

A woman in a dark blue jacket is speaking to a group of children in high-visibility vests inside a large hall. The children are wearing red and yellow high-visibility vests. The woman is holding a clipboard and looking at the children. The background shows a large hall with wooden beams and a glass wall. There are recycling bins and a sign that says "Recycle" in the background.

**Also In this edition - Pensilva Carnival
info: 4 page pull-out!**

Disclaimer

The articles appearing in this magazine do not necessarily reflect the views of the Parish Council nor of the Parish Pump Editor.

Parish Councillors Telephone List

Peter Haines (chair)	01579 362459	Alan Moss (vice-chair)	01579 362064
James Bruce	07411 192645	Marlene Carr	01579 362919
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Rosemary Farley	01579 384810	Tony Hodson	07973 536964
Nigel Libby	07968 891814	Kath Parkes	01579 362005
Ivor Vaughan	07979 934604	Craig Vaughnley	01579 364083
Samantha Reilly	via Parish Office	01579 363096	
Sharon Daw (Cornwall Councillor)	07837 379305	slash.dash.daw@gmail.com	

Meetings of St Ive Parish Council

2nd Monday monthly: Parish Council Meeting, alternating between St Ive Village Hall and Millennium House (please refer to notice boards for the agenda showing start time and venue each month). Any changes to the regular dates (i.e. Bank Holidays etc.) will be publicised accordingly.

4th Tuesday Monthly: Parish Council Planning Committee Meeting, 7 pm at Millennium House Pensilva, followed by the Parish Council Finance & Administration Committee Meeting commencing at 7.30 in the same venue.

Date of Next Parish Council Meeting

Monday, June 10th, 2019



Devon & Cornwall Police
Building safer communities together



101

Minicom 18001 101

Police Community Neighbourhood Office

Your Community Support Officer is PCSO Steve Edser 30173.

email: CIOsnbmliskeard@devonandcornwall.pnn.police.uk

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

In an emergency call 999

Contact details for St. 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, Jenny Hoskin, who will present them to the Parish Council.

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

For accounts matters for the Parish and for Millennium House contact John Body, Finance Officer: 01579 362102, 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

There are times when the World goes a bit crazy and this seems to me to be one of them. Most of it will probably settle down in time, but I can't see how that will happen with regard to climate change unless we all, individually, take responsibility for our own carbon footprint, and collectively adopt a drastically different approach to the way we treat our poor planet and the creatures that inhabit it. This is not the place to go into detail about what is, by definition, a global problem, but we have a group within our Parish that is striving to ensure that we at least do our bit at the local level: a short report from the St Ive and Pensilva Climate Action Group is on page 10. I'm sure we will be hearing a lot more from the group in the months and years to come. I would urge everybody to take a proactive part in helping to make our Parish a model for other communities to look up to and follow. Agree? Why not join the group?

Take care

Joe

Millennium House Opening Hours

Reception

9am till 2.30pm Monday to Friday

Community Coffee Shop

See separate notice on next page

Bar

5pm till 10pm Monday to Thursday

3pm till 10pm Friday

12am till 11pm Saturday and Sunday

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

COMMUNITY COFFEE SHOP *MILLENNIUM HOUSE, PENSILVA*

OPENING HOURS

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

Open to small groups (pre booked) for Cream Teas - Buffet - Lunch Bites

The Coffee Shop is run by volunteers who aim to offer a cheery, relaxed atmosphere for you to sit and enjoy a cuppa. We adapt our service in response to feedback from members of the public, whose support we rely on to continue. We would like to offer our sincere thanks for your support of the Coffee Shop.

Dog-walking on Bodmin Moor

Please remember that from March 1st to July 31st all dogs must be kept on leads at all times while walking on the moor, and leads must be no more than 2 metres in length.

Supporting Guiding & Scouting Activities in Pensilva **200 CLUB** Draw Results for April 2019

1st No. 198
Mrs T Bunkum

2nd No 164
Mrs D Solomon

3rd No 112
Mrs M Jeffrey

Thank you for your support

CHAIRMAN'S COLUMN

I must start this month on a serious note, last month the council was informed of a case of inconsiderate parking outside the village hall at St Ive. I have talked about this before, but this time it prevented an ambulance getting by, to attend a patient. Please, wherever you are in the parish, think before you park. Use car parks if possible, or your own drive. Please think of others. One day, it may be you that needs the emergency services!

With the weather on the up, the B.B.Q. season is upon us. Please enjoy the sun but keep your music to an acceptable level, not everyone may share your taste in music.

Pensilva carnival will be on soon, and it's not too late to volunteer to help the committee with the organisation, or on the field on carnival day. It's a very small group that works hard all year, getting it together. Please let's help them and when it's all over you will be able to say, "I helped make carnival a success", and I am sure it will be. Any volunteers can ring 363096 and they will be put in contact with the committee.

As this goes to print the council, with the aid of St John's church is trying to organise activities for children during the summer holidays. More on this next month.

Well that's all for this month, enjoy the good weather to come (I hope!)

Pete Haimes

Pensilva Country Dance Club

We are a small, friendly group that meets once a fortnight in Millennium House, Thursdays, 7.30pm to 9.30pm. If you would like to join us to try country dancing, we would give you a warm welcome. No previous experience needed!

For more information ring Jill 362819 or Liz 340942.

A letter of thanks from Nigel Libby:

I would like to offer my sincere thanks and gratitude to all those good, kind people who helped out in so many ways after my accident in December. All the cards and kind messages that I received; all the visits to Derriford and Liskeard hospitals, and afterwards. Too many to thank you all individually but you will all know who you are.

Special thanks must go to my cousin Philip for putting me up for almost three months, or should that be putting up with me? I am now managing to get around with the aid of one crutch. Also starting some light work again with Philip's help, but don't expect miracles just yet. Once again thank you all so much!

