THE PARISH PUMP



July 2019 Edition 452



The Newsletter for the Parish of St Ive



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	Alan Moss (vice-chair)	01579 362064
	James Bruce	07411 192645	Marlene Carr	01579 362919
	Martin Corney	01579 382450	Angie Haimes	01579 362459
	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	
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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, July 8th, 2019



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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. Ive Parish Council and for Millennium House

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

<u>General Parish matters</u> 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 <u>accounts matters</u> 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.

<u>Softcopy submissions</u>: 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 £7.50Half Page £15.00Full Page £25.0010% 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

Pensilva Carnival is upon us once again. Let's hope for some nice weather during the week and especially on Carnival Day, <u>Saturday July 6th</u>. The Events Group has done a great organising job once again: please reward them by thanking any of the organisers you come across. All that work is for the good of us, the community, and the least they deserve is to receive a few words of thanks. But they would probably agree that a better reward still would be to see loads of people enjoying the various events and milling about on the big day.

So, if you are one of the many residents of Pensilva and the surrounding area who does not normally bother with Carnival, give it a go! You might be surprised to find that you live in a more lively and vibrant village than you had previously imagined. There'll never be a better opportunity to get out and meet your neighbours and, for families with children, it's a must!

Take care - Joe

Millennium House Opening Hours					
Reception					
	9am	till 2.30pm	Monday to Friday		
<u>Community Coffee Shop</u> See separate notice			See separate notice on next page		
<u>Bar</u>	5pm	till 10pm	Monday to Thursday		
	3pm 12am	till 10pm till 11pm	Friday Saturday and Sunday		

If no-one is available please leave a message in our **letter box at** the fron⁴t of the building or on our answer phone by calling **01579 363096.**

COMMUNITY COFFEE SHOP MILLENNIUM HOUSE, PENSILVA

	UPENING HUUKJ			
Monday	10.a.m. t	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.

BEWARE OF SCAMMERS & UNSCRUPULOUS TRADERS

The Parish Pump has received a report of unscrupulous roofers thought to be working in South East Cornwall. They may be targeting areas with a high proportion of elderly residents. Don't let anybody convince you that you need a new roof, or other work, without asking for a second opinion from someone you trust. If you are suspicious or need help, call the Citizens Advice Helpline on 03454 04 05 06 or Trading Standards on 0300 1234 191.

You may also be interested in "The Little Book of Big Scams" which is available, free of charge, here:

https://www.cornwall.gov.uk/media/6917183/little_book_scam.pdf

PROSTATE CANCER SUPPORT GROUP

The Tamar Valley Health Patients' Group runs a support group called Tamar Area Prostate Support (TAPS). Anyone worried about Prostate Cancer or interested is welcome to join the group. Call Chris Greensted 01822 834797 or email c.greensted@plymouth.ac.uk

CHAIRMAN'S COLUMN

Well here we are in mid summer, I hope the weather stays fair. We start the month with Pensilva Carnival week, with lots of events during the week (starting 30th June). Please support the groups putting on these functions, its good fund raising for them and fun for you. It all culminates with Carnival day (Sat 6th July), which is a great day out, with lots to see and do. So please come along and enjoy yourselves. In mid July The Events Group will be holding their first FILM CLUB NIGHT, more details elsewhere in the Pump. This sounds like a good thing for the Parish, and a much easier way to go to the cinema. During the school summer holidays, the council and St Johns church are joining forces to put on activities for children at Millennium House for two days a week. see details elsewhere in the Pump. Finally I hope you all get a chance to enjoy the summer, but please think of others and keep any outdoor music to a reasonable level.

Pete Haimes.

SUMMER SCHOOL HOLIDAY ACTIVITIES FOR CHILDREN

During the school summer holidays, the Council and St Johns Church, will be hosting activities in Millennium House for school children, on two days a week. One day of art/craft workshops, plus one day of bouncy castles, ball pools etc., in the sports hall at a small charge. Also, we will be providing a free meal for any children in receipt of free school meals, on Monday, Wednesday and Friday of each week. To this end we would ask any parents whose children are in receipt of free school meals and would like to take advantage of this, to contact the council (in confidence on 363096, or drop in to Millennium House and leave your details) so that we will know how many to cater for. Note:- all children will need to be accompanied by a parent or guardian. We are also looking for more volunteers to help with meals or activities. If you can help in any way, please leave your details at Millennium House or ring 363096 and we will get back to you.

