

THE PARISH PUMP



August 2017
Edition 429



The Newsletter for the Parish of St Ives



At Pensilva Carnival, July 15, 2017

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 Haimes (chair)	01579 362459	Ruth Wilson (vice chair)	01579 363684
James Bruce	01579 362983	Marlene Carr	01579 362919
Pam Carter	01579 362640	Martin Corney	01579 382450
Angie Haimes	01579 362459	Rosemary Farley	01579 384810
Tony Hodson	07973 536964	Nigel Libby	07968 891814
Alan Moss	01579 362064	Kath Parkes	01579 362005
Ivor Vaughan	07979 934604		

Sharon Daw (Cornwall Councillor)

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 14th August 2017 at 7:30pm at St Ive



Devon & Cornwall Police
Building safer communities together



101

Minicom 18001 101

Police Community Neighbourhood Office 01579 325454 at any time

Your Community Support Officer is PCSO 30271 Linda Phillips.

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

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

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

In an emergency call 999

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

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

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

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

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

Millennium House enquiries and reservations: 01579 363096

email: millenniumhouse@btconnect.com.

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

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

Parish Pump Information and Contact Details

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

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

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

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

Current Advertising Prices including VAT at 20%

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

10% discount for 12 months paid in advance.

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

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

THE MEL BAR

Relax and wind down
at the Mel Bar, Millennium House



From the Editor

Unfortunately I had to miss the Pensilva Carnival Day this year, but I have enjoyed hearing all about it and seeing the photographs. It does look as though it was an excellent occasion. You will find Karen's report and some photographs on pages 10 and 11 of this edition. I would urge everyone to try and attend Carnival events and Carnival Day whenever possible. Occasions like this are what build a sense of community and the more people that get involved the stronger our community will become.

Some sports news on page 12: our special Olympian Nikki Welch continues to collect Badminton medals by the armful and the year 5 & 6 tennis team from Pensilva School had a really good run in the Cornwall Schools championship. By my reckoning, Roger Federer had already won about ten Grand Slam titles before these youngsters were even born, but he was back at Wimbledon again this year to win his second Grand Slam of the year at the age of 35. It was amazing!

I hope you are all thoroughly enjoying the summer.

All the best! Joe

Millennium House Opening Hours

Reception

9am till 2.30pm Monday to Friday

Community Coffee Shop

Tuesday 9am to -1pm Wednesday and Friday 9am till noon.

Bar

5pm till 11pm Monday to Thursday

3pm till 11pm Friday

12am till 11pm Saturday and Sunday

PARISH COUNCIL DROP-IN SURGERY

The next Parish Council's drop-in surgery will be on Sunday, August 27th between 10am and noon, upstairs in Millennium House, Pensilva. The two councillors in attendance will be Alan Moss and Tony Hodson.

Please drop in if you have any concerns on parish matters that you would like to raise with them.

A LETTER FROM STEPH McWILLIAM

Have you tried All Being Well?

The first time I met Joe, I said that he would know he had cracked the marketing of All Being Well if he ever found me in there using the facilities. Ha - I am now a regular.

For various reasons, the ageing process started catching up with me fast. I had a conversation with my daughter about personal fitness trainers but thought they would never be able to get down to my level. Wrong! We had a great asset at ABW with Mel and I wasn't the only one sorry to see her leave. However, Dylan is a new asset and has exceeded my expectations. We had a chat about my health problems and current level of fitness. He designed a gentle programme to get me started and I am making slow but steady progress. I can already feel the benefits of stretching and moving better for everyday tasks like shopping and driving but my balance is also improving.

Neither Joe nor Dylan have asked me to write this. I just think there may be other people like me, older and slowing down, who feel they would be out of place in a gym. If so, I really recommend giving it a try. We take movement for granted for most of our lives but, like most things, it is a case of use it or lose it.

If you haven't already, I strongly recommend trying ABW – and I never thought I would say that!

Steph McWilliam

St Ive Parish Council - Chairman's Column

First of all I would like to say a big thankyou to Karen and all of the Carnival Committee for another successful Carnival week, ending with an excellent Carnival day. I hope all the groups that put effort into organising events made money for their groups.

