

THE PARISH PUMP



August 2019
Edition 453



The Newsletter for the Parish of St Ives



Read inside about Pensilva Carnival 2019!

Lots more pictures on the Pensilva Carnival Facebook page.

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
Martin Corney	01579 382450	Angie Haines	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	
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

There are no Parish meetings in August



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. 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, 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

Well done the organisers of the Pensilva Carnival and thanks for a superbly organised and very enjoyable event!

The weather was beautiful for Carnival day and it's been getting hotter since! At the time of writing, we are having a heat wave; the Met Office has issued a Level 3 heat wave warning and are predicting record high temperatures in parts of the country. Remember to drink plenty of water and do everything you can to keep yourself cool, especially if you are doing physical work or strenuous exercise, or if you have a health condition that may be affected by the heat. The NHS guidelines for coping in hot weather can be found here: <https://www.nhs.uk/live-well/healthy-body/heatwave-how-to-cope-in-hot-weather/>

Remember to look out for vulnerable people who may struggle to cope on their own in extreme conditions.

Having said all that, I expect it will be cold and wet by the time you read this!

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, PENNSILVA*

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.

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.

CHAIRMANS COLUMN

Here we are in August already and the summer seems to be set fair.

Pensilva Carnival was a great success with the weather excellent. It was nice to see so many families and youngsters enjoying themselves. A special thankyou must go to the Events Group who again put on a wonderful day, which helped lots of village groups publicise themselves and build up their funds.

In July we had the first CFYLM cinema night at Millennium House. It was organised by P.C.A. who also purchased all the new projection/sound equipment and the new big screen for the function room (thankyou). This made for a real cinema experience, which was enjoyed by a good crowd. See elsewhere in the Pump for details of this months program.

Around the Parish there are a number of overgrown hedges, which are a road safety concern, causing cars to move on to the wrong side of the road to avoid branches etc. Also many pavements are being obstructed by brambles/shrubbery. You are reminded that it is the landowner's responsibility to keep these trimmed. If the problem persists, Cornwall Council **can** get a contractor to carry out remedial work and then charge the landowner!!!

Well, I hope you all enjoy the summer holidays and don't forget the children's activities being put on at Millennium House on Mondays, Wednesdays and Fridays throughout the school holidays. You are reminded that **a parent or guardian will need to accompany children**. Tea and coffee will be available. See posters for times and details of activities.

Pete Haines

JP's Fresh Hot Food

at the Millennium House Bar, Pensilva

Every Friday and Saturday evening

17:00 - 21:00

Fresh, locally-sourced burgers
made to order.

Takeaway or eat in!

07966 994585

All our food is
top quality,
locally-
sourced, and
fresh!

Vegetarian
options ✓

Food allergies
catered for ✓

Pensilva WI July Report

We've all got old items squirrelled away at home and wondered whether they are worth anything or were just of sentimental value. The ladies of Pensilva WI were given the opportunity to find out when Eric Distin, Auctioneer, came to talk to us and value possessions the members had brought. There was a good mix of items and Eric gave advice on how to research the articles, especially if they were linked to a family member. There was a wonderful book of old photographs, but unfortunately there was no indication as to the owner, so advice was given on how to go about finding out more information on it. President Jean Hoare thanked Mr Distin for a very interesting talk.

Dates for your diary:

Wednesday 31st July – Calendar Girls, Theatre Royal, Plymouth
Monday 5th August – 'West End to Broadway', 7.30 at Sterts.
Tuesday 6th August – Picnic & Croquet on the lawn at Cotehele
Wednesday 14th August – Trip to Colwith Farm Distillery

Birthdays this month:

Barbara Bennett, Evelyn Dwelly, Jane Hall & Maureen Walker.

Competitions:

Flower of the month 1st Jill Pascoe, 2nd Pat Bates, 3rd Frances Tucker. Antique item/old jewellery 1st Jean Hoare, 2nd Jenny Kelly, 3rd Lorna Truscott

No meeting in August but speaker on 11th September will be Dawn Morris from Tartan Down Nurseries. We meet at 7.15pm at Millennium House Pensilva. We look forward to meeting you then, you will be made most welcome. Competition will be a decorated plant pot.

