026 or visit [www.cartwheelscraftcentre.co.uk](http://www.cartwheelscraftcentre.co.uk)

## **Ruth and Colleen's Monthly**

# **BINGO**

### **At Millennium House**

### **on Tuesday 8th November**

**(and next month on Tuesday 6th December)**

**Eyes down at 7:30pm**

**Over 18's only**

**£££ CASH PRIZES £££**



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

Meet in Millennium House Car Park  
at 11:30 a.m. on **Thursday 17th November**  
For possible **trip to TRAGO** (depending on transport)  
For any information please contact  
Jean Conner 01579 363221 or 07899 694670

## Millennium House Events Group

New members always welcome.

See the group's Facebook page.



MILLENNIUM HOUSE  
EVENTS GROUP

## *PENMILL ART GROUP*

We are a small, friendly group using all art mediums. If you paint we would love you to join us. We meet at Millennium House 10-2 every Monday.  
Please come & see us or phone Pam on 01579 363441.

**MILLENNIUM HOUSE**  
**INDOOR CAR BOOT SALE**  
**AND CRAFT FAIR**

**SUNDAY 13<sup>TH</sup> NOVEMBER 2016**  
**10AM - 4PM**

**£5 PER TABLE**

**BOOKINGS - 01579 363096**

**EMAIL: MILLENNIUM HOUSE@BTCONNECT.COM**

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

<b>1st No. 96</b> <b>Mr R Pearce</b>	<b>2nd No. 168</b> <b>Mrs T Pascoe</b>	<b>3rd No. 183</b> <b>Mrs Jackson</b>
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**Thank you for your support**

# *New Events*

*at*

*Millennium House, Pensilva*

*Psychic Fair With Crafts*

*Saturday 3rd December 2016*

*1pm-4pm*

*Clairvoyant Demonstration at 3pm*

*Also: Tarot Readings*

*Crystals*

*Hand Massage*

*and more*

*Tables £10. Tickets £3.00 on the door*

*For more information and to reserve a table*

*Contact Millennium House - 01579 363096*



# Upcoming Quizzes in Millennium House

Next Quiz  
Saturday December 3rd 2016  
at 7:30pm

Organised by and raising funds for

*All Being Well*



FRIENDS OF  
PENSILVA HEALTH CENTRE



# ANNUAL CHRISTMAS TEA

FRIDAY 9th DECEMBER 2016  
2p.m. at MILLENNIUM HOUSE,  
PENSILVA



Entry Fee £3.00

Raffle

EVERYONE WELCOME





# BINGO

**CHRISTMAS**

**BINGO**


**Friday 9<sup>th</sup> December 2016**

**7:30pm**

**Eyes down at 8:00pm**

**At Millennium House, Pensilva**

**Organised by MHEG**



# Polperro Fishermen's Choir

Christmas concert on  
Saturday 10<sup>th</sup> December at  
Millennium House, Pensilva

7.30 pm

Tickets £6 in aid of Pancreatic  
Cancer UK & Millennium  
House Events Group

Tickets from Millennium  
House or Karen

01579 362196

Pasties available to purchase



# **CHRISTMAS CRAFT FAIR**

**Millennium House  
Pensilva**

**SATURDAY 17TH DECEMBER  
10-00am 4-00pm**

Come and get in the  
Christmas Spirit.

Limited spaces available,  
so please book your stall early to avoid  
disappointment.