See ya around - Nigel Libby



EVERY THURSDAY 4-5.30PM
ST IVE VILLAGE HALL

NO EXPERIENCE NEEDED, ALL WELCOME
FROM POP TO CORNISH SONGS. WE ONLY SING IT IF IT'S FUN!

PLEASE CONTACT CLARE: 01579 382341

OR EMAIL: CONTACT@CLARENORRISH.COM

WEBSITE: clarenorrish.com

Pensilva Primary School - Mega Maths Day

On Monday 29th April, Pensilva Primary School spent the entire day doing Maths. The day started with a whole school assembly, where a story showing the concept of a million was shared. The children were challenged, in their house teams (Pendennis and Trelawney), to bounce a ball a million times. Many thought it would be achievable! Recorded at the bottom, are the readings from their continuous bouncing throughout the day.

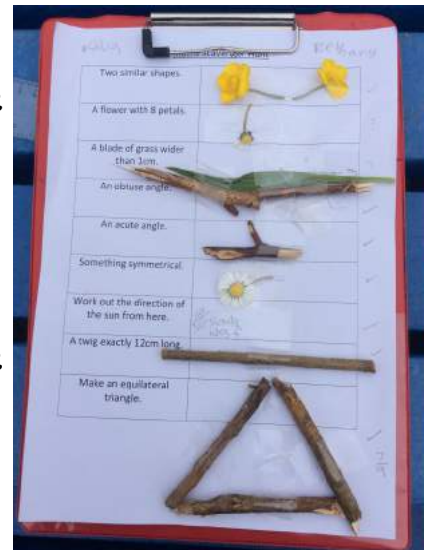
All classes did their own mathematical activities. Below are just a few:-

Daymer - made numerals out of playdough, counted the number of hoola hoops they could manage, made models and pictures using shapes and completed a colour by numbers or work out the total of the sum to know what colours to use.

Polzeath - Made race tracks using measured strips of paper and had to generate sums to match the different lengths. They had to make aliens using 2D shapes in preparation for the Ten Little Aliens story they wrote a little later. They had different maths Lego challenges and looked at tessellating shapes. In the afternoon they had a measures challenge outside and tested their reaction speed when catching a dropped ruler.

Hollywell - They had a matchstick challenge where they had set numbers of matchsticks to arrange to find different shapes. They wrote a book for pre-school about counting teddies. Their favourite activity was the scavenger hunt that they did outside in the afternoon.

Harlyn - The children came to school dressed for a day in the outdoors. They wrote recipes and had to alter them to facilitate different amounts of people. They weighed out the ingredients and cooked sweet potato soup and pancakes on an open camp fire. Patterns were made using materials they found outside. Also, they measured the perimeter of the forest area and even learnt to measure the age of a tree looking backwards between their legs!



All the children had a great day and finished in the hall, where they had to count how many songs they heard in a medley.

Trelawney: 8884 bounces

Pendennis won with: 12,379 bounces

We all had a fun mathematical day!

Cover story - Pensilva Primary, passionate about plastics.

Year 5 and 6 pupils at Pensilva Primary School have shown great passion for reducing the need for single-use plastics. Pupils from Harlyn class have been looking into the impact of single-use plastics on the environment, not only locally but also worldwide.

As part of their work around reducing, recycling and re-using materials under the topic of 'changes', the children (aged 9-11) wrote detailed persuasive letters to encourage and urge supermarkets to continue to address their use of single-use plastic. The children are keen to make people aware of the impact their choices have and encourage people to shop wisely, as well as ensuring large companies are aware of the often devastating impact that their actions can have and indeed the influence that they have.

Last week the children took their letters and several challenging questions to Tesco in Callington. Here they were met by Carrie-Anne Bailey, the Community Champion, who led a tour of the shop detailing Tesco's actions so far in terms of reducing their single-use plastics on their own brand products, such as reducing the outer packaging on multi-pack crisps. The children noted, 'It was evident that Tesco has and is continuing to reduce their single-use packaging. But we feel there is still more to be done and many packaging concerns are from big name brands, rather than own brand products.'

Following the class trip to Tesco in Callington, the children's persuasive letters have now been sent onto Tesco's head office and the children are waiting a reply. In addition, Pensilva Primary School has now become a local hub for additional recycling of more hard to recycle plastics, such as food pouches, toothbrushes and toothpaste tubs linked to charity. These hard to recycle plastics are sent to Terracycle to make park benches and signposts and credit KICKS COUNT charity who are reducing stillbirths in the UK by educating pregnant mums about their baby's movements. Parents, carers and friends of the school are very welcome to pass these objects onto the children for our special charity recycling bin. For more information about Recycling for Charity please see south-hill.co.uk/charity-recycling.

'I have been so impressed with the children's passion and enthusiasm for this subject. They really are concerned for the future and are keen to do what they can to spread the word to others about making small steps, in order to make big changes. I am immensely proud of what they have already achieved,' Mrs Halliday, class teacher.

ST IVE AND PENSILVA

CLIMATE ACTION GROUP

Following the parish council's declaration of a Climate Emergency, in line with Cornwall Council and many other UK councils, a group of local people has begun to meet in order to research and discuss practical ways for the parish to reduce its carbon footprint.

St Ive and Pensilva Climate Action Group has had two meetings so far, looking both to join with other councils in sharing ways forward, and to work as a community in changing the way we live (transport, agriculture, energy sources etc).

We are very keen to include as many different voices from the area as possible as this is a big project and needs representatives, knowledge and opinions from the whole community, so all are very welcome. In particular, we welcome input from farmers who can share their knowledge of the land and its history and who are under great pressure to reduce their carbon output.

Our next meeting: Pensilva Millennium Centre, 7pm, Thursday, May 30th.