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

Pensilva Carnival - Report and Thanks

Yet again we were blessed with the weather throughout the week and we had amazing support for our events.

There were some brilliant displays of scarecrows again. Thanks you! Congratulations to the Parkin family who came first. 2nd was the drunken sailor, Mrs Yates, and 3rd, on the Cross, the Caplin family's policeman.

Congratulations to Lowenna McCarthy for winning the Champion Baby, to Jenny and Irene who won the Euchre.

The school joined us this year with stalls and a poetry competition, while the PSA kindly provided the BBQ. Also a big thank you to the ladies in the café who didn't stop all day!

It was great to see so many dogs in the dog show; thank you Charlotte.

Thanks to Lynsey for leading the parade with her lovely horse, followed by the Tavistock Twirlers, bringing tradition to our parade this year, followed by the Louise School of Dance with their Popcorn machine!

I hope you all enjoyed the Common Morris Dancers, Charlie Harris and the Halfway Harmony Choir. The stage and seating was a great contribution this year.

Mark's Ark entertained with animals crawly and slippery!

Whether you had your face painted, aimed at the skittles, fought in Sumo suits, bounced on the castle, kicked a ball with the football club, shot at the archery (thanks Steve!) viewed the classic cars or just relaxed, I hope you enjoyed it. Thanks to everyone who helped: Keith, Alan, Andy, Mick, Pat, Sian, Keira, Jude, Tony, Ange, Pete, Tommy, Angel, Saffy, Ruth, Martin, James, Hui, the raflette ladies! Sorry if I forgot anyone!

Thank you all for coming, it was great to see you all and see you all again next year - 4th July, 2020.

Fancy Dress Results:

5 years and under: Mylor McKenzie-Vines

6-11 Years: 1st Willy Wonka - Alfie Borlase, 2nd Scarlett McCarthy, 3rd William Hicks.

12 years +: 1st Dave Hicks, 2nd Nigel Hicks.

Pairs: 1st Lottie & Freya - Little Bug-gers, 2nd Leyla & Jack, 3rd Peter Pan & Tinkerbelle.

Groups: 1st Bodmin Land Pirates, 2nd Preschool & Toddlers - Jungle Animals, 3rd Dalmations - Scarlett, Isla & Lowenna.

Float: Kiddie Winkks - Pensilva Pied Piper and Rats.

PENSILVA IN BLOOM

Reponse to this new venture was wonderful. Thanks to all who took part and to the judges for their support. Looking forward to next year!!

Marlene Carr



RESULTS

	<u>First</u>	<u>Second</u>	<u>Third</u>
Gardens	Kate Pitman	Jack & Patti Akrigg	Mavis Phelp
Hanging Baskets	Ray Southcott	Jane Wilson	Verna Dawe
Containers	Jenny Braund	Jane Wilson	Andrew & Helen Carlin
JUNIOR SECTION			
Garden on a Tray	Kai Bruce		
Fairy Garden	Tilly Carter		

PENSILVA GALA WEEK. Some other results!

The **All Being Well Quiz** was won by Ross and Roll with 88 points. Congratulations to them. Second were 3's a Crowd +1, 86 points. Third were The Wanderers 72.5 points. Many thanks for your support to all who took part.

Climate Action Group Stall on Gala Day:

Winner of 'Guess the Number of Stones in the Jar' was Geoff Cox. He guessed 873 and the true number was 850. Geoff very kindly donated his winnings to the Climate Action Group!

Al Hore won the bee-friendly prize for a child

What happens to our waste and recycling after collection?



Cornwall Council's Waste and Recycling Officer will be coming to St Ives parish to tell us about how Cornwall's waste and recycling is dealt with after we put it out. The presentation will run for about 40 minutes and will be followed by a question and answer session.

7pm Thursday September 26th, 2019

in the Committee Room, Millennium House, Pensilva

Entry is free and everyone is welcome.

Of course, the Mel Bar will be open for refreshments!