As I go round the Parish I notice several pavements with hedges growing out over them, making access difficult, I would remind landowners and house owners that they are responsible to keep their hedges trimmed, in bad cases Cornwall Highways may trim the hedge and bill the owner,

During July we had an instance of people camping on Pensilva Recreation Ground (not local people) but I would like to remind everyone that no **camping or dogs** are allowed on Pensilva or St Ive recreation grounds.

Some people may have heard of a dispute between the Parish Council and the Football Club. It is all over the fence around the pitch on the recreation ground. The Parish Council and the trustees of the recreation ground have voted to hold the football club to the original verbal agreement to have a temporary and not a permanent fence around the pitch. Prior to carnival week the Parish Council removed some of the permanent fence posts (the Charity Commission say that permanent fences are not allowed). The rope barrier can still be put up for matches but must be removed after, and to this end councillors have offered to put up the fence for evening matches, when time is tight before a match. All the advertising hoardings can stay along the top of the field, with some portable signs being placed by the goals if required. These actions form part of a contract between the council and the club, which will formalise the agreement, and we await their response.

Finally with summer holidays upon us if you are using the recreation grounds please use the litter bins or take your litter home.

From Cornwall Councillor Sharon Daw - report for July 2017

Attended briefing on reducing waste and increase recycling. Recycling monitoring in each division and will be made public!!! we all need to work on reducing rubbishincreasing recycling

Minions toilets have been scrubbed up and new bins ordered...

Meeting with Pcs0 was a great success and will continue to meet regularly ... The moor-watch launch is now live and if you want to reduce speeding on the moor in the hamlets and hot spots we can all work together ... it's a joint venture with Linda being the main drive...

Boundary commission deadline is 7th August..3 questions online need answering for your opinion on the future boundaries and representation ...Parish feedback urgently needed.

I had great pleasure on attending the Opening of the observatory ..Bodmin dark skies an amazing journey for the ownersfinally recognised ..wish them all success for the future...

Community chest is open for small grants and extra special this year is the introduction of crowd funding...

After attending meet and great .. common problems around the division were mentioned and I hope action on pot holes... overhanging trees on hedges will soon be addressed ...

CC Daw



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

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



WE HAD TO DELAY OUR OPEN DAY BECAUSE OF THE WEATHER.

YOU ARE CORDIALLY INVITED TO OUR OPEN DAY ON 12TH AUGUST 12 – 4 pm We will have children's activities, wild food, a pickling demonstration, live shows, tours of the garden and all manner of delights yet to be finalised. But best of all, light lunches and cream teas in wonderful company. All welcome, especially children

VOLUNTEERING OPPORTUNITIES Our volunteer days are Weds from 10 a.m. to 2.30pm and Thursday from 12 to 3pm and lunch is provided. Our volunteers find that they enjoy the fresh air and exercise, the great company and getting hands-on with growing vegetables.

CROPS AND PLANTING we have reached that time of plenty in the garden when we are drowning in courgettes, tomatoes, new potatoes and French beans. It's looking like we will have a bumper crop of aubergines and peppers as long as the weather stays with us.

We're planting out leeks, cabbage, broccoli, cauli and kale as the potatoes come out to keep us going through the winter. A kind donor brought us some globe artichoke plants back from Brittany, so I hope we enjoy them; we'll have plenty next year.

OUR VEG BOXES Full of our own produce enjoy our 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.*

OUR VEG STALL We are able to fill up the stall with fresh produce from the garden on a daily basis now, so it's always worth a look for bargains. 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

www.thegrowingproject.org.uk

PENSILVA W.I. REPORT

Our President, Frances Tucker, opened the meeting and welcomed two new members and a visitor. During June members had really enjoyed a trip to Cotehele to play Croquet, followed by a picnic in the gardens. Members have lots to look forward to in July starting with a visit to Trelawne Manor in Looe. Following our tour of the house we will be finishing with a cream tea. At the end of July we have a visit to Sterts to see the musical 'My Fair Lady' which is sure to be enjoyable.