Further info from Paul or Clare on 01579 832341.

PENSILVA WI MAY REPORT

Remember in the past how mill workers, due to the intense noise, learned to have a conversation by lip-reading? Bring this up to date and imagine being deaf or hard of hearing and not being able to easily have a chat because you can't hear what the other person is saying. Well, Viv Bennett, who runs lip-reading sessions in Cornwall, came to enlighten the ladies of Pensilva WI and had us practising silently mouthing a few phrases, with the rest of the meeting having to guess what we were saying. It was very interesting and made us all realise how important lip-reading could be. President Jean Hoare warmly thanked Viv for her time and knowledge.

Dates for your diary:

Tues. 4th -Thurs. 6th June, Annual Meeting, Bournemouth.

Fri. 14th June - Trip to St.Michael's Mount, 10.00 – 5.00pm.

Sat. 15th June, Gladrags & Handbags, Chy Noweth 10am – noon.

Tues. 18th June, Picnic/croquet at Cotehele. Leave 5.00pm.

Sat. 29th June, Trip to Torquay & Bygones. Pay by June meeting.

Monthly competitions:

Flower: 1st Cherry Woodhouse, 2nd Pauline Millar, 3rd Sue Turpin.

Bookmark: 1st Frances Tucker, 2nd Trish Thomas, 3rd Verna Dawe.

Next meeting: Wed.12th June, 7.15pm at Millennium House, Pensilva, when Pauline Millar will be showing us the art of millinery.

Competition will be a decorated hat.

Please come along and join us for this very interesting meeting, a warm welcome awaits you.

St Ive and District Gardening Association

May's visit was a hugely enjoyable evening at the garden of Roger Lamb, Pendower House, Lanteglos, the former Georgian rectory of Lanteglos Church. Roger explained that when he had purchased the property the garden was very overgrown and with evident hard work, the garden's historic structure has been revealed and is delightful. Highlights include a 200 year old magnolia, a fern-leaved beech, many Libertia and hydrangeas, and amphitheatre-style terracing and pond designed by Kim Wilkie.

In a change to the programme, the club's next visits are on Monday 3 June to Links Lodge, Yelverton and Monday 1 July to the garden at Dye Cottage St Neot. For further details see our box on the inside back cover of this newsletter, or ring 01579 382762 or 382512.



Photo: J Alexander

The group enjoying homemade teas on the terrace of Pendower House with the owner, Roger Lamb (eighth from left in green jumper and gilet).

**Have you had a
stroke?
Become a
Volunteer Befriender**

Have you or someone you know had a stroke? Volunteer Cornwall are looking for volunteers to help recent stroke patients in their recovery journey. Stroke Befriending volunteers meet with other stroke patients on a regular basis and offer support and encouragement. We have found this can really help people feel less isolated and more connected to their community.

Volunteers are supported every step of the way and expenses are refunded.

As a volunteer you can use your experience to help others, receive valuable training and gain skills in befriending. We asked Margaret, one of Volunteer Cornwall's volunteers, what it's like being a Stroke Befriender:

"You are doing something positive after something that hasn't been something very pleasant for yourself... I always feel that if you can help someone else it's all worthwhile and you can pass on your knowledge and information to them and hopefully they will gain from it too... I enjoy it very much indeed"



Please get in touch to find out more about becoming a Stroke Befriending volunteer. You can visit www.volunteercornwall.org.uk/how-we-help/health-social-care/stroke-befriending-service, call 01872 266997 or email Jenny Wilkins at jennywilkins@volunteercornwall.org.uk You do not need to have had a stroke to volunteer for this service.

**FRIENDS OF PENSILVA HEALTH CENTRE
ANNUAL GENERAL MEETING
WILL BE HELD ON**

TUESDAY, 14TH MAY 2019 AT 2.P.M.

MILLENNIUM HOUSE, PENSILVA

**Please support our Health Centre, we are so lucky to
have such a vital resource.**

Only three meetings per year.

For information please contact:

Jean Connor (Chair) 01570 363221

Marlene Carr (Sec) 01570 362991

07460 476619



openarms@uymail.com

OpenArms Fitness and Massage

Purestretch flexibility and core classes

Gentle group exercise classes to increase general mobility, flexibility and core strength. I am able to tailor the class to your own specific needs, ensuring it is achievable for all.

Classes at : Pensilva Millennium Centre, 10am on Tuesdays
and Menheniot Parish Hall, 10am on Wednesdays,

Other therapies: Warm Bamboo Massage and Sports Massage.
Please call or email for details.



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.

Ruth and Colleen's Monthly

BINGO

At Millennium House

on Tuesday June 4th

Then on July 2nd

Eyes down at 7:30pm

Over 18's only

£££ CASH PRIZES £££

Saturday Gathering

**Exploring what prayer is
and how it works!**

All welcome

**Saturday 8th June 2019
10.00 - 11.00 am**

**St. John's Church
Pensilva**

<https://www.achurchnearyou.com/church/2770/>



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: **June 7th, 2019**

Stops at:

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



Pensilva Wednesday Club RVS

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

All Adults welcome to join - £1 per meeting - Refreshments -

Various Activities - Entertainment - Raffle

Coach Trips planned for the year – also open to non-members

June 12th	Hedgehog Sanctuary
June 26th	Wildlife Photographer
July 10th	Coach trip to Atlantic Village
July 24th	Hearing Dogs
AUGUST	NO MEETINGS IN AUGUST

To book coach trip, please contact Jane Mann on 01579 362960

For general enquiries please contact Jean Connor on 01579 363221

RELAY FOR LIFE LISKEARD 2019

CREAM TEA & RAFFLE

Friday 14th June, 2-5pm

At The Victoria Inn, Pensilva.