**01579 363096**

Millennium House, Century Square,  
Princess Road, Pensilva, Nr Liskeard,  
Cornwall, PL14 5NF

# **Community Lunch**

First Sunday of every month 12pm for 12.30pm

3 Course Lunch with Tea and Coffee

**Adults £7.95p**

**Children (*Under 12*) £4.95p**

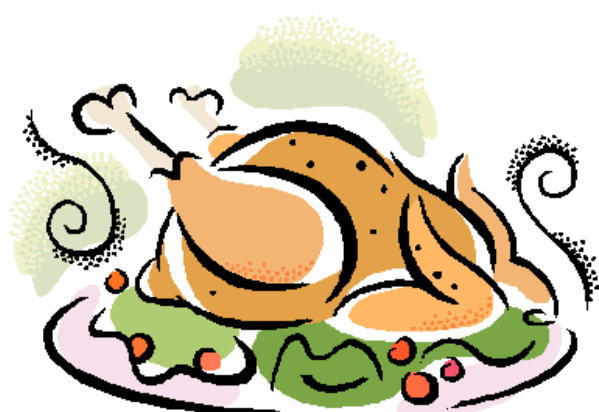
At Millennium House, Pensilva

Bookings required:

Call Graham or

Charmayne

on 01579 363096



## **FARMERS & CRAFT MARKET**

### **AT MILLENNIUM HOUSE**

**Every 2nd Saturday of the month**  
Refreshments available

Come and support local producers and help  
your local community to thrive.



# ***Badminton?***

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

**Mon & Tue 7.30 - 9.30pm**  
**Friday 8.00 - 10.00pm**

**For further info phone Nigel or Carol on**  
**01579 363594 or**  
**07885 798370**

# *All Being Well*

Your local, friendly gym.

Sixteen years working in our local community to improve health, fitness and well being. Give us a call on **01579 363890** or drop in to see us at Millennium House, Pensilva.

## Opening hours:

Mon/Wed/Fri	10.00 to 3.00
	and 5.00 to 9.00
Tues/Thur	9.00 to 1.00
Saturday	10.00 to 1.00

## MOBILE LIBRARY

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



Next visits:

**25th Nov, 16th Dec,  
20 Jan 17.**

**Stops at the Victoria Inn, Pensilva at 10.25 to 10.45am and at Quethiock Church 11.00 to 11.20am.**

<http://www.cornwall.gov.uk/media/17826241/east-week-3-schedule.pdf>

## PENSILVA VILLAGE HALL

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



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

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

### Organisations that meet in Pensilva Village Hall

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

### St Ive Institute & Village Hall

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

## 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).**

You can contact us directly or through the Health Centre.

## 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.

**PLEASE NOTE:** Meetings will now be held on the 3rd Thursday of each month at 11:30am. Meet in Millennium House Car Park.

**For any information please contact**

## PENSILVA HEALTH CENTRE

### **Baby Clinic**

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**For information call the health centre on**

**01579 362249**

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## **Do you suffer with various long term health conditions?**

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Pauline **01579 345989**

Jeanette **01579 363691**



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**Counselling:** For those affected by sight loss

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For more details Telephone **01872 261110** or visit

**[www.cornwallblind.org.uk](http://www.cornwallblind.org.uk)**

# St Ive Church

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

- Nov 6th**      **Holy Communion**
- Nov 13th**      **Family Service** - *Small pets welcome*
- Nov 20th**      **Holy Communion.** Lunch follows this Service
- Nov 27th**      **Morning Worship**

---

## Other Events

- Fri 4th Nov**      **Home Produce and Bric-a-brac with Lunch 10:30-1:00pm**  
Home made cakes etc, fresh vegetables, locally made pasties, farm-fresh meat
- Sat 5th Nov**      **Big Breakfast, Millennium House, 9am to 3pm**
- Sun 13th Nov**      **Lunch in Church 12:45pm.** All Welcome. Only £7 for 2 courses
- Fri Dec 2nd**      **Live Nativity 7pm**

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

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

Colin Catchpole      **01579 383867** [ccatchpole@hotmail.com](mailto:ccatchpole@hotmail.com)

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



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**We meet at ST JOHN'S CHURCH, PENSILVA from 2pm to 4pm.**

# ST JOHN'S CHURCH, PENSILVA

## Services for November 2016

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

Sunday 6th	(9.30am 11 am	Anglican Benefice Eucharist at St Cleer) Mrs Kathy Lang
Sunday 13th	11 am 5pm	<b>Remembrance Service</b> , meet 10:40 at Millennium House. <b>Food for Thought</b> , St. Ive Methodist Church
Sunday 20th	11 am	Cafe Church
Sunday 27th	11 am	Rev. Mark Pengelly, Holy Communion

**Afternoon Tea** Friday 4th November, 3pm, St. John's Church, Bring & Buy, everyone very welcome.

Every Thursday, 10am at St. John's Church there is Cafe Church.  
Everyone welcome to join us.