Our speaker this month was Margaret Parker and the talk had the intriguing title of 'Prime Ministers and Prostitutes'. Margaret spoke to us about her life, starting as a journalist. Following a four year apprenticeship she spent a number of years working for the press association in London. Exciting times as all the papers were then based in Fleet Street and it was a 24 hour hub of activity.

Following the birth of her children she took a part time job on a local paper and it was during this time that she got the opportunity to interview Margaret Thatcher. Despite not being a Conservative supporter, she found herself being impressed with Mrs Thatcher and enjoyed the experience of interviewing a serving prime minister. Margaret was made redundant and with jobs for over-50's being hard to come by, and with some misgivings she took a job as a Market Researcher. She discovered how important market research was to the large companies and found it very interesting. Margaret told us tales of meeting prostitutes and tarantulas – a real cross section of people. This was a very lively and interesting talk and thoroughly enjoyed by all the members.

Competitions:

Old Book: Mandy Smee, Verna Dawe, Eileen Adgo

Flower of the Month: Sue Turpin, Mary Yates, Janet Butcher

Next Meeting: 8th August, a Barbecue at the home of one of our members.

PENSILVA CARNIVAL 2017 REPORT

Another successful Carnival week. Thank you to all the organisations who put on events during the week and on the day, namely Pensilva Preschool car treasure hunt & hog roast, All Being Well quiz night, P.S.A. film night, Alex Putna for the charity social supper, Keith Richards for the British Heart Foundation bingo, and Pensilva Football Club for the donkey derby. The brownies / girl guiding group did a lovely job in the café on Carnival Day. This year we had nine amazing entries in the scarecrow competition. The photos are on display in Millennium House. Thank you for a great effort! The weather on Carnival Day could have been kinder - good old Pensilva mizzle kept drifting across, but it didn't dampen the lovely atmosphere.



The baby show and dog show were very well supported. Thanks to judges / organisers Charlotte and Louise for the dog show and to Ruth and her sister for the baby show - a very difficult job - all the little ones were lovely!

Thanks to George and Mark's Ark for the ferrets: this was a great new addition this year and there has been lots of positive feedback.

The raffle, once again, was very successful. Thank you to all the local businesses for their generous prizes. Thanks to Anna for the lovely Carnival King and Queen float; it looked amazing! Finally a big thank you to all the people who turned out on the day



to help us: Ivor Jill and Tommy, to name a few, to the Millennium House staff, to the Parish Council, and to all who made the effort to wear fancy dress - some amazing costumes on display. A carnival is only as good as



the public that supports it; please keep supporting us - we don't want to lose it.

Karen xxx - sorry if I missed anyone!

PENSILVA CARNIVAL FANDY DRESS AND SCARECROW WINNERS

FANCY DRESS:

5 YEARS AND UNDER :

- 1st Princess Poppy, Scarlett
- 2nd King Joffrey, Kai (cover photo)

6 -11 YEARS :

- 1st Optimus Prime, Danny
- 2nd Tardis, Brooke
- 3rd Mr Bunny, Brooke

12+ YEARS :

- 1st What's up Doc?, Nigel
- 2nd Local Seagull, Imogen
- 3rd Wild Bill Hiccup, Nigel

PAIRS :

- 1st. Visitors to Millennium House, Roger & Primrose
- 2nd. Cool Corn, Adam & Ethan
- 3rd. Peas & Carrots, Nigel & Bernard

GROUPS :

- 1st. Harris 17, Harris family
- 2nd. Penilva pre-school & toddler group
- 3rd. Hicks' Army



FLOATS :

- 1st. Kiddi Winks does Strictly



SCARECROWS :

- 1st. 3 Blind Mice. Parkin Family, Slade Park Road.
- 2nd. Scarecrow. Bryson family. School Road.



Nikki Welch has just returned from Wrexham, North Wales, with two gold medals. She won the badminton regional games, ladies singles and mixed doubles events, class 1, quite convincingly. The results are yet to be published on the SOGB website. Nikki from Pensilva is the only Special Olympian in Cornwall that plays badminton for our county; she has participated in events in most regions of Great Britain and represented England on many occasions in the 4Nation challenges. Nikki has won over 30 gold and silver medals. She recently co-hosted a badminton fun day at Dobwalls school which raised £100 for the Cornish Olympians that will compete in the National Special Olympic Games that will be held in Sheffield this coming August. In all, Nikki raised a total of over £200 for the Cornish team that will help pay towards travel, kit and accommodation in Sheffield. She says thanks to everyone that donated and to those that have supported her in training and at the events.