Organised by the St Ives Parish Climate Action Group

St Ive Parish Climate Action Group has been going for about three months now and is getting into its stride. Below is a picture of the group's stall at Pensilva Carnival, aimed at raising awareness in our Parish of the biggest crisis facing our planet. We could always use more members! If interested, please contact Paul Wiscombe on 01579 382341, or email pmwiscombe@hotmail.com



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

NO MEETINGS IN AUGUST

For general enquiries please contact Jean Connor on 01579 363221

St Ive Village Show

Saturday 7th September 2019

Young People's Topics

Up to 7 years:

1. Home made bird feeder,
2. Bubble painting,
3. Colour the picture,
4. 4 decorated digestive biscuits,
5. A rocket made from recycled materials,
6. A photo taken by you.

8 to 16 years:

7. Home made bird feeder
8. A decorated plant pot
9. Hand writing, text supplied
10. 4 decorated cup cakes
11. Computer-designed poster for 2020 St Ive Show.
12. A photo taken by you.

St Ive and District Gardening Association

As a gardening club our monthly meetings in the summer are usually garden visits. For this month's visit to Dye Cottage in St Neot the garden proved to be different in character from most. Rare specimens and designed planting to make it a visitors' garden were absent. In its place was a garden to be lived in and enjoyed. Roses abounded with relaxation areas provided by discreet seats and tables. Particularly attractive was the seating area overlooking the Loveny River at the bottom of the garden.

There were various reminders of the owners' overseas visits, such as a miniature terracotta warrior. These were tastefully sited so they added to the "lived in" garden feel, rather than put there to impress visitors. A garden with a difference which left us all a little more relaxed.

Our next outing on 5th August will be to Mary Newman's Cottage in Saltash. Cars leaving St Ive car park at 6.30pm.

Also coming up soon is St Ive Village Show on Saturday 7th September with classes for everyone. For more information ring 01579 382762 or 382512.

Geoff Cox, on a visit to Merryhue Farm's Open Day

Merryhue Farm is 124 acres of fields and woodland situated on the left hand side of the road from St Ive to Callington. It has a collection of animals large and small, including angora goats, highland cattle, giant and mini donkeys, alpacas, ducks, geese and quail. The land has been farmed in an environmentally sensitive way for over sixty years.

Home to the "Battling On" community, it provides support and training for veterans. With a motto of "Together we can succeed," Battling On uses the skills and expertise of ex-service volunteers to work with vulnerable, disadvantaged young people, particularly within the youth offending system, or those at risk of becoming involved in crime and/or antisocial behaviour.

Transferable Skills Training (TST). This course has been designed to help individuals by developing social skills, self-confidence and self-esteem whilst learning practical skills.

The Together We Can Succeed programme is a joint venture between Work Skills South West (WSSW), TST and Battling On. For learners who are 16-18 years old, or over 18 but have an Education, Health and Care Programme, they offer a full time study programme in construction, land-based studies, animal care and outdoor pursuits, leading to real qualifications and work experience.

Merryhue Farm is a working care farm and opens its gates to men who are living with health conditions and are becoming isolated. It can provide them with outdoor space, activities and companionship in their Countrymen Club.

As supporters of the Pensilva Memory Café we are very interested in the Dementia Adventure at Merryhue Farm. It brings together individuals living with dementia, their families and carers, to enjoy the stimulation of being outside in a beautiful environment.

As representatives of the Memory Café, we were invited to the farm's Open Day, along with about 40 other volunteers from a large variety of organisations. The idea was to share with us what they were offering to society, and to give us the opportunity to network together. We were greeted with refreshments on arrival, and we were then given a comprehensive tour of the facilities and introduced to many of the animals. Then lunch in a WWI field kitchen where we were able to chat and make contacts which will be very useful in the future.

There was much more information shared that cannot be included in this brief article, but suffice it to say that an emphasis on the needs of the poorest and the disenfranchised was made. If you would like to know more, or if there is someone you know who could benefit from what they have to offer, they would be pleased to hear from you.

Tel: 01579 384798, info@battling-on.com.

Ruth and Colleen's Monthly

BINGO

At Millennium House

on Tuesday August 6th

Then on September 3rd

Eyes down at 7:30pm

Over 18's only

£££ CASH PRIZES £££

QUIZZES AT MILLENNIUM HOUSE

OUR NEXT QUIZ IS THE CARNIVAL QUIZ ON

WEDNESDAY AUGUST 31ST, 7:30PM

Then Oct 26, Dec 14.

