

THE PARISH PUMP



September 2019
Edition 454



The Newsletter for the Parish of St Ives



Local lads on fundraising adventure Story page 5

Disclaimer

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

Parish Councillors Telephone List

Peter Haines (chair)	01579 362459	Alan Moss (vice-chair)	01579 362064
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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 9th September, 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

The schools are going back about now and I've been trying to remember my first ever day of school. I do have some very vague memories: the shock of walking into a nursery school room jam-packed with noisy children; then as a five-year-old, dressed in school uniform for the first time, meeting my new teacher (she was nice). For various reasons, my first five school years (including nursery school) were spent at five different schools, so the memories are a bit jumbled, but I remember a few kids who went out of their way to talk to the new boy and became friends. Due to a family bereavement that delayed our return from holiday, I was over two weeks late for my first day at senior school - that was a strange feeling! Walking into a classroom where there was just the one empty desk, and realising that the desk, and all my new classmates, had been there all that time, while I was hundreds of miles away in darkened rooms and darker churches, amid weeping women who, dressed completely in black, were continually reciting the rosary, or so it felt to me.

After that, I always had mixed feelings about going back to school: the end of the holidays, yes, but the start of the rugby season!!!

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.

(Cover Story) 'Cornish Rural Idiots' on the Fireball Rally

Three farmers, Rob Knight, from Pensilva, Ian Parfitt from Upton Cross and Chris Davies from Launceston (team name as above) are driving from here to Valencia and back, linking up with the Fireball Rally for the continental part of the trip. In the process they will try to raise as much money as possible for Cancer Research UK. (Rob lost his Dad, and Chris his Mum, to Cancer.)

What makes this adventure even more remarkable is that two of the three have never been abroad before, nor (knowingly) driven on the other side of the road.

The charity rally lasts 9 days, from August 25th to September 2nd, plus getting to Dover and back. In Valencia they will have the chance to participate in the '*La Tomatina*' festival, which is, literally, a total immersion tomato experience! (Can't wait to see the pictures!)

You can get a 'flavour' of what lies in store for them here:

<https://www.fireballrally.co.uk/spanish-conquest-2019/>

Fundraising page and some pictures here:

<https://www.facebook.com/cornishruralidiots/>

CHAIRMAN'S COLUMN

August seems to have been a quiet month, the bouncy castles in Millennium House have been popular with the young children, but we had no takers for the free indoor sports days for the older children, which was disappointing. The monthly film night at Millennium House was very well attended; look out for details of this month's film elsewhere in the Pump. It was disappointing to hear that on at least two occasions the community jigsaw in the library at Millennium House has been broken up and scattered. Many people get enjoyment from doing a bit of the puzzle when they visit. We think it may have been young children that did it so we would ask parents to keep a close eye on young children when using the library. Friday and Saturday afternoons/evenings (1500-2100) we now have takeaway/eat in food available in the bar at Millennium House (*see below, Ed.*). Why not drop in and try it and have a drink while you wait? Lastly, we have had a proposal to move the overgrown granite trough from St Ive Road (to prevent it being damaged further) to the grass triangle at the Princess Road / School Road junction, where it could make a garden feature, along with a park bench. We would welcome your responses to this idea, in writing, to the Parish Council at Millennium House. That's all for this month except to wish all the children starting school/new schools all the best and enjoy.

Pete Haimes

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 ✓

From Rev. Becca Bell

This article is being written 4 days before I go on annual leave for a month. Boris Johnson has just been “appointed” Prime Minister, there is tension in the gulf over sanctions on Iran that are being taken out on Oil Tankers, and Hong Kong is seeing worrying riots as they dispute the terms of their relationship with China.

I’m writing for the September edition, but yet again the niggly voice at the back of my mind says “Is this the moment you might choose to come back, Jesus?”

I moved house a lot as a child and have a memory of my mum reaching that horrible point where you’ve packed so much but it still feels like there is just as much to go, and she would say “well maybe Jesus will come back and we won’t need to worry about unpacking”. I’ve taken to saying it myself at times too.