Pensilva School Tennis

On the 30th June our Year 5/6 tennis team made it to the final of The Cornwall School Games for the first time ever!

They represented East Cornwall and played amazingly well against teams from some very large schools. They ended up in the play-off for 3rd place but narrowly missed out on a medal!



Well done to
Brooke Hall, Samuel Lambert, Lauren Russell and George Rule-Hodson!

COMMUNITY COFFEE SHOP in MILLENNIUM HOUSE PENSILVA

THE COFFEE SHOP IS NOW OPEN AND OPEN ON:

TUESDAYS 9.00am - 1.00pm
WEDNESDAYS 9.00am - 12 noon
FRIDAYS 9.00am - 12 noon

Many people have been saying how they miss not having a coffee shop but we need YOUR support to make it a success. Sadly, it is a case of 'use it or lose it'.

We, as a Parish Council, are willing to support where we are able and hope that you will take advantage of this new venture, so please come and join us for a cuppa and a chat.

PENSILVA COMMUNITY VOLUNTEERS

CARPENTERS

ELECTRICIANS

PAINTERS

ODD JOBS

DECORATORS

CLEANERS

GARDENERS

PLUMBERS

DO YOU HAVE A SKILL?

CAN YOU SPARE A COUPLE OF HOURS?

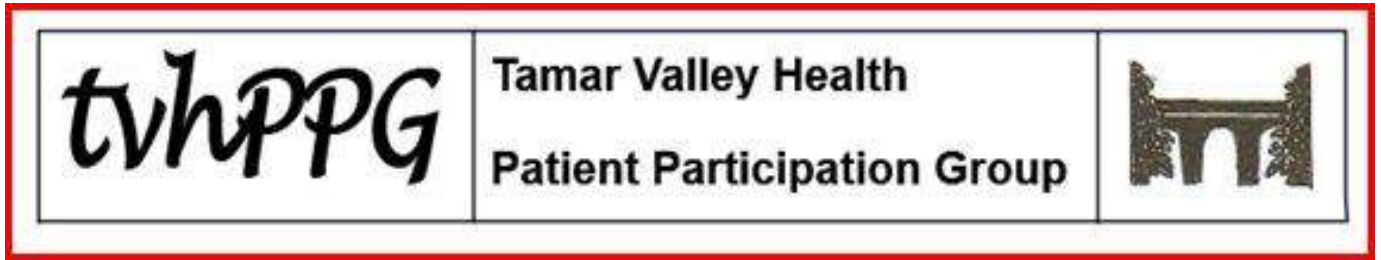
ARE YOU WILLING TO HELP OTHERS IN THE COMMUNITY?

ST IVE PARISH COUNCIL IS COMPILING A LIST OF VOLUNTEERS WHO ARE WILLING TO HELP THE LESS ABLE AND THE SENIOR MEMBERS OF THE COMMUNITY WHO NEED A SMALL JOB CARRIED OUT.

COME ALONG TO OR VOLUNTEER REGISTRATION AT MILLENNIUM HOUSE ON SATURDAY 22ND JULY BETWEEN 10 AND 12 AM.

OR PLEASE SEND YOUR DETAILS INCLUDING YOUR NAME; EMAIL; TELEPHONE NUMBER AND SKILL YOU'RE OFFERING TO:

alanmosspc@gmail.com



TAMAR VALLEY HEALTH PATIENTS' GROUP NEEDS AN INJECTION!

In the last few months, for a variety of personal and health reasons, your Patients' Group has lost several key members of its Committee. In fact, the Committee has virtually ceased to exist and useful projects have had to be dropped for lack of support. You will all be aware of the pressure that GP services are under across the country and it is becoming very difficult to maintain the high standard of care that we have become used to and expect. In addition, major changes are being planned for how primary health and social care services will be provided in Cornwall in the future. It is very important therefore that patients have an effective way of expressing their views on these issues and can contribute to their solution.