Scrumptious delight and all in a good cause!

Many thanks to Wendy and the team for their generous support.

Cartwheels Craft Centre Summer Fair

Saturday 22nd June 10am - 4pm

- Locally produced quality arts and crafts on sale.
- Stands from The Felted Sheep, Loveny Willow, Cornish Pebbles, Caradon Country Seat, Rock Cottage Pottery, Jenny Boniface, The Cornish Hare, Penny O'Connor, Stained Glass and many more.
- Troutbeck Plants will be here with their large selection of excellent quality plants, bedding, shrubs, roses, perennials, herbs, hedging and hanging baskets.
- 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



Polperro Fishermen



*in Concert with
Quethiock School Choir*



*Pensilva School
Hall*

Saturday 22nd June 2019, 7.30 pm.

Light Supper to follow

Tickets £6

Proceeds for Pensilva Church

Pensilva W.I

**COACH TRIP TO
TORQUAY AND
BYGONES MUSEUM
SATURDAY 29TH JUNE.**



Leaving from The Cross, Pensilva at **9.30am**.
Also picking up at Callington, St Ive and Liskeard.
Cost **£14.00** to include coach and museum entry.
Bookings: Verna Dawe 363863 or Jean Hoare 362531.

QUIZZES AT MILLENNIUM HOUSE

OUR NEXT QUIZ IS THE CARNIVAL QUIZ ON

WEDNESDAY JULY 3RD, 7:30PM

Then Aug 31, Oct 26, Dec 14.

Organised by and raising funds for

All Being Well

Improving the health of our community

**Classes for the Pensilva Horticultural Show.
Saturday 14th September 2019**

Handicrafts:

- 62. Knitted or crocheted item
- 63. Item of needlework
- 64. Painting (any medium)
- 65. Sugar craft or porcelain
- 66. Any other handicraft (not included in the above classes)
- 67. Bookmark – any medium

Photography:

- | | |
|---|-------|
| 68. Unusual shaped tree | Print |
| 69. A bridge | Print |
| 70. Spider's web | Print |
| 71. 'Caught napping' | Print |
| 72. Own choice | Print |
| 73. A digitally enhanced photograph of one of the above classes | Print |

Open Junior under 15:

- 74. A snowy picture
- 75. Creepy crawly
- 76. Own choice

Prints may be colour or black and white, not larger than 7" x 5" (18cms x 13cms), mounted on white card 8" x 6" (20cms x 15 cms.)

St Ive Games Evenings

Board Games, Card Games and Table Tennis

Next Games Evening will be on

Friday July 12th, 2019 at 7pm

For further details contact Maggie or Wendy on:

01579 208572

or email: **wendycarr21@gmail.com**



VICTORIA INN



NB! Open Monday evening from June 1st!!!

Free Pool on Mondays

Fri. 14th June 2-5pm Cream Tea event in aid of Relay for Life.

FOOD

Tuesday Curry night and full menu.

Carvery every Wednesday 12-3pm and Sunday 12-5pm

Brunch Fridays from 9.30am – 11.30am

Fish and Chip Friday Special!

Sunday evening food 5pm - 8pm

KIDS EAT FREE!!! (Little Tackers Menu) Tue–Fri 5-7pm

For every adult main meal, one child under 12 eats free

Thursday night 2 for £12

Check out our new menu including “Healthy options.”



LIVE MUSIC EVERY MONTH



CALL – 01579 363933

Opening Hours

Monday		5pm to 11pm
Tuesday		5pm to 11pm
Wed/Thu	12pm to 3pm &	5pm to 11pm
Friday	9.30am to	11pm
Sat/Sun	12pm to	11pm

Wesley Online CENTRE

Computers, Internet & Support - FREE!

Opening Times:

Tuesday: 7-9pm

Wednesday: 10am-1pm

Friday: 2-5pm;

Saturday: 10am-12pm

PC access and advice in a friendly and supportive setting.



For Everyone:

Whether you're a complete computer novice and would like to learn some basics, want access and information to help with JobSearch or UC, the WOC is here to support you with it's PC suite – all for free!

Liskeard Methodist Church, Barn Street, Liskeard PL14 4BL

For more info: call 01579 276877 or email online@liskeardmethodist.org.uk

NHS

Registered

*Supported by
local Doctors*



Started by PATIENTS Run by PATIENTS For the PATIENTS
with COPD and long term conditions

Are you living with COPD or another long term lung condition?

Why not join our friendly group for company, light exercise & support?

We meet upstairs in Millennium House, Pensilva, Mondays 12.30 - 2.30

First week FREE. Thereafter £3 per week. Refreshments provided.

If you would like more information please call us

Pauline: 01579 532467

Jeanette: 01579 363691

LET'S MEET (chat and eat!)



@Gorfenna

St. Ive, PL14 3LX



LUNCH CLUB.

A chance to meet up and socialise. All welcome.



**1st Monday of
every month**

11.30 - 2pm.



£2.50 pay on the day.

01579 384810

Call for information or just come along.

A friendly welcome, a warm lunch and conversation await!

www.gorfennacommunity.co.uk



ROYAL
VOLUNTARY
SERVICE

Social Farms
& Gardens



PENSILVA MEMORY CAFE

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



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

COME AND JOIN US ONCE A MONTH FOR SOME FUN AND LAUGHTER, MUSIC & REMINISCENCES.

WE MEET ON THE FOURTH THURSDAY OF EACH MONTH AT ST JOHN'S CHURCH FROM 2PM – 4PM.

WE ALSO SUPPLY TEA/COFFEE AND CAKES.

DONATIONS OF £1 PER PERSON APPRECIATED
FOR MORE INFO PHONE PAT 01579 363461
OR CAROLYN 01579 362698

Pensioners Lunch

2 Course Meal plus Tea or Coffee
Only £6.00

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



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

Badminton?