SEE POSTERS FOR MORE DETAILS AND DATES.

Things We Can All Do To Reduce Our Carbon Footprint

- **Install LED or Low Energy light bulbs.** They use much less electricity, last much longer and work out much cheaper in the long run than conventional bulbs.
- Switch to a renewable energy supplier. There are some very competitive 100% renewable energy suppliers on the market.
- **Buy fresh, locally sourced food.** Less fuel was burnt in transporting the produce around and benefits the local economy. Also, using the local greengrocer and butcher reduces the amount of single use plastic that supermarkets use to wrap fresh food.
- Use shared transport as much as possible (cars, buses, trains). Using shared transport for getting to work or the school run will reduce the amount of CO_2 and nitrous gases being sent into the atmosphere. There is also the Carshare Cornwall scheme.
- **Cycle and walk more.** Fresh air, no fossil fuel burning, healthy what more could you want! Don't forget a crash helmet and hi-vis clothing.
- **Reduce, Reuse, Recycle.** What isn't reduced, reused or recycled goes to landfill or incineration. Landfill produces decomposition gases (mostly methane and CO_2) that affect global warming. Incineration produces mainly CO_2 and nitrous oxide; both are greenhouse gases.
- Cut back on buying new clothes. The fast turnover fashion industry is the largest emitter of greenhouse gases created in the production and distribution of clothes. Instead of click-buy-wear-bin, aim to buy clothes locally and wear clothes for years and not just once.
- Cut down on business trips and holidays abroad. Planes and ships are the second biggest emitters of greenhouse gases. Take less holidays abroad to reduce the emissions from these modes of transport. More holidays in the UK will also boost the local economy – and the UK might need that if there is no deal over Brexit! Use the Internet for business calls and meetings with people abroad.
- Demand that Government, businesses and public organisations do more to reduce their carbon emissions and help you to reduce yours. Cornwall Council declared a climate emergency in Jan 19 and aims to be carbon neutral by 2030. Our Parish Council followed suit in April. Hold them to account. The Government has not yet done so. Tell your MP, Sheryll Murray, that you care and you want her to care too. (sheryll.murray.mp@parliament.uk) Is your employer or school doing enough to reduce their carbon footprint?

Provided by the St Ive Parish Climate Action Group. Tel: 01579 382341 or find us on Facebook!

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<u>News from Merryhue Farm, home to Transferable Skills</u> Training (TST), Battling On and Work Skills South West.

Awards. TST is delighted to announce that it won the Private Education & Development's Best Vocational Education & Training Centre Award, South West Region, 2019. This award was given in recognition of the high quality of teaching and pastoral support students receive at TST, resulting in some of the highest college retention and pass rates in the South West. In a joint project between TST, Dementia Adventure and MayFest a giant peacock was created out of willow and papier-mâché for the MayFest parade. The peacock was created by young people with learning difficulties, adults with mental health disorders and those suffering with dementia: a truly cross-generational cross-community project. The peacock also won first prize in its category at the Royal Cornwall Show.

Film at Merryhue Farm. Hamish Marshall from BBC Spotlight visited Merryhue Farm to film an initiative between TST. Turning the Cogs and Bad Wolf Horizon, who teamed up to demonstrate the power modern technology can have in opening up the countryside to individuals with life limiting illnesses or disabilities. Bad Wolf Horizon flew drones along the woodland and lakeside walks around the farm, beaming live footage straight back to headsets worn by students with learning difficulties and disabilities. This allowed them to experience first-hand the joy of seeing spectacular scenery and connect with nature in a truly unique way. New Arrivals. Merryhue's range of unusual animals includes alpacas, Swiss Valais black-nosed sheep, and giant and miniature donkeys. We are now happy to announce the arrival of Hamish, Nessie, Frazier and Bonnie, our four highland calves. The gentle Highland cattle have already proved a huge hit at Merryhue, where animal-based therapy helps individuals develop confidence and coping strategies to deal with mental health issues, learning difficulties, disabilities and life-limiting illnesses. We are also happy to welcome the birth of three unexpected kids, two female and one male, from our rescue angora goats, all of whom are fairly well aged and had come to Merryhue to retire.