Here are some of the key things that Practice Patient Groups do:

- **Collect feedback from patients on their experience of the care provided both by survey and by direct contact.**
- **Make suggestions for changes and improvements to the services provided.**
- **Advise and comment on changes and developments planned by the Practice.**
- **Support the Practice by helping to publicise important issues that affect their patients.**
- **Sponsor and publicise campaigns for healthier living.**
- **Monitor official NHS and other surveys comparing the Practice with others.**

Overall, you could say that the Patients' Group acts as a "Critical Friend" of the Practice.

Could you spare some time to help the Practice keep up and if possible improve its current standards of service? Volunteers are needed for roles such as officers or members of the Committee and people able to offer occasional help with individual projects.

If you are interested or would like more information, please contact nhskernowccg.tvh.ppg@nhs.net or leave you name and contact details with reception.

Thank You

FRIENDS OF PENSILVA HEALTH CENTRE

A MEETING WILL BE HELD ON

TUESDAY 5th SEPTEMBER, 2017

At 2 pm MILLENNIUM HOUSE, PENSILVA

EVERYONE WELCOME

Pensilva Wednesday Club R.V.S.

Meet n Pensilva Village Hall at 2:30pm on alternate Wednesdays

ALL ADULTS WELCOME TO JOIN THE WEDNESDAY CLUB

30th AUGUST	GORDON'S QUIZ
13th SEPTEMBER	Coach trip to OTTER NURSERIES, Brixton, Plymouth. Leave Millennium House at 11am. Books, plants, cards, clothing, novelties etc. Café. To book, please contact Jane Mann on 01579 362960. £8 per person. All welcome.

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

1st No. 32 Miss J Treseder £75	2nd No. 156 Mr J Brice £50	3rd No. 139 Mrs C Morris £20
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Thank you for your support



Carnival Quiz

THANKS AND RESULT

Seven teams took part in the quiz on the Monday of Carnival Week. It was an enjoyable evening with 50/50 emerging as the clear winners. Defending champions, Three's a Crowd Plus One, were minus one team member on the night and were unable to retain their title.

Thanks to everyone for your support!

Organised by and raising funds for

All Being Well

Improving the health of our community

Ruth and Colleen's Monthly

BINGO

At Millennium House

on Tuesday 8th August

Eyes down at 7:30pm

Over 18's only

£££ CASH PRIZES £££

ST JOHN'S Presents an afternoon
CHURCH of activities on
Wednesday

August
16th

GAMES

ARTS and CRAFTS

CREATIVE DANCE

ACTIVITIES

for children from

Reception to Year 6

in Millennium House

Free admission Registration from 1.45 to 2.15 pm

Activities from 2.30 to 4.30 pm

Children under 5 must be accompanied by an adult at all times

WORTHY
WAGLES

WINNER OF
BEST DUO

BBC 2
RADIO

FOLK
AWARDS

2016

KATHRYN ROBERTS & SEAN LAKEMAN

APPEARING HERE

St LALLUWY'S CHURCH, Menheniot

Friday 1st September 7pm

TICKETS (£10) ON SALE FROM 11TH AUGUST

at Spar Shop, Menheniot, Liskeard Museum,

or call 01579 347859

KATHRYNROBERTSANDSEANLAKEMAN.COM

 /KATHRYNROBERTSANDSEANLAKEMAN

 /KATHRYN_SEAN



PENSILVA WOMEN'S INSTITUTE HORTICULTURAL SHOW

To be held in

**MILLENNIUM HOUSE, PENSILVA on
SATURDAY 9th SEPTEMBER, 2017.**

To be opened at 2.15pm.

By Joe Bicarregui, Editor of Parish Pump.

Prizes presented at 3.30pm.

Classes for Cookery, photography, cut flowers and flower arranging, plants and vegetables, handicrafts and art.

Schedules available from Jill Pascoe 362819



**or any W.I member, also
from Millennium House.**

Cream Teas, Raffle

Free entry.