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

Mon & Tue 7.30 - 9.30pm

Friday 8.00 - 10.00pm

For further info phone

Nigel or Carol on

01579 363594 or

07885 798370

All Being Well

Your local, friendly gym.

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

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

Opening hours:

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

Wed 10am to 3pm

Tues/Thur 9am to 1pm

Saturday 10am to 1pm

Ask about GP exercise referrals!

PENMILL ART GROUP

We are a small, friendly group using all art mediums. If you paint we would love you to join us.

We meet at Millennium House
10-2 every Friday.

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

LISKERRET MALE VOICE CHOIR

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

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

Enquiries to the secretary on

01579 363881

Email: charaton@btinternet.com

Website: www.liskerretmvc.org

Charity No. 1120243

PENSILVA VILLAGE HALL

Anyone wishing to book the hall for meetings, birthday parties or fundraisers please contact Peter or Jackie Browning on **01579 363212** or email **peterpensilva@gmail.com**



Please note that as well as hall rent there is a coin meter for heating at 60p/hr.

We hold a Hall a users and committee meeting on the fourth Monday of every 2nd month starting in January 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 .from 10:30	Face Yoga	Lilian Jones	lilianjones@hotmail.co.uk
Mon. 4:00 - 6:00	Brownies	Mrs Martha Oliver	01579 362239
AlternateWed. 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 & Thurs- day	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 People's Commissioning Board Project.

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

(Contact Marlene Carr 362919).

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



Struggling with Sight Loss?

iSight Cornwall offers practical help to people living with sight loss in Cornwall including:

Low Vision: Advice for low vision aids

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Benefits Advice: Assistance to claim entitlements

Equipment Demonstration: Advice on gadgets

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

For more details Telephone 01872 261110 or visit

www.isightcornwall.org.uk

St Ive Methodist Chapel

Services for June 2019

- Sun 2nd June** 11am 159th Chapel Anniversary to be led by Sarah Angier
- Sun 9th June** 11am Mrs Margaret Halls-Falconer
- 6pm United "Green Shoots" service at Landrake MC with Rev Iris Bray
- Sun 16th June** 11am Rev Iris Bray with Communion
- 6.30pm Contemporary Worship at Callington MC
- Sun 23rd June** 11am Mrs Helen Burke
- 5pm Food for Thought at St John's Pensilva
- Sun 30th June** 11am Mrs Delarre Irving

Chattermakers Craft Group in the Guild Room at 7.30pm on Thursday 13th & 27th June. All welcome.

Village Prayer Group in the Guild Room at 7.30pm on Wed 12th & 26th June.

Dates for your Diaries: Chapel Anniversary Tea and Concert.

Sunday 7 July, tea at 4pm followed at 6pm by a Concert by The Liskeard Community Choir.

Any queries on any of the above please ring Keith or Kathryn on 01579 382334.



Collection point open every day, 10am to 4pm in St John's Church, Pensilva.

St Ive Church

Services at 11:15am every Sunday

June 2nd Holy Communion

June 9th Morning Worship

June 16th Holy Communion *Lunch follows this service*

June 23rd Family Service *Small pets welcome.*

June 30th Together at Ten at **Quethiock, 10am.**

Other June Events

Every Sunday Cream Teas 2:30pm to 5pm.

Our cream teas start on June 2nd and then every Sunday until September. Come and enjoy homemade scones and cakes, lashings of cream, a very warm welcome, and friendly conversation with a chance to put the world and everything else, to rights.

Fri 7th Produce Market and Bric-a-brac 10:30

Home made cakes etc, fresh vegetables, locally made pasties, pickles, jams and much more. Farm fresh meat from Trehill Farm Produce.

Sun 16th Lunch in Church 12.45 All welcome. Only £8 for 2 courses.

Priest in Charge Revd Becca Bell revbeccabell@gmail.com

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

Richard Connell **01579 363833**

Please let Churchwardens know of anyone requiring a home or hospital visit.

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

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PENSILVA

CARNIVAL WEEK

30TH JUNE TO 5TH JULY 2019

SUNDAY

30TH

* Car treasure hunt from 3pm, hosted by Pensilva School Association. (£5 per car, assemble at Millennium House)

MONDAY

1ST

* Ladies Night @ 7pm Millennium House, donations on the door in aid of Relay for Life.

TUESDAY

2ND

* Kid's board games from 6pm

* Euchre night in the Mel bar from 7:30pm
(in aid of Relay for Life)

WEDNESDAY

3RD

* Free Dance workshop (School years 4-6 @ 3:45-4:45pm;
Years 7-13+ @ 5-6pm - registration form at MH reception
and Pensilva school, workshop will be at Millennium House)

* All Being Well Quiz @ 7:30pm, Millennium House

THURSDAY

4TH

* Cream teas @ the Victoria Inn 2-4pm

* Bingo Night, eyes down 8pm @ MH (for British Heart Foundation)

* St Johns Church BBQ 5-6pm in front of MH

FRIDAY

5TH

* Family Film Night 3:30pm venue TBD (PSA)

* Adult Film Night 8pm @ MH

St John's Church is also running competitions for children in front of Millennium House 3:30-6pm on Tuesday, Wednesday, and Thursday.

AND DON'T FORGET CARNIVAL ON SATURDAY 6th JULY!

MILLENNIUM HOUSE EVENTS GROUP PRESENTS

PENSILVA

CARNIVAL

SATURDAY 6TH JULY 2019

LIVE

ENTERTAINMENT

Tavistock Twirlers will be performing, as well as no less than THREE live singers and the carnival procession - taking the longer route around the village by popular demand!