We provide a wide range of programmes, short courses and volunteering opportunities through the three organisations based at Merryhue Farm, TST, Battling On and Work Skills South West. For info please contact us on 01579 384798. Remember, we are here to serve our local community and if you want support with a local project please call.

Police notice about dog-walking on Bodmin Moor

Please remember that from March 1st to July 31st all dogs must be kept on leads less than 2 metres long at all times while on the moor,

Pensilva WI June meeting

If the old saying 'if you want to get ahead, get a hat' is true, then the members of Pensilva WI will be forging ahead, as Pauline Millar came to tell us the history of hatmaking and showing us how to make our own fascinators. Soon, many ladies were folding and ruching ribbon and attaching them to the base material to make very attractive hair adornments. There was much hilarity and 'sharing' of ideas and everybody went home with a really lovely fascinator. President Jean Hoare thanked Pauline for a very entertaining evening.



Fascinating! The ladies of Pensilva WI with Pauline Millar.

Dates for your diary:

Mon 1^{st} Jul – Ladies Night, 7.00pm Millennium House Thu 4^{th} Jul – Cream teas at the Victoria Inn, 2-4 pm.

Sat 6th Jul – Pensilva Gala Day.

Sun 7th July – CFWI Centenary Garden Party, Boconnoc 2-5 pm. Tue 23rd Jul – A walk in Charlestown. Meet at Cuddra WI Hall, 10.30am Wed 31st July – Calendar Girls, Theatre Royal, Plymouth. 2.30pm

Birthdays this month: Amanda Smee, Kay Price & Alison Willis who all received cards and lovely posies.

<u>**Competition winners:**</u> Flower of the month, 1st Verna Dawe, 2nd Alison Willis, 3rd Cherry Woodhouse. Decorated hat, 1st Jenny Rendle, 2nd Verna Dawe, 3rd Irene Elliot.

Eric Distin, auctioneer will be the speaker at our July meeting which will be held at 7.15pm on Wednesday 10th July at Millennium House. Competitions will be Flower of the month and an item of antique/old jewellery. This should be a very interesting evening so why not come along and join in the fun.

NB. Pensilva 2019 Horticultural Show schedules are now available at Millennium House.

St Ive and District Gardening Association

Our trip across the Tamar to a garden in Yelverton was well worth the traffic. Links Lodge is as delightful as it is extensive, with many specimen trees and unusual plants among the beds and borders. The garden stretches from the manicured lawn by the house, winding down the slope past flower beds and water features, to the dell at the bottom where the fruit and vegetables are flourishing.

Our plant sale at the end of May was very successful with a wide range of plants for sale. Many thanks to all those who supported the day. Our next meeting will be to the garden at Dye Cottage, St Neot on 1st July, Leaving St Ive car park at 6.50pm.

We are always happy to welcome visitors and new members.

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

July 10th		Coach trip to Atlantic Villago		
	••••••	Coach the to Atlantic Village		
July 24th		Hearing Dogs		
AUGUST	••••••	Coach trip to Atlantic Village Hearing Dogs NO MEETINGS IN AUGUST		
To book coach trip, please contact Jane Mann on 01579 362960				
For gen	eral enquiries please co	ontact Jean Connor on 01579 363221		

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!