Thursday 10th November at 7:30pm **Licensing of Rev. Becca Bell** at St. Cleer Church

**Mid-week Communion**, Thursday 17th 2:30pm with Rev Margot Davies.

**Bazaar & Afternoon Tea** at St. John's Church, Saturday 19th November, Cakes, books, bric-a-brac etc.

**Prayer Group**: 11th and 25th November. Please ring Eileen on 362580 or Carolyn 362698 if you would like prayer for yourself or someone else.

**Fellowship**: 7:30pm at St. John's Church on 5 Tuesdays from Nov 15th to Dec 13th. Further information 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 or Frances Tucker - 363718*





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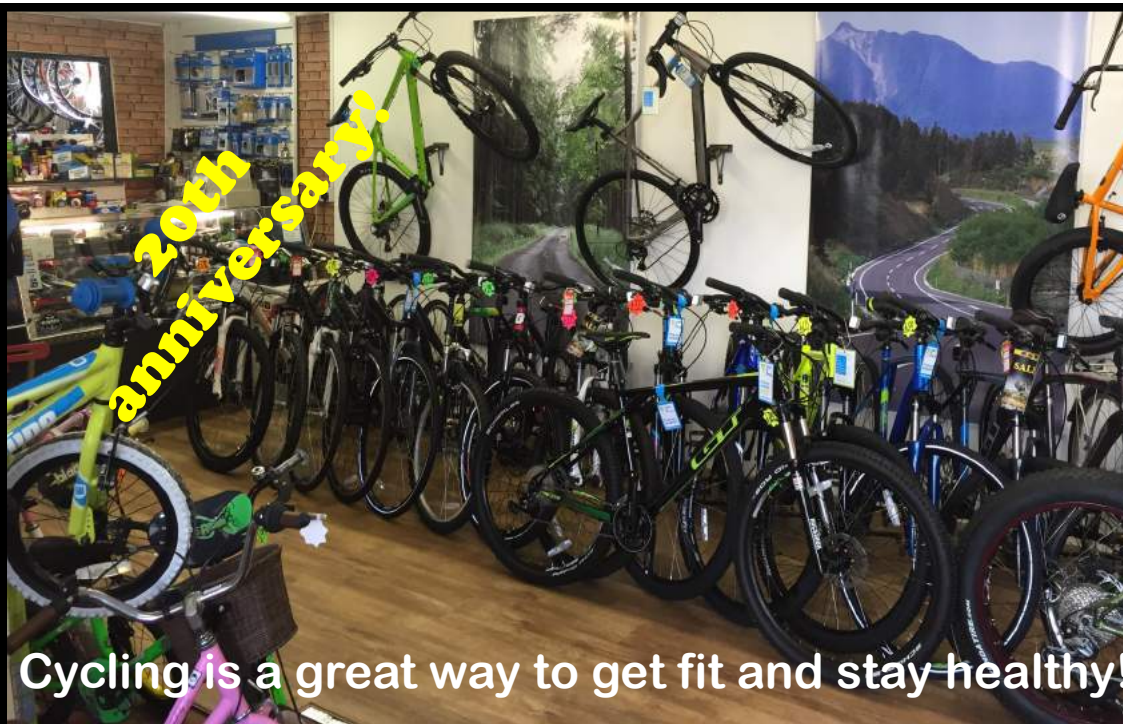