Organised by and raising funds for

All Being Well

Improving the health of our community



VICTORIA INN



Help The Heroes Charity Event., Sat. Aug.17 from 12 noon. Live entertainment throughout the day and evening. Auction of promises. Raffle, face painting, story telling, BBQ. Come & support a great event.

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 options.”

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

Film Club

Friday July 12th saw the successful inauguration of our newly-formed film club. The movie (Our Finest) was well-received and the evening was very encouraging for the organisers.

To explain a little about how our club works: we operate under the guidance of C-Fylm which is a county-wide organisation set up to promote community film clubs such as ours. They hire us the chosen films and organise all copyright/licence issues etc. as this can be an expensive and complicated procedure. In order to comply with the law, all people attending the screenings are required to become members of C-Flym (yearly subscription). Membership entitles the card bearer to attend other C-Flym venues (such as Callington, Upton Cross etc) on payment of the club's box office price. Here in Pensilva we are very fortunate in that Pensilva Community Association has agreed to pay the C-Flym subscription for parish residents for the rest of this year.

Our next movie to be shown on Friday August 9th is "Fisherman's Friends" which I am sure will prove very popular. New members are advised to arrive early in order to facilitate registration. Doors open at 7pm for a 7.30 start and the bar is open for refreshments. Hope to see you there.

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

1st No. 119 Mrs R Williams £75	2nd No 125 Mrs J Conner	3rd No 49 Mrs J Phillips £20
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Thank you for your support

Debbie Hicks - Counselling and Psychotherapy

Caring, confidential counselling for all.

I work in a therapeutic relationship to help you understand yourself better.

I offer a warm, approachable, relaxed environment for you to untangle your thoughts and emotions.

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www.debbiehickscounselling.co.uk

Email: debbiehicks10@gmail.com

07851 133782





LIGHTHOUSE
COMMUNITY CENTRE

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



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 Show!

Saturday 7th September 2019



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

LET'S MEET (chat and eat!)

@Gorfenna LUNCH CLUB

1st Monday every month

11.30am-2.00pm

£2.50 pay on the day

St. Ive, PL14 3LX - 01579 384810



Powered by Royal Voluntary Service
Together for older people



Call for information or just come along

A friendly welcome, a warm lunch and conversation await!



PLEASE
CONTACT CLARE:
01579 382341
OR EMAIL:

CONTACT@CLARENORRISH.COM

WEBSITE: clarenorrish.com

**NO
EXPERIENCE
NEEDED
ALL WELCOME**

EVERY THURSDAY 4-5.30PM, ST IVE VILLAGE HALL
FROM POP TO CORNISH SONGS. WE ONLY SING IT IF IT'S FUN!

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 PROBLEMS?

If you have memory problems, whether mild, moderate or severe, you can feel a bit isolated or lonely. If you care for someone with this problem, we know how hard it can be. Our Café offers the opportunity for you to relax for a couple of hours now and then.



We have a varied programme throughout the year with some interesting speakers, musicians, crafts, games and occasional outings. You would be very welcome to come and join us for some reminiscences, music, fun and laughter.

PENSILVA MEMORY CAFÉ

Social activities and refreshments in a friendly and informal setting. We'd love to see you. We meet on the 4th Thursday of each month at St John's Church from 2pm to 4pm. Tea/coffee and cakes always provided.

Free entry but donations of £1 per person are much appreciated.

For more info phone Pat 01579 363461 or Carolyn 01579 362698

A big thank you to the Lions of Liskeard who recently very kindly donated a cheque for £200 to help us to continue running the Cafe and arranging outings and activities.

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?

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: 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



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!

PC access and advice in a friendly and supportive setting.

Liskeard Methodist Church, Barn Street, Liskeard PL14 4BL

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



*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

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. 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

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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For more details Telephone 01872 261110 or visit

www.isightcornwall.org.uk

St Ive Methodist Chapel

Services for August 2019

Sun 4th Aug	11am	Rev Jonathan Buds with Communion
Sun 11th Aug	11 am	Mr Alan Libby
	6 pm	United Green Shoots Service at Blunts MC with Rev. Ian Souter
Sun 18th Aug	11am	Judith Alan
Sun 25th Aug	11am	Mr Mark Pellow
	5pm	United Food4Thought Service, Pensilva

A big thank you to all who supported us at our 159th Anniversary Concert last month. A special mention to the Liskeard Community Choir who gave us a wonderful evening.