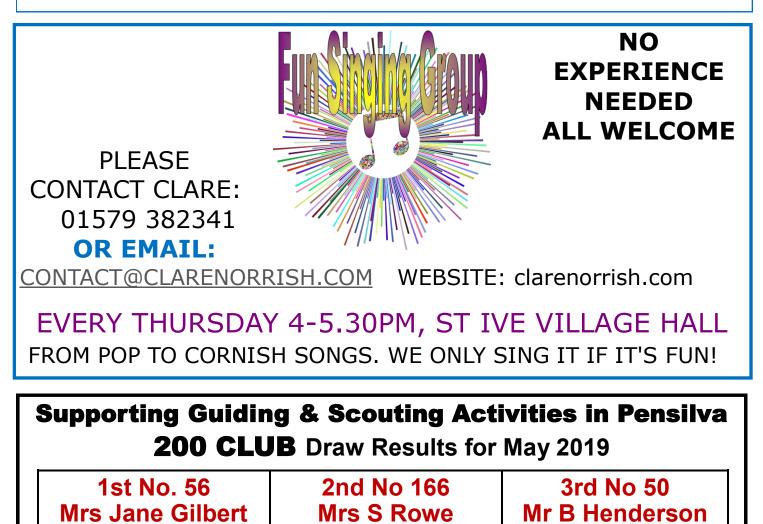
For more information ring Jill 362819 or Liz 340942.

MEMORY CHOIR

After the TV programme on the Dementia Choir recently, we were delighted when so many decided to come along to the new Memory Choir in Liskeard, which started during June and is led by Musical Director Heather Taylor.

The Memory Choir has been set up for people living with dementia or those experiencing social isolation. If you, or anyone you know, would enjoy an afternoon of fun and singing, then please come along to the Wesley Church in Liskeard on Tuesday afternoons between 2 and 4 pm.

For more information, please contact Gorfenna Community on 01579 384810 or email: community@gorfenna.co.uk.



Thank you for your support

MILLENNIUM HOUSE EVENTS GROUP PRESENTS

SATUR

EOR THE KIDS

JULY GTH 12PM

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CARNIVAL

WEEK

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

EXECUTE ON A CONTROL OF A CONTR

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!

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!

> 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.

SOTH JUNE TO 5TH JULY 2019

 Preschool walking treasure hunt, registration 10:30-11:30am in the arts and crafts room. £3/adult, £2/child - includes lunch!
 * Car treasure hunt from 3pm, hosted by Pensilva
 School Association. (£5 per car, assemble at Millennium House)

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

* Kid's board games from 6pm * Euchre night in the Mel bar from 7:30pm (in aid of Relay for Life)



TUESDAY

SUNDAY

 * 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

* Cream teas (a) the Victoria Inn 2-4pm * Bingo Night, eyes down 8pm (a) MH (for British Heart Foundation)

FRIDAY 5th

4TH

St John's Church is also hosting a family fun day on Wednesday 3rd July, 3:30pm-6pm. AND DON'T FORGET CARNIVAL ON SATURDAY 6th JULY!

CARNIVAL WEEK 2019

PRIZES BEST GARDEN FOR: 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





WALKING TREASURE HUNT Sunday 30th June 2019 Millenium House,Pensilva PL14 5NF

10.30 -11.30 registration (in the arts & Crafts room) Cost: £3 per adult, £2 per child

Price includes: Activity sheet, participation certificate and badge

Plus a picnic lunch (children) and jacket potato (adults) Tea, coffee and squash available to purchase

Event being run by Pensilva Pre-school (charity number 1026118) and any monies raised will go to our outstanding pre-school

Any queries contact Pensilva Pre-school on 07890 023924



ADULTS ONLY EUCHREE BUCHREE NUCLESSION STORE AND SOLVED AND SOLVED TUESDAY 2ND JULY 7:30PM AT THE MEL BAR, MILLENNIUM HOUSE



£5 a pair

Organized by Relay for Life.

Board games for kids will also be available in the function room from 6PM.