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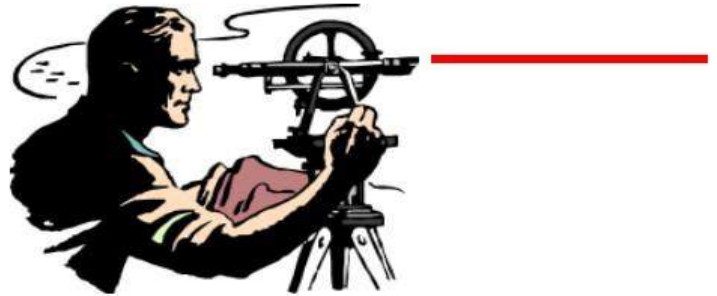
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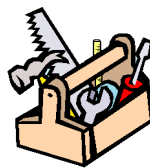


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**Kit Rickard**

18 Higher Glen Park  
Pensilva

**Phone:** 01579 363378

**Mobile:** 07855 699071

**Email:** [KITKeepItTidy@hotmail.com](mailto:KITKeepItTidy@hotmail.com)

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

## **VISIT CALLINGTON**

**A Fair Trade Town**

**Whether you need white goods or carpets for your home,  
or need to mark a special occasion, with a gift or card,  
you can find it in Callington. From a light bite in a tea room or  
Cornish Pasties to take away to dinner in a restaurant.**

**From antiques and curios, bicycles and D.I.Y. to bridal wear.**

**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**



# Pensilva Stores

**Amazing Value**

**Premier**  
a great deal more from your local store  
**Mon-Sat. 7:00 AM. – 9:30 PM.**  
**Sunday 8:00 AM. – 9:30 PM.**

- ✓ Fantastic Special Offers every month!!! (See store leaflets)
- ✓ Come and Check out our great deals on Wine, Beer and Spirits
- ✓ Local Produce: Homemade Butter and Clotted Cream, Meat from our local butcher
- ✓ Cornish Fresh Fruit and Vegetables
- ✓ Fresh Bread, Pasties and Cakes
- ✓ Take Away Coffee, tea and hot chocolate
- ✓ Newspapers and Magazines, Greeting Cards
- ✓ Paypoint, Lottery

**\* Free to use ATM \***  
**\* Card Payment \***

*Friendly Staff + Service with a Smile !!!*

**Pensilva Stores is a family run business who have been serving local people and visitors for more than 21 years.**

Higher Road, Pensilva, Liskeard, Cornwall PL14 5NQ

Tel: 01579 362547

## MENDOLOGY Garage Door Specialist

- Repairs
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Out of hours service  
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**MENDOLOGY** COMMERCIAL DOORS LTD

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**01579 363760**

# Pensilva Cars

Unit 6, Ten Acres Ind. Est. Pensilva, Liskeard, PL14 5RE

01579 363516

[pensilvacars@hotmail.co.uk](mailto:pensilvacars@hotmail.co.uk)

<http://www.pensilvacars.co.uk>



- ◇ Local Recovery £45
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- ◇ **Free** Mini courtesy cars
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**Now offering “Elite” remapping to improve performance and economy.**

**~~We can service and repair your car to~~  
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Tel: 01579 362593

Email: [keith@keithrichardsmotorbody.co.uk](mailto:keith@keithrichardsmotorbody.co.uk)

Fax: 01579 363194

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

Wm. Newham & Sons Est. 1835

Proprietor Robbie Savill AWCB

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between homes ?  
family/friends visiting ?