Pensilva Memory Café

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

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

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

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

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

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

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

PENMILL ART GROUP

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

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

St Ive Church Produce Market

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

Homemade Cakes Fresh Vegetables

Jams Pickles Local made Pasties

Bric-a-brac and much more - also

Home Reared Traditional Meat

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

Trehill Farm Produce

Cooked Lunch available from 11:30 only £4.50



KV Accounting Solutions

ACCA

Local Accountant offering fixed fee accounting services

With over 20 years experience, I am a fully qualified, friendly, local accountant

- ✓ Annual Accounts for Sole Traders and Partnerships
- ✓ Book Keeping & Payroll
- ✓ Personal Tax Planning
- ✓ Company Accounts
- ✓ Business Support & Advice

- ✓ Self Assessment tax returns
- ✓ iXBRL tax filing
- ✓ Tax investigation Fees Insurance
- ✓ Company Secretarial work
- ✓ Tax calculations for Sole Traders and Partnerships

Kate Vaughnley FCCA - Chartered Certified Accountant
Website : www.kvaccountingsolutions.co.uk or Email : katevaughnley@gmail.com
Telephone : 01579 364083

Community Lunch

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

Adults £7.95p

Children (*Under 12*) £4.95p

At Millennium House, Pensilva

Bookings required:

Call Graham or

Charmayne

on 01579 363096



Pensioners Lunch

2 Course Meal plus Tea or Coffee
Only £5.50

Every Tuesday here at Millennium House

**Speak to our reception or
telephone Graham on 01579 363096**



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

Cornwall Good Neighbours Service

Could you be a Friend?
Or do you need Befriending?

Doing the small things that make a big difference



Many older people in Cornwall can have their lives changed through contact with befriending schemes. Loneliness and isolation are common among older people living alone.

Volunteers provide a range of services to people who require additional support to remain independent and active in their community. Anyone can become a volunteer and make an incredible difference to someone else's life. Even an hour a week will make a difference.

Services provided by volunteers include:

- Home visits, sharing a cup of tea and a good conversation
- Reading to those who are visually impaired
- Assisting with correspondence
- Accompany people on short walks
- Play a game of cards or scrabble for example
- Accompany clients on shopping trips or shopping on their behalf

There is no specialised requirement for volunteers, you just need to;

- Possess a willingness and desire to help
- Be committed to providing reliable, consistent support
- Identify how much time you are able to comfortably give
- Identify the kind of service you would like to offer
- Enjoy sharing your time with others and meeting new people

The benefits to both volunteers and older people are numerous and rewarding;

- You meet new people
- People retain their independence and self-esteem
- Real difference to the life of someone else
- Volunteers experience a feeling of contributing to an invaluable service and of making a real difference to the life of someone else
- You learn new things about others and the area in which you live

Could you be a member of this fantastic team and help to improve someone's quality of life? If you would like more information, please contact:

Carol Jane, Service Manager

Tel : 07771 345337

ROYAL
VOLUNTARY
SERVICE

Together for older people



All Being Well

Your local, friendly gym.

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

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

Opening hours:

Mon/Wed/Fri 10.00 to 3.00
and 5.00 to 9.00

Tues/Thur 9.00 to 1.00

Saturday 10.00 to 1.00

Email: abwgy@gmail.com

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

PENSILVA VILLAGE HALL

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



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

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

Organisations that meet in Pensilva Village Hall

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

St Ive Institute & Village Hall

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

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

For more details Telephone 01872 261110 or visit

www.isightcornwall.org.uk

PENSILVA HEALTH CENTRE - PATIENT PARTICIPATION GROUP

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

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

(Contact Ivor Vaughan 07979 934604).

You can contact us directly or through the Health Centre.

PENSILVA HEALTH CENTRE CARERS AND BEREAVEMENT GROUP

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

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

For any information please contact Jean Connor 01579 363221

PENSILVA HEALTH CENTRE - Baby Clinic

First Thursday of every month, from 1 to 2pm

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

For information call the health centre on

01579 362249

St Ive Church

Services at 11:15am Every Sunday

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

Other August Events

- Fri 4th **Home Produce and Bric-a-brac with Lunch 10:30-1:00pm**
Home made cakes etc, fresh vegetables, locally made pasties, pickles, jams and much more. Farm-fresh meat from Trehill Farm Produce.
- Sun 20th Lunch in Church 12:45pm All welcome. Only £7 for 2 courses.