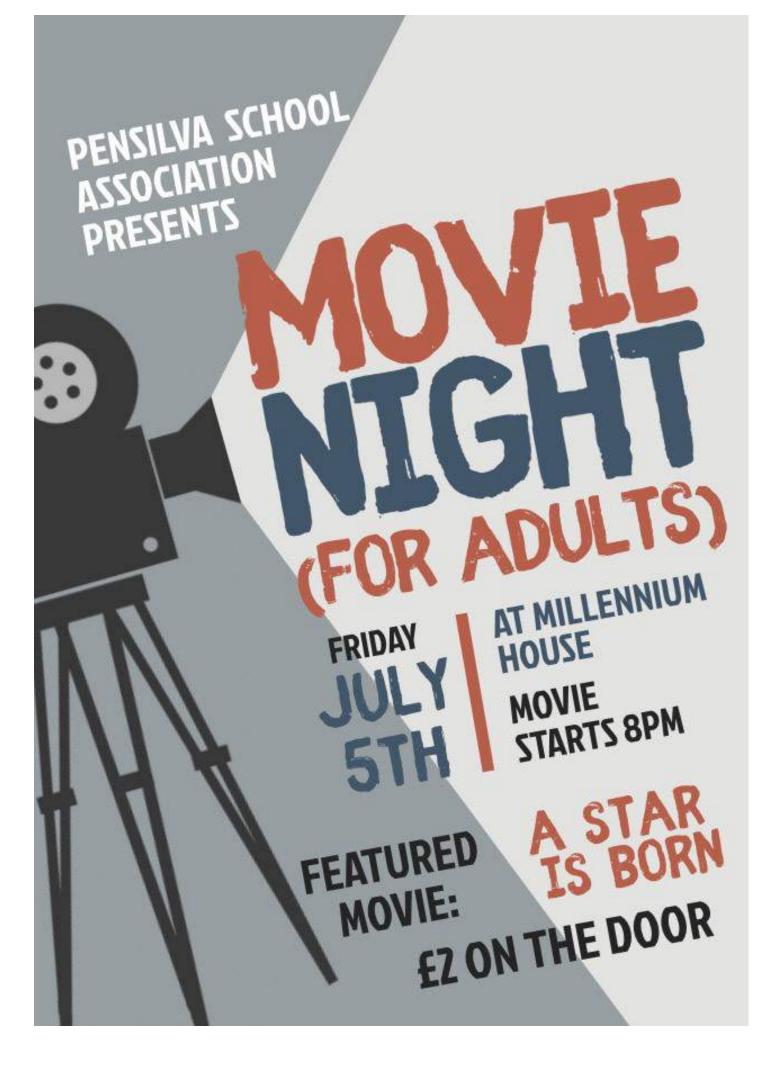




For Pensilva Carnival on Thursday July 4th. Cream tea, coffee and cake afternoon, including Morris Dancers. Proceeds to Air Ambulance.

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					
Two for £12 - Tuesday to Thursday					
Tuesday to Thursday night 2 for £12					
Check out our new menu including "Healthy option	າຣ."				
LIVE MUSIC EVERY MONTH					
Saturday 6th July - Leon Harvey from 9pm					
CALL – 01579 363933					
Opening Hours - *** Please note changes from July 1st ***					
Monday 5pm to 11pm Tuesday 5pm to 11pm					
Wednesday 12pm to 3pm & 5pm to 11pm					
Thursday 5pm to 11pm					
Friday 9.30am to 11pm					
Sat/Sun 12pm to 11pm					
Free Pool on Mondays					



	PENSILVA NIVAL SCHEDULE OF EVENTS
12:00	Fancy dress registration. Free entry: 5 and under, 6-11, 12+, pairs, groups, and floats
12:30	Fancy dress judging and presentations
1:00	Parade begins (around town route), followed by official opening
1:30	Dog show - £1 entry per class (main arena).
2:00	Baby show (inside Millennium House in the craft room) - free entry: 0-6, 7-12, 13-18 months
2:30	Tavistock Twirlers (main arena)
3:00	Professor Goodvibes Punch & Judy show
H 15	Raffle Prize draw
7:30 TILL	Disco ⓐ Millennium House, £1 entry

6th July 2019 at PENSILVA CARNIVAL

Sponsored by Fern Lodge Boarding Kennels and Cattery!

1. Best Junior Handler under 16 2. Puppy under 12 months 3. Fastest biscuit eater 4. Prettiest bitch 5. Handsome Male 6. Best rescue 7. Scruffiest dog 8. Most appealing eyes 9. Waggiest tail 10. Dog judge would like to take home 11. Best in show for all 1st places

£1 entry per class

SHOW

Rosettes to 4th place in each class.