Cutkive Wood  
  
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ideal for Pensilva  
& St.Ive

please call Jackie on  
01579 362216

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MOBILE 07837921086



502322

# Bargain Corner Free Ads up to £50

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

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

Solid wood, round **table and 6 chairs**. Table can be extended to an oval shape. Good condition. **£150 ono.**  
**01579 363712.**

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

Brand new **2 x dining room chairs**. Beige material seats. **£15** the pair.  
**01579 346982**

Wicker, glass top **coffee table** with shelf. L 39", W 27", H 19". VGC. Buyer collects. **£30. 01579 347474**

Groovy Stars **Electric keyboard** complete with stool and singalong microphone. Excellent present for 3 to 4 year old. **£15.**  
Tel: **01579 382762**

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

Koochi **Stroller** with rain cover. Pink. Little used. **£15.**  
Graco comfort **pushchair** with carrycot, foot muff and rain cover. Dark brown. **£15.**  
Al-ko 2000R **Garden Shredder** for branches up to 35mm diameter. **£25.**  
**01579 383560**

Vintage **display unit** on casters. Colour tan. **£50.**  
Tel: **07855 016596** Pensilva area

Toddler **Bike seat** (Halfords) **£5.**  
Plastic **skate ramp** **£3.**  
Brand new Clarkes girl's navy leather **ballet pumps**. Never worn **£15 ono.**  
Tel./Text **07724 111132**

**WANTED:** At least 10 full-size good condition **railway sleepers.**  
**WANTED:** A small piece of non-development, flat accessible **land** within 5 miles of St Ive. Anything considered.  
Tel **01579 - 384658.**

Little Tikes **Wendy House** -a bit faded with the weather but perfectly sound **£25.**  
Proline **fridge/freezer** in good condition, 4 years old. **£50.**  
Tel. **01579 363609.**

**Pressure Washer** **£40**  
**Leaf blower / vacuum** **£30**  
Peugeot 407SW **roof bars** **£40**  
**01579 362064**

**Saddle**, 18" approx (Keith Bryan). About medium width. Suit lightweight cob. **£200 ono. 01579 345863**

Very large, Swiss, circular, **stainless steel barbeque**. Little used. With 45kg charcoal. **£150. 01579 363997**

E1system **desktop PC** Intel pentium dual core processor-1GB memory-250GB hard drive-Windows Vista Home Premium. Full spec available. **£50.** In working order.  
**LCD monitor** 19 inch c/w Logitech webcam, wireless keyboard plus mouse. **£25.** All in working order.  
Space required reason for sale. Pensilva village. **01579 362950**



**Chest of 3 drawers** - small silver look handles, light wood finish, vgc - FREE  
Folding polished **dining/kitchen table** - seats 4 - vgc - £15

**Wooden ottoman** - (white vinyl covered, wooden legs, possibly late 1950's/early 1960's). Good condition - £15  
Tel - **01579 383204** (St.Ive)

Portable **Colour TV** with built-in DVD. Good working order. **£30**.  
Panasonic **Blu-ray DVD**. Good working order. **£40**. Tel. **07980 284002**

Thick **Blue Slate Fireplace Hearth Stone** 28" x 28" x 1½". **£50**. No offers.  
**01579 384658**

EV7000 ELITE **Treadmill**, no incline, mains operated. Only used a dozen times. Very good condition. Buyer collects please (St Ive). **£150**.  
**01579 382304**.

Lindam Safe & Secure metal **playpen** **£40** ono  
**01579 363791**

**Motorcycle Top Box** by GIVI. Unused. Model B33NMK with 2 keys and mounting plate. Volume 33 L&R. **£35**.

1 pair **Leather Motorcycle Trousers** by Hein Gerick with removable thermal liner and TFL cool system. 38" waist, 33" leg. Never worn. **£40**.

1 pair **Leather Motorcycle Gloves** Unworn. **£5**.