The Chattermakers Craft group will meet in the guild room on Thursday 8th & 22nd at 7:30pm. All welcome to come along and share in a time of chat and whatever craft you feel like doing. For more details contact Kathryn on 01579 382334.

The Village Church Prayer meeting will be held on Wednesday 15th and 29th August also in the guild room. All welcome to come along and share.

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

MEMORY CHOIR

The Memory Choir in Liskeard was started in 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.

St Ive Church

Services at 11:15am every Sunday

Aug 4th Morning Worship

Aug 11th Morning Worship

Aug 18th Holy Communion *Lunch follows this service*

Aug 25th Family Service *Small pets welcome.*

Other August Events

Sunday 4th, 11th, 18th, 25th. Cream Teas 2:30pm to 5pm.

Fri 2nd 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 18th 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 Bell **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

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ST JOHN'S CHURCH, PENSILVA

Services for August 2019

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

Sunday 4th	11 am	Rev. Sue Hill. Holy Communion
Sunday 11th	11am	Café Church
Sunday 18th	11 am	Anglican Service
Sunday 25th	11 am	Mr Derek Packman
	5pm	Food for Thought

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

Afternoon Tea Friday 2nd August, 3pm at St John's Church. Bring and Buy. Everyone welcome.

No Fellowship this month: Fellowship will recommence on Friday 6th September.

Sew, Knit & Natter: Tuesday 27th August, 2-4pm at St. John's Church. All very welcome.

Memory Café: Thursday 22nd August, 2-4pm in St. John's Church.

Prayer Group not meeting in August: Please ring Eileen on 362580 or Carolyn on 362698 if you would like prayer for yourself or someone else.

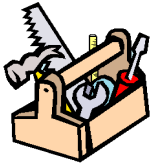
For further details of the Services held in St John's, if you know of any illness or need in the village or if you would like your wedding or baptism in the church, please ring: Geoff Cox, 362698 or Frances Tucker, 363718.



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

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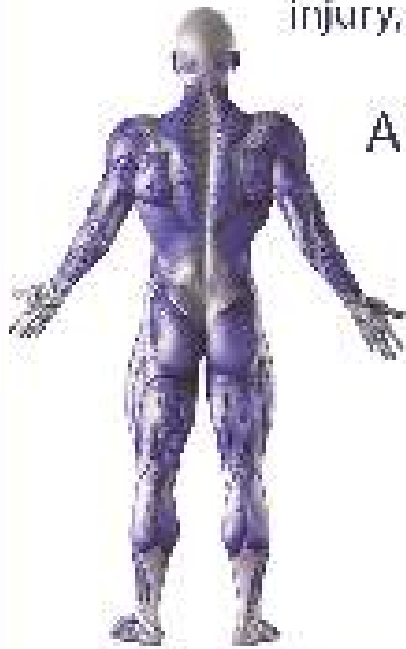
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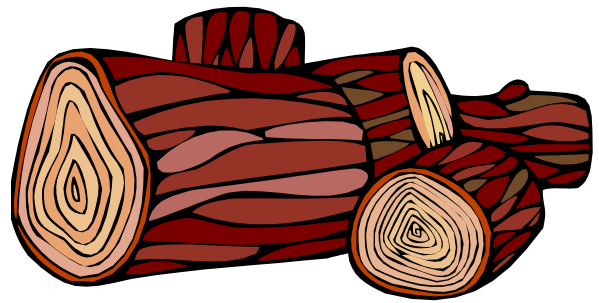
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Scelextric Sport Le Mans set. Still in box. Great condition. **£100.**

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.

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

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

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

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

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

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 angle 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

Mobility Walker Hardly used. Cost about £80 new from Argos. Will sell for **£40**
18 Demijohns £1 each. 01579 362001

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)
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 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 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

Monday 2nd September **Clare Woodbine** from Pinsla Garden, **Naturalistic Gardening**

Saturday 7th September **St Ive Village Show** with classes for your fruit, vegetables, flowers and pot plants

Monday 7th October **David Lemon**, his tale of **Walking the Zambezi**

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