COMPETITIONS

Fancy dress contest, Dog show, Baby show, Raffle prize draw, and the winners of Pensilva in Bloom and Scarecrow contest will be announced (Entry forms in the pump or at Millennium House)

FOR THE

KIDS

Professor Goodvibes Punch and Judy, Bouncy castles, Sumo Wrestling, and be sure to get a hands-on experience with the wild animals at Marks Ark!

CARNIVAL

WEEK

We've got tons of events in the week leading up to carnival: Euchre and board games night, film night, free dance classes. Find the carnival week flyer elsewhere!

JULY 6TH 12PM

BBQ & PASTIES

FREE ENTRY. Find us at Millennium House, PL14 5NF.
Carnival Week starts 30th June.
Carnival Day is on the 6th July.
Rosettes sponsored by WBM Groundworks.



PENSILVA IN BLOOM

CARNIVAL WEEK 2019

PRIZES FOR: BEST GARDEN
BEST HANGING BASKET
BEST TROUGH/TUB DISPLAY

Must be on display from 30th June to 6th July. Entry forms in the Parish Pump or MH reception.

FOR KIDS: BEST GARDEN DESIGN ON A TRAY

Must be brought to display at Millennium House, date TBA



PENSILVA CARNIVAL SCARECROW COMPETITION ENTRY FORM

**Scarecrow must be on display from Sunday 30th June to end of Carnival Day.
Please return entry form to MH house reception before carnival week.**

Judging will take place during the week commencing Monday 1st July, and the winner will be announced on Carnival Day (6th July). Judge's decision is final.

Name: _____

Address: _____

Postcode: _____ - _____

Telephone: _____

Email: _____



PENSILVA IN BLOOM ENTRY FORM

**Entry piece must be on display from Sunday 30th June to end of Carnival Day. Garden on a tray entries to be brought to MH for display at date TBA (please ensure contact details are correct!).
Return completed form to MH reception or coffee shop.**

Judging will take place during the week commencing Monday 1st July, and the winner will be announced on Carnival Day. Judge's decision is final.

Entry Category (multiple allowed):

☐

Garden

☐

Hanging Basket

☐

Tub / Trough

☐

(Kids) Garden
on a tray

Name: _____

Address: _____

Postcode: _____ - _____

Telephone: _____

Visiting notes: _____



ST JOHN'S CHURCH, PENSILVA

Services for June 2019

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

Sunday 2nd	11 am	Rev. Sue Hill.
Sunday 9th	11am	Café Church
	6pm	Circuit Service at St. Martin's Church, Liskeard. "Thy Kingdom Come".
Sunday 16th	11 am	Anglican Service
Sunday 23rd	11 am	Rev. Mark Pengelly, Holy Communion
	5pm	Food for Thought
Sunday 30th	11am	Mrs Ros O'Connell

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

Afternoon Tea on Friday 7th June at St John's Church, Bring and Buy.
Everyone welcome.

Concert: Polperro Fishermen's Choir and Quthiock School Choir,
7.30pm Sat. 22nd June at Pensilva Primary School. Light refreshments.

Prayer Walk from St. John's Church, 7pm Monday 17th June.

Sew, Knit & Natter: 25th June, 3pm, St. John's Church. All very welcome.

Memory Café: Thursday 27th June, 2-4pm in St. John's Church.

Fellowship: Friday 14th and 28th June, Bible study. Contact Carolyn on 362698 for further details

Prayer Group: 2pm Fri. 7th and 21st June. Please ring Eileen on 362580 or Carolyn on 362698 if you would like prayer for yourself or someone else.

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

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The Pensilva Group meets in Millennium House on Mondays at 10:00am, 5:30pm and 7:30pm .

A Wednesday morning group meets at 09:30am in the Sports club, Liskeard



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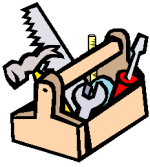
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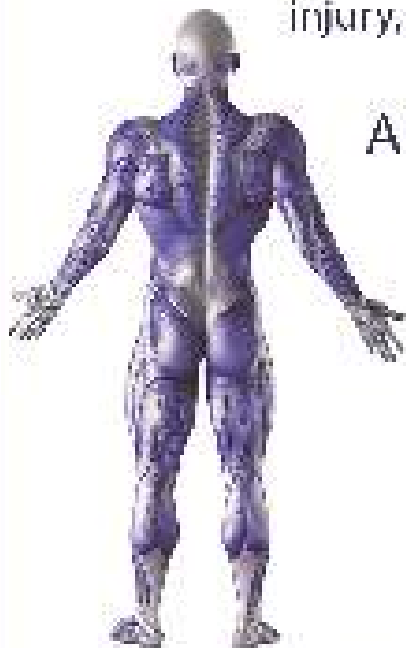
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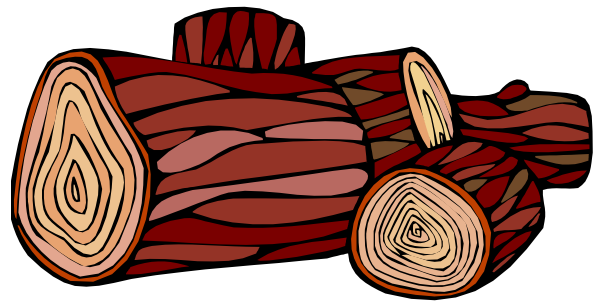
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17 th JUN	WEYMOUTH *	16 th OCT	CLARKS SHOPPING VILLAGE & WELLS *
20 th JUN	ROYAL GARDENS OF HIGHGROVE	25 th OCT	HALLOWEEN SPOOKTACULAR MYSTERY TOUR
17 th JUL	STEAM TRAIN TO MINEHEAD *	2 nd NOV	BRIDGWATER CARNIVAL
1 st JUL	PAIGNTON STEAM TRAIN & PADDLE STEAMER	16 th NOV	LONGLEAT FESTIVAL OF LIGHT
4 th AUG	FESTIVAL OF BRITISH EVENTING, GATCOMBE	22 nd - 25 th NOV	TURKEY & TINSEL AT SANDOWN, ISLE OF WIGHT
9 th AUG	CORNISH SEAL SANCTUARY	7 th DEC	BATH CHRISTMAS MARKET
14 th AUG	BRITISH FIREWORK CHAMPIONSHIPS	15 th DEC	TOUR OF CORNISH CHRISTMAS LIGHTS
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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
- ☐ Servicing
- ☐ Installations