**01579 362217**

Long length **Black Winter Coat** Size 12. Excellent condition. **£40**. **01579 346986**. (Higher Tremar)

**2 plastic hamster cages** - 1 with bars and other clear plastic from 'Pets at Home'- **£5 each**  
**01579 363315** after 6pm

**Blind for VELUX® Window**  
Blind colour Acacia Pebble (Cream)  
Model Code:CGL Size Code:M08  
Frame colour: silver  
Size: Width 613mm, Drop 1160mm  
Supplied in original unopened packaging:  
**£21.50 ono 01579 363497**

**Greenhouse**, 8'x6' Poly Carb,  
**£30** (buyer to dismantle)  
**01579 383137**

Ladies Genuine Leather **Motorbike Jacket**  
- **£20 ono**  
Higher Tremar **01579 346986**

**Leopard Coat**, faux fur. Calf length, cowl collar, matching hat. Medium size, 38"/40" bust. **£30 - 01579 345783**

Blue-grey **ladies bike**, Falcon Safari, Very good condition. Shimano brakes, front and bike light. Clip-in water bottle included. **£50** Please contact Alison on **01579 383361** In Callington, can deliver.

## 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.



**sky SPORTS**

## 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
Breath of Air	Monday 1.00pm - 3.00pm	01579 345989 Pauline
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)
Ladies Netball	Friday 09:15 - 10:15am	07985 387472
Pensioners Lunches	Tuesday 12:00 - 2:00pm	01579 363096
Short Mat Bowls	Thursday 7:00pm	01579 208528
Village History Group	Last Monday Monthly 7:30pm	01579 208754 (Angus)
Wildlife Group	Quarterly	01579 362539 ( Hilary)
Woman's Institute	2nd Wed Monthly 7:15pm	01579 363718 (Frances Tucker)
Yoga	Wednesday 7:00pm	01579 344464
Zumba Fitness Classes	Wednesday 7:00 - 8:00pm	01579 363096 (Millennium House)
<b>PENSILVA VILLAGE HALL</b>		
Brownies	Monday 4:00 - 6:00pm	01579 362239 Martha Oliver
Girl Guides	Monday 6:30 - 8:00pm	01579 363212 Jackie Browning
Pensilva Wednesday Club	Wednesday 2:30pm	01579 363221 Mrs Jean Conner
Pensilva Snooker Club	Wed 7:00pm + Various times	01579 362091 Phillip Bond
MIMS (light exercise)	Friday 1.00 - 3.00pm	01579 343702 (Mike)
Rainbows	Friday 4:00 - 5:00pm	01579 362091 Lynne Bond
Rangers	For Info	01579 362982 Kirsty Oliver
<b>PENSILVA PRE-SCHOOL</b>		
Pensilva Pre-School	Monday-Fridays 9:00 - 3:15 (session times available)	07890 023924 Mrs Suzanne Kinsman (Manager)
Tiny Tots Toddler group	Friday 9:15 - 11:15am	07890 023924 Mrs Suzanne Kinsman (Manager)

## What's on in St Ive ?

### ST IVE INSTITUTE

Art & Craft Group	Tuesday 1:00 - 5:00pm	01579 362216 (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 R Bunkum

**St Ive Institute available for hire. £3.50 per hour.** This includes the use of the kitchen & electric (excluding wall heaters which operate on a £1 coin meter)  
**Contact Jill Ede 01579 384095 or Judy on 01579 384465**  
Hall meetings will now be held bi-monthly on the second Tuesday of the month

### ST IVE & DISTRICT GARDENING ASSOCIATION

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

**Monday 3<sup>rd</sup> October** **Pat Ward**, Cornwall Garden Society,  
**The History of Boconnoc Estate**

**Monday 7<sup>th</sup> November** **John Notley**, from Radio Cornwall,  
**Whatever the Weather**

**Monday 5<sup>th</sup> December** **Caroline Stone**, the national collection of  
**Double Primroses**

**Saturday 7<sup>th</sup> January** **Annual Lunch** details tbc

*Visitors and new members are always welcome to join us.*

### ART AND CRAFT GROUP

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

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

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

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

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

We look forward to meeting you.

# Pensilva Post Office

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



## Opening times:

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



## **MILLENNIUM HOUSE**

# **THE MEL**

## **Licensed Bar Free House**

### **Opening Hours**

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

Millennium House 01579 363096