One of the things that gives me most comfort about my faith is that sense of perspective. As Christians we are part of a family that stretches from the beginning of time right to eternity. All we know and experience now is just a small part of our own life story. When I say goodbye to loved ones, their story continues with God. When life throws lemons at me, I may not make lemonade (or even a G&T!), but it is just a small part of a life. And there is also the promise of the New Creation where there will be no illness or pain or mourning. Not that this makes life a breeze now, but it gives me a perspective that really helps.

And yet this isn’t something I hear Christians talk about much. Over this last week I’ve recommended an exercise class that helps, a podcast about the West Wing (Westwing weekly; its brilliant!) and a recipe for gammon pie. And whilst all of those things are life-giving and lovely, none of them is really life-changing. How much do we really talk about our faith and the difference it makes to us?

If I can recommend money saving features, or good books, then surely I should recommend the difference that knowing Jesus makes to my life? We have an amazing perspective as Christians that we should be willing to talk about as easily and freely as we talk about other things in life. And yet even I find myself choking a little at the thought of offering to pray for a friend, or sharing the difference that my faith makes, or even inviting people to come along to church because if I find it good then maybe they might too?!

This is my September challenge to myself; to gossip about faith. No big speeches or clever arguments, just talking about things that matter to me and why. I want to do this not only because I believe that I should share the good things I have, but because all the bad news we see makes it more important to speak good news into it. A small way to make the world a better place.

If Jesus comes back, then you will never get to read this and we’ll be looking back on the good old days on earth from our eternity in God’s house. Yay! If Jesus hasn’t come back yet, then this is our challenge and it will help to prepare us just a little more for when he does turn up. Because why would we want to spend eternity with God if God isn’t worth chatting about now?! No big speeches or clever arguments; just chatting about what you see and feel from where you are. I was really good at this when I was a teenager. I would ask God to give me opportunities and they came. I prayed for bus drivers and chatted easily to friends who actually started to ask me about why I believe in Jesus. So it does help if God is in on the conversation too, and just be you!

Film Club

Our second screening, Fisherman's Friends, on Friday August 9th was very well attended and went down really well with our rapidly-growing membership.

Our next offering is Red Joan (featuring Judi Dench) on Friday, September 13th. We advise new members to arrive early to complete registration. Doors open 7pm for 7.30 start and the bar will be open.

Our club operates under the guidance of C-Fylm, a county-wide organisation promoting community film clubs such as ours. They hire the chosen films for us and organise all copyright and licence issues. Everyone attending the screenings is required to join C-Fylm (yearly subscription). Members are entitled to attend other C-Flym venues (such as Callington, Upton Cross etc) on payment of the club's box office price. We are very fortunate that Pensilva Community Association has agreed to pay the C-Fylm subscription for parish residents for the rest of this year.

Hope to see you there on the 13th!

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

1st No. 174 Mr M Smith	2nd No 170 Rev K McGarahan	3rd No 20 Mr R Gilbert
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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.

More info on my website or by contacting me.

www.debbiehickscounselling.co.uk

Email: debbiehicks10@gmail.com

07851 133782



A reader has sent in this list of ten “strange parking laws,” originally drawn up by LeaseVan.co.uk.

- | | |
|--|--|
| <p>1. Don't reserve a space. Wheelie bins, cones, etc, used to reserve a space can be seen as a dangerous obstruction.</p> <p>2. Leave your lights on. Vehicles left parked facing away from traffic where the speed limit is more than 30mph should have their side lights left on overnight.</p> <p>3. Check your mirrors. It is the occupants' responsibility to make sure that opening a door won't impede passing pedestrians or other road-users.</p> <p>4. Don't park on the pavement.. Unlawful in London and elsewhere not allowed where it might cause an obstruction.</p> <p>5. Park close to the kerb. More</p> | <p>than 50cm away and you could face an on-the-spot fine.</p> <p>6. Park well away from junctions. Prohibited within 10 metres.</p> <p>7. Stay clean. A number plate that is too dirty to read is illegal.</p> <p>8. Don't park on a cycle lane. (This one seems obvious actually.) Counts as blocking a lane.</p> <p>9. Thou shalt not beep! Using your horn while stationary is against the law. If you want someone to know that you've arrived you need to find another way to announce yourself.</p> <p>10. Only load big items. You can stop on double yellow lines to load and unload, but only for big, heavy or awkward stuff.</p> <p>DID YOU KNOW ALL THOSE?</p> |
|--|--|