Cream Teas Every Sunday through the summer 2:30 to 5pm

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- Reverend Margot Davies **01579 208698** email margotaj@tiscali.co.uk
Church Wardens Brian Dwelly **01579 364010** email btdwelly@aol.com
Colin Catchpole **01579 383867** ccatchpole@hotmail.com

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

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

Notice from ACTION ON HEARING LOSS

With regret we have to close our hearing aid maintenance clinic which was held quarterly at Millennium House, Pensilva, due to a lack of volunteers and dwindling numbers.

Our clinic in Oak Tree Surgery will continue and the next date is Thurs 10th August 2017, 2.00pm to 4.00pm

ST JOHN'S CHURCH, PENSILVA

Services for August 2017

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) Mr. Derek Packman
Sunday 13th	11 am 5pm	Café Church No Food for Thought in August
Sunday 20th	11 am	Anglican Holy Communion Service
Sunday 27th	11 am	Rev. Sue Hill

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

Afternoon Tea Friday 4th August, 3pm at St John's. Bring and Buy. Everyone very welcome.

Children's Activity Afternoon 2 - 4pm on Wednesday 16th August at Millennium House

No Fellowship in August

Prayer Group: No meeting in August. Please ring Eileen on 362580 or Carolyn 362698 if you would like prayer for yourself or someone else.

For further details of the Services held in St John's, if you know of any illness or need in the village or if you would like your wedding or baptism in the church, please contact: Geoff Cox - 362698 or Frances Tucker - 363718

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: Aug 4, Sep 1, Sep 29, Oct 27
Nov 24, Dec 22.**

Stops at:

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

Quethiock bus stop. 11.00 to 11.20am.

St Ive Methodist Chapel

Services for August 2017

Sun 6th Aug	11am	Mr Brian Westlake
		No evening service
Sun 13th Aug	11am	Mr Alan Libby
		No Food for Thought in August
Sun 20th Aug	11am	Mr John Pointon
		No evening Service
Sun 27th Aug	11am	Mr Julian Lanon
	6pm	United Service

“Village Churches Together” on Tuesday 1st August at 7:30pm at St John’s Church, Pensilva. Please ring Keith on 382334 for details. Everyone welcome.

The Chattermakers Craft Group will meet on Thursday 3rd, 17th and 31st of August in the Guild room from 7:30pm. Anyone wanting more details please contact Kathryn on 01579 382334. All welcome.

The Village Church Prayer meeting will be held in the Guild room on Wednesday 2nd, 16th and 30th from 7:30pm. All welcome.