FAMILY

Judge TBC



1:30pm Millennium House, Pensilva Carnival main arena For more info call Charlotte on 078 6507 3157

Pensilva Community Association and C-Fylm Present



FRIDAY JULY 12th DOORS OPEN 7PM, FILM STARTS 7:30PM AND EVERY SECOND FRIDAY OF THE MONTH AFTER THAT!

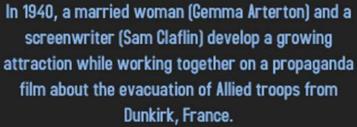
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OPENING NIGHT FILM:



TEA / COFFEE / ALCOHOL AT THE BAR

* Pensilva residents attending will automatically become a CFYLM member on the night, with the usual joining fee paid for by PCA. Existing C-Fylm members are welcome to attend, but new members from outside the parish will need to pay a £6 joining fee (with the first movie free). Membership runs until the end of the year.

Liskeard Show at Merrymeet, from 8am Saturday 13th July

Main Ring Attractions, Horses, Cattle, Sheep, Donkeys, Dog Show, Trade Stands, Live Music, Shopping/Craft, Cornish Food and Homes & Gardens Marquees, Pet's Corner, Countryside Area, Children's Entertainment, Fun Fair, Classic Cars, Vintage Tractors, Bubble Football, Dog Agility, Bar and Bouncy Castle



A GREAT FAMILY DAY OUT

www.liskeardshow.org

Adults £10, Children (5-15yrs) £4, Under 5's free Family (2&2) £22 Free Car Parking

Dogs permitted on leads

Email: info@liskeardshow.org

Tel: 07894 456 099 Registered Charity No. 1170999



PENSILVA MILLENNIUM HOUSE

Sports Hall

Indoor Inflatable Party!

26th July, 2nd Aug, 16th Aug & 23rd Aug 11-3pm - £2 per hour session

Further details from Millennium House 01579 363096



PENSILVA WILDLIFE GROUP INVITE YOU TO A TALK FROM

THE CORNWALL BEAVER PROJECT PART OF THE CORNWALL WILDLIFE TRUST

MILLENNIUM HOUSE PENSILVA TUESDAY 30th JULY 7.30PM EVERYONE WELCOME



CHARITY BAND NIGHT In aid of Motor Neurone Disease Featuring **The Lost Cousins** MILLENNIUM HOUSE PENSILVA PL14 5NF SATURDAY 17th AUGUST 8.00pm FREE ENTRY DONATIONS WELCOME



On the weekend 7/8 Sept Emma Durrant & Sue Horler are taking on the Thames Walk Challenge, raising money for MNDA

This is 100Km [63Miles] from Fulham - Henley





42nd St Ive Shows Saturday 7th September 2019



At St Ive Village Hall At 2.30pm All welcome!!



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 <u>01579 363096</u>



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

MOBILE LIBRARY

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



Next visits: 5th July, 2nd & 30th Aug, 27th Sept, 25th Oct, 22nd Nov, 20th Dec.

Stops at:

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

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.

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



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

Badminton?	All Being Well	
Come and join our relaxed and friendly group at Pensilva Millennium House Mon & Tue 7.30 - 9.30pm Friday 8.00 - 10.00pm	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	
For further info phone Nigel or Carol on 01579 363594 or 07885 798370	Opening hours:Mon/Fri 10am-3pm & 5pm-9pmWed10am to 3pmTues/Thur9am to 1pmSaturday10am to 1pmAsk about GP exercise referrals!	
PENMILL ART GROUP	LISKERRET MALE	
We are a small, friendly group using	VOICE CHOIR We are currently looking for new	
friendly group using all art mediums. If you paint we would love you to join us. We meet at	We are currently looking for new members in all sections. No	
friendly group using all art mediums. If you paint we would love you to join us.	We are currently looking for new members in all sections. No previous experience necessary. Practice Mondays 7:30pm at the	
friendly group using all art mediums. If you paint we would love you to join us. We meet at	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	
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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. 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 Travellling 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

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St Ive Methodist Chapel

Services for July 2019

Sun 7th July	11am 4pm 6pm	No morning service Afternoon Tea Chapel Anniversary Concert by Liskeard Community Choir
Sun 14th July	11am 6pm	Rev Iris Bray United "Green Shoots" service at Bealbury MC with Rev Steve Wild
Sun 21st July	11am	Mrs Barbara Snowling
Sun 28th July	11am 5pm	Local arrangement United Food4Thought Service, Pensilva

"Village Churches Together" on Tuesday 2nd July at 7:30pm at St Ive MC, please ring Keith on 382334 for details. Everyone welcome.