Out of hours service
call Dave anytime 07974 442645

MENDOLOGY COMMERCIAL DOORS LTD
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01579 363760

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01579 363516

- ✓ MOTs Class 4
- ✓ Service
- ✓ Repair
- ✓ Tyres
- ✓ FREE Courtesy Car

- ✓ Car & Van Sales
- ✓ Diagnostics
- ✓ Air Conditioning



We have offered a supply, fit & balance of tyre service for 10 years at competitive prices.

Most of our tyres can be supplied the same day.

LOCAL RECOVERY £45.00

www.pensilvacars.co.uk

pensilvacars@hotmail.co.uk

We can service and repair your car to manufacturer specification, keeping your dealer warranty without main dealer expense.





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Motor Body Repair Specialists

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- ♦ Servicing to All Makes & Models
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- ♦ Renovations & Re-sprays
- ♦ Member of RMI (Retail Motor Industry Federation)
- ♦ Latest Diagnostics (including specialists for VW, Audi, Seat,
Skoda & Vauxhall)

With over 30 years' experience we aim to provide you with:- Value for Money -
Friendly Service - Professional Approach - Expert Advice that you Can Trust
(Visit our website for more details)

Pensilva Industrial Estate, St Ive Road, Pensilva, Liskeard, Cornwall PL14 5RE

Tel: 01579 362593

Email: keith@keithrichardsmotorbody.co.uk

Fax: 01579 363194

Website: www.keithrichardsmotorbody.co.uk

Wm. Newham & Sons Est. 1835

Proprietor Robbie Savill AWCB

CHIMNEY SWEEPS & BLACKSMITHS



CHIMNEY SWEEPING

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RIGID STEEL SYSTEMS ERECTED

**STAINLESS STEEL and PUMPED CONCRETE
CHIMNEY LINING**

STOVES SUPPLIED, INSTALLED & REPAIRED

FIREPLACE ALTERATIONS & RENOVATIONS

FULL RANGE OF FIREPLACE FURNITURE
made to order

01579 347777

**need somewhere to stay ?
between homes ?
family/friends visiting ?**



**ideal for Pensilva
& St.Ive**

**please call Jackie on
01579 362216**

J.J.CHILD

PLUMBING AND HEATING ENGINEER

OIL AND GAS APPLIANCE

SERVICE , REPAIR AND BREAKDOWNS

LANDLORD'S CERTIFICATES

OVER 25 YEARS EXPERIENCE

CALL JOHN ON 01579 362336

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*****

Beige **Easy Chair** VGC. **£35**
01579 346492

Powerful Florabest corded **electric chainsaw**. Good condition. Chain brake. Instruction manual. **£38**. Pensilva.
01579 362207

Sit Up bench – adjustable incline height, folds flat for storage - **£10**
01579 363573 or 07841 717913

Maximuscle **home gym** system **£100** ono. Black leather **chaise longue**. Excellent condition. **£100** ono.

Scelextric Sport Le Mans set. Still in box. Great condition. **£100**.

Plastering gear: 110v paddle mix with transformer, various trowels, hawk and other bits. Good for DIY etc. **£70** ono.

Easycamp Tour Ligata **6 berth tent**. Used only 3 times. **£100** or offers.

Dark brown **leather chair**. **£50**
07980 380224 - Pensilva area.

Hi-Gear Aura 3 **tent**, green, ideal for 2 people, fully waterproof with sewn-in groundsheet. Tall enough to stand up in comfortably. Inner bedroom. Can be erected by one person. Cost £179.99. Only used for 8 nights. Now offered for **£80**
01579 362574 / 07887 787202 (Pensilva).

2 x 225/45 r17 **used tyres**, good tread. **£20** the pair.

Set of **Snow chains**, new and unused fit 14" to 19" rims, self adjusting. **£40**
Pensilva **01579 362207**

Door Canopy. Brand new still in box. Black sides, white roof. **£15**.
Wooden **hall seat** with cushion. Two-door opening for shoes. **£15**
Call **07856 534691** for more details.

Brown speckled **carpet**, 2m x 5m. Brand new (over ordered). **£50**.

Arch design **headboards**. **£20 each or £35 pair.**
01579 362211

FREE Dining Table (Teak) & 4 chairs. In perfect condition. Fully extended 138x100cm. Oval shape, black & white check upholstery on padded seating. Buyer collects. Table can be dismantled into 2 pieces. Call Aisha on **01579 363673**

2-Drawer Filing Cabinets (2) H 710mm, W 475mm D 620mm. Could deliver in local area **£25 each**
07796 091259

Artist Easel by Windsor & Newman for use on table top or work top. GC. **£10**.
Tom Tom 1 Complete **satellite navigation system**, with plug and go, Spoken Instructions and GB maps. **£30**.
Clartas 10x40 wide angel rubber protected military style **binoculars** & case **£25**.
2 large size lightweight **camouflage military jackets**. **£10 each or £15 both**.
4 Cobblers Shoe Irons, including a rare ladies shoe iron all in VGC. For use or ornamental displays. **£30**.
015679 384658

Wood-framed **mirror** 2'6" x 3'7". **£10**.
01579 363812

Morphy Richards Breadmaker as new **£10**
Challenge Leaf Blower **£10**
Hand Mower **£5**
Giant Phone **£3**
3 Cocktail Glasses with Shaker and recipes **£15**

07969 310603

Brand new, never worn, **motor bike helmet**, with visor and inside sun visor, red, grey & white. Size medium. Paid £90, will accept **£30** or nearest offer.