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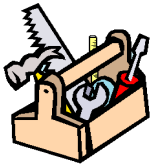
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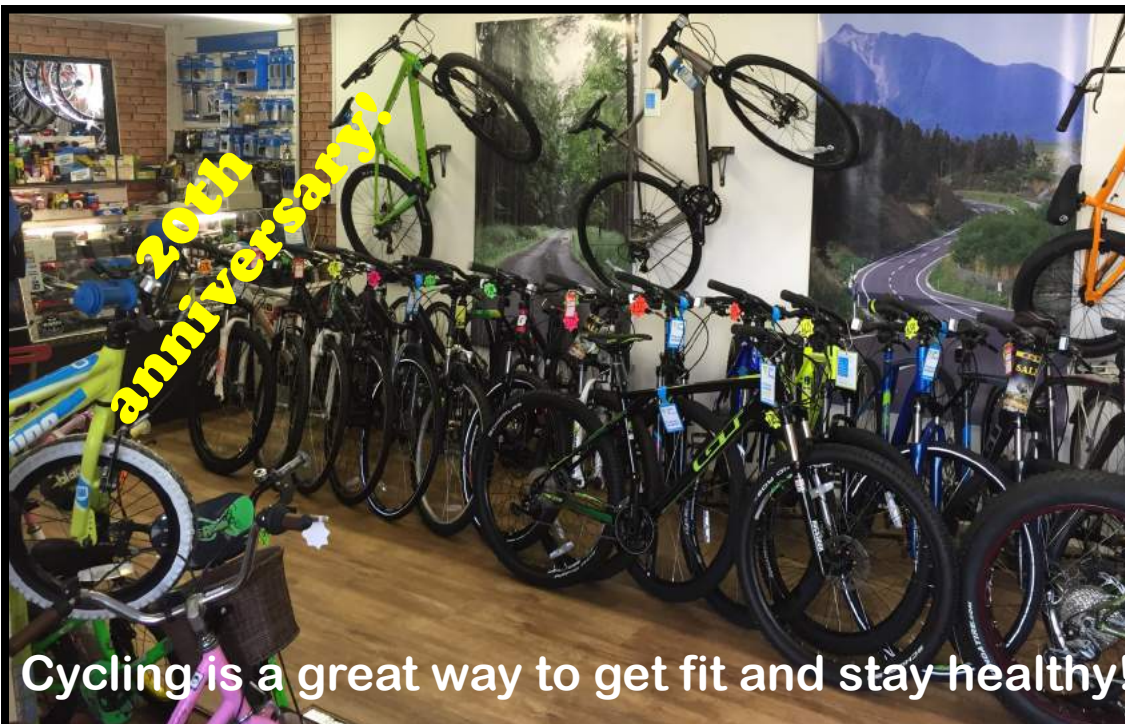
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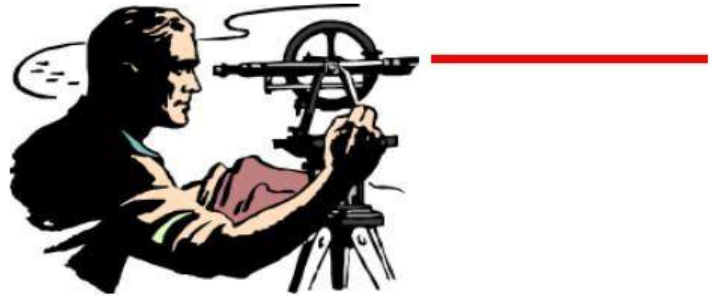
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Collector's item, Salter 9" dia, solid brass faced hanging **scales**, made in England. Will weigh up to 200 lb. **£25.00**
01579 384658

Dremel Moto Saw. As new condition **scroll saw/fret saw**. Ideal for hobbyists. Own, plastic carry case but is missing vacuum cleaner adapter & instruction booklet. Instructions available on line. **£50.00**

James Ultra 7000 Ultrasonic **cleaner for jewellery** and other items. Very good condition. Instructions available on line. **£20.00**

01579 362207 (Pensilva)

Vintage **display cabinet**, colour Tan. **£25**
Solar Tiffany 10 lamps 3 lampposts **£35**
Soda stream, just tested, unused. **£19**
Phone/text **07855 016596** Pensilva area

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

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

White wooden double bed frame 'Avignon' range from house of home **£50 ono** reason for sale - moving
White 3/4 size dishwasher, Bosch, good working order **£50 ono**
07724 111132

Modern steel frame **single beds** (pair). Aluminium effect. Complete with new memory foam mattresses. **£50 each**.
01579 362293

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

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

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

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.

Please let us know when your item has sold.

Call 01579 363096 or email parishpump@btconnect.com or leave a note at Millennium House reception.

THANK YOU

What's on in St Ive Parish ?

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

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

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

Saturday 5th Aug A visit to **Lower Charaton Cottage**, Charaton Cross, Pensilva PL14 5RQ. Meet St Ive car park leave at **1.40pm**

Saturday 2nd Sep **St Ive Village Show** with classes for your fruit, vegetables, flowers, cookery and handwork

Monday 4th Sep **Michael Stephens**, Creating a scented garden

Monday 2nd Oct **Simon Miles**, Forest Gardening, how it works

Visitors and new members are always welcome to join us.

ART AND CRAFT GROUP

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

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

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

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

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

We look forward to meeting you.

Pensilva Post Office

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



Opening times:

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



MILLENNIUM HOUSE

THE MEL

**Licensed Bar
Free House**

Opening Hours

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

Millennium House 01579 363096