The Chattermakers Craft group will meet on Thursday 11th & 25th July in the Guild Room from 7:30pm. More details from Kathryn on 01579 382334. All welcome.

The Village Church Prayer meeting will be held in the Guild Room on Wed 3rd, 17th and 31st July from 7:30pm. All welcome.

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



St Ive Church

Services at 11:15am every Sunday

July 7th Holy Communion

July 14th Morning Worship

July 21st Holy Communion Lunch follows this service

July 28th Family Service Small pets welcome.

Other July Events

Sunday 7th, 14th, 21st, 28th. Cream Teas 2:30pm to 5pm.

Fri 5th 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 21st Lunch in Church 12.45 All welcome. Only £7 for 2 courses.

As shown above, our Cream Teas continue every Sunday until September. Come along and enjoy homemade scones and cakes, lashings of cream, a very warm welcome, friendly conversation with a chance to put the world and everything else to rights.

Priest in Charge	Revd Becca Bel	07899 363458	revbeccabell@gmail.com
Church Wardens	Brian Dwelly	01579 364010	btdwelly@aol.com
	Richard Connell	01579 363833	

Please let the Priest or 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



ST JOHN'S CHURCH, PENSILVA

Services for July 2019

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

- Sunday 7th 11 am Rev. Chloe Jones. Holy Communion
- Sunday 14th 11am Café Church
- Sunday 21st 11 am Anglican Service
- Sunday 28th11 amCircuit Service at Liskeard Methodist Church5pmFood for Thought

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

Christian Aid. A very big thank you to all who contributed to this good cause. £410 was raised from Pensilva.

Fun Fair. Wednesday 3rd July, 3:45-4:45 & 5-6 pm at Millennium House. **Strawberry Tea** on Friday 5th July, 3pm at St John's Church, Bring and Buy. Everyone welcome. Funds for Global Family Mission.

Prayer Walks. 7pm on Mon 8th July from St Ive Chapel and Monday 15th July from St John's Church.

Fellowship: 7:30pm Friday 12th and 26th July. Contact Carolyn on 362698 for further details

Saturday Gathering. 13th July at 10am, St John's Church.

Sew, Knit & Natter: Tuesday 30th July, 2-4pm at St. John's Church. All very welcome.

Memory Café: Thursday 25th July, 2-4pm in St. John's Church.

Prayer Group: 2pm Fri. 15th and 19th July. 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.*



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

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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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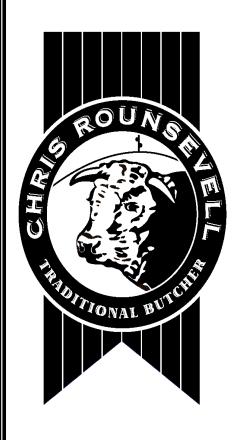