07980 284002

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

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

Apollo FS24 **child's mountain bike** and helmet. Suit 8 - 10 year old. **£25**

01579 362581

1 x HAMA Omega Premium **photo/video tripod** - **£23**

1 x VELBON CX Mini photo/video tripod - **£15**

1 x Heiwa Sumo Junior TH250 **photo/video tripod** - **£10**

All items in very good used condition.

Pensilva 01579 362207

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

01579 362846

Please let us know when your item has sold
parishpump@btconnect.com, or phone 01579
363096 or leave a note at Millennium House.

Art Classes *with Yvette*

Millennium Centre, Pensilva.

If you have always wanted to Sketch or 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'.

Drawing Class - Wednesday Mornings 9.30am to 12.30pm

Watercolour Art Class - Wednesday Afternoon 1.30 to 4.30pm

Other Classes & One day workshops or demonstrations also available.

Contact Yvette on 07886 343621 or

email: yvettewiltshire@sky.com website: www.artwithyvette.com

What's on in St Ive Parish ?

WHAT'S ON	WHEN	CONTACT DETAILS
MILLENNIUM HOUSE		
Aikido	Thursday 7:00pm	
Antique & Collectors Fair	4th Sunday Monthly 10:00 - 4:00	
Badminton Club	Mon & Tues 7:30pm. Fr. 8.00pm	01579 363594 (Carol & Nigel)
Book Exchange	Daily	01579 363096
Pensilva Breathers	Monday 12.30pm - 2.30pm	01579 532467 Pauline
Country Dancing	Alternate Thursdays 8.00 - 10.00pm	01579 382402 Ray Buckingham
Drawing Class	Wednesdays 09.30am - 12.30pm	07886 343621 (Yvette Wiltshire)
Ladies Netball	Friday 09.15 - 10:15am	07985 387472
Penmill Art Group	Friday 10am - 2pm	01579 363441
Pensioners Lunches	Tuesday 12:00 - 2:00pm	01579 363096
Short Mat Bowls	Thursday 7:00pm	01579 208528
Watercolour Art Class	Wednesdays 1.30pm - 4.30pm	07886 343621 (Yvette Wiltshire)
Wildlife Group	Quarterly	01579 362539 (Hilary)
Woman's Institute	2nd Wed Monthly 7:15pm	01579 363718 (Frances Tucker)
Yoga	Wednesday 7:00pm	01579 344464
PENSILVA VILLAGE HALL		
Face Yoga	Monday from 10:30am. Starts April 29	lilianjones@hotmail.co.uk
Brownies	Monday 4:00 - 6:00pm	01579 362239 Martha Oliver
Pensilva Wednesday Club	Wednesday 2:30pm	01579 363221 Mrs Jean Conner
Pensilva Snooker Club	Wed 7:00pm + Various times	01579 362091 Phillip Bond
Guides	Thursday 6:00 - 8:00pm	01579 363228 Caroline Hambly
MIMS	Friday 1.00 - 3.00pm	01579 343702 (Chris)
Rainbows	Friday 4:00 - 5:00pm	01579 362091 Lynne Bond
Rangers	For Info	01579 362982 Kirsty Oliver
PENSILVA PRE-SCHOOL		
Pensilva Pre-School	Monday-Fridays 9:00 - 3:15 (session times available)	07890 023924 Mrs Suzanne Kinsman (Manager)
Tiny Tots Toddler group	Friday 9:15 - 11:15am	07890 023924 Mrs Suzanne Kinsman (Manager)

ST IVE INSTITUTE

Gardening Club	1st Monday monthly 7:30pm	01579 382762
St Ive Snooker Club	Monday & Thursday 7:00pm	01579 382315 R Bunkum
Art & Craft Group	Tuesday 1:00 - 5:00pm	01579 362216 (Jackie)
Post Office	Wednesday 10:30 - 12 noon	
Coffee Morning	Wednesday 10:30 - 12:00	
St. Ive Singing Group	Thursday 4.00 - 5:30pm	01579 382341 (Clare)

St Ive Institute available for hire, £3.50 per hour. This includes the use of the kitchen & electric (excluding wall heaters, which are on a £1 coin meter)

Contact Sue Sedgewick on 01579 383291

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

ST IVE & DISTRICT GARDENING ASSOCIATION

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

Monday 3rd June A visit to the garden at **Links Lodge**, Golf Links Road, Yelverton, PL20 6BN. Assemble in St Ive car park to leave at 6.40pm.

Monday 1st July A visit to the garden at **Dye Cottage**, St Neot, PL14 6NG. Assemble in St Ive car park to leave at 6.50pm. Car share £1.50. Refreshments : donation. Entry £4.00

Monday 5th August A visit to the garden at **Mary Newman's Cottage**, Saltash, PL12 4DT. Meet St Ive car park to leave at 6.30pm. Car share £1.50. Refreshments: £1.50. Entry £2.50

Visitors and new members are always welcome to join us.

ART AND CRAFT GROUP

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

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

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

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

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

We look forward to meeting you.

Pensilva Post Office

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



Opening times:

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

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

GUEST ALES - LAGERS - CIDERS - WINES - SPIRITS

Opening Hours

Mon - Thu	-	5 pm to 10 pm
Friday	-	3 pm to 10 pm
Saturday	-	12 noon to 11 pm
Sunday	-	12 noon to 11 pm

PLEASE NOTE FRIDAY OPENING HOURS

01579 363096