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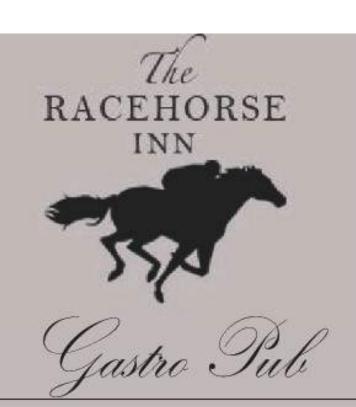
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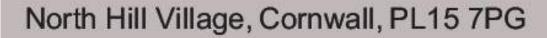
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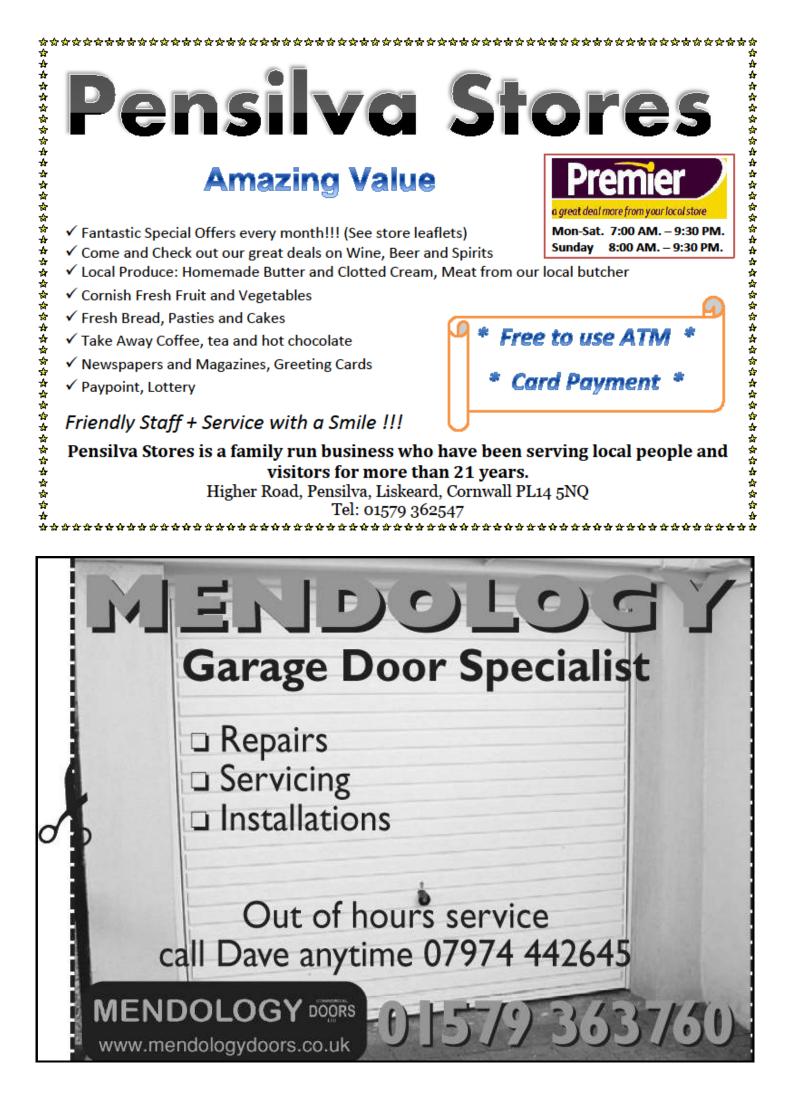


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folds flat for storage - £10 01579 363573 or 07841 717913	Brown speckled carpet , 2m x 5m. Brand new (over ordered). £50. Arch design headboards. £20 each or	
Maximuscle home gym system £100 ono. Black leather chaise longue. Excellent condition. £100 ono.	£35 pair. 01579 362211	
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	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	

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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)		
Face Yoga	Monday from 10:30am.	lilianjones@hotmail.co.uk		
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 362531 (Jean Hoare)		
Yoga	Wednesday 7:00pm	01579 344464		
	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 H			
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 (Mar			
Tiny Tots Toddler group	Friday 9:15 - 11:15am	07890 023924 Mrs Suzanne Kinsman (Manager		

ST IVE INSTITUTE				
1st Monday monthly 7:30pm 01579 382762				
Monday & Thursday 7:00pm	01579 382315 R Bunkum			
Tuesday 1:00 - 5:00pm	01579 362216 (Jackie)			
Wednesday 10:30 - 12 noon				
Wednesday 10:30 - 12:00				
Thursday 4.00 - 5:30pm	01579 382341 (Clare)			
	1st Monday monthly 7:30pm Monday & Thursday 7:00pm Tuesday 1:00 - 5:00pm Wednesday 10:30 - 12 noon Wednesday 10:30 - 12:00			

St lve 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