The St Ive Parish Climate Action Group continues to work on helping our Parish become carbon neutral as quickly as possible. Representatives from three nearby parishes attended our meeting on Aug 15 . Our next meeting is at 7pm on Thursday 12th September, in Millennium House. We would very much welcome more members! Meanwhile, some of you may be interested in this report from the National Grid. Called “Future Energy Scenarios,” it discusses some of the possible scenarios for making the UK carbon neutral by 2050. It's long, but there is a short summary at the start and after that it's up to you how much more detail you want! <http://fes.nationalgrid.com/media/1409/fes-2019.pdf>

All Being Well would like to thank everyone who has helped us in the past and who helps us now to fulfil our mission of bringing improved health, fitness and well-being to our local community. In particular we would like to thank **Pensilva Stores** and **Pensilva Cars** for their generous financial assistance over many, many years. Any other businesses out there who would like to help us, please call on 01579 363890 or email abwgym@gmail.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

September 4th Hedgehog Sanctuary

September 18th Harvest Festival

For general enquiries please contact Jean Connor on 01579 363221

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

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 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

Our visit in August was to the garden at Mary Newman's Cottage in Saltash. There we viewed the garden with its selection of heritage plants as well as the Tudor cottage. The volunteers present were friendly and informative and able to answer all queries about the plants and the house's history and made our visit very enjoyable.

For our next meeting we return to St Ive village hall on Monday 2nd September 7.30pm for a talk about Naturalistic Gardening by Clare Woodbine from Pinsla Garden.

A few days after that is the village show on 7th September, also in the hall, so do come along to see all the fine vegetables and flowers we have grown and the beautiful photos and handicrafts. Doors open 2.30pm. Visitors and new members are always welcome.

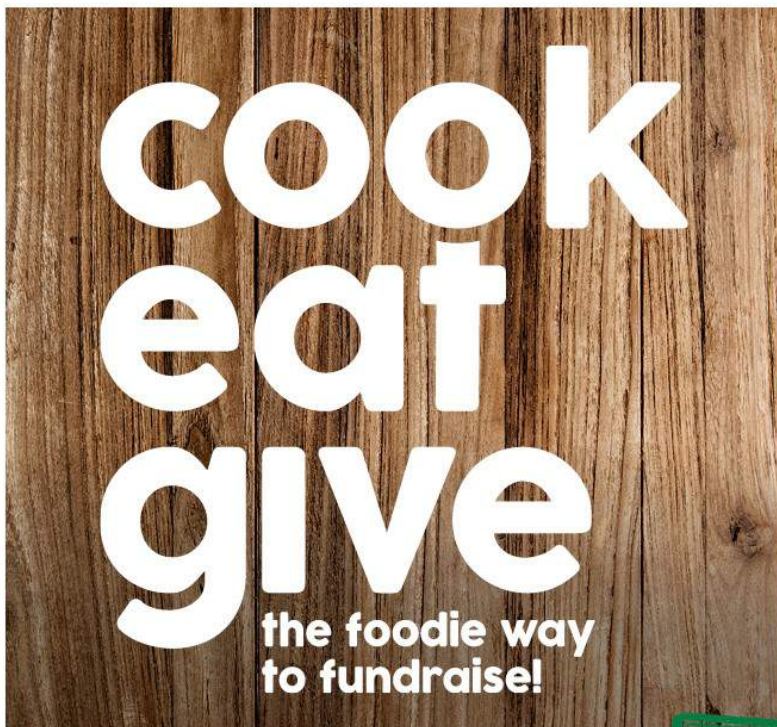
If you like music you will like...

CHLOE JONES (alto) and DOMINIC, her young son,

in Concert at St John's Church Pensilva

Saturday 5th October at 7 pm.

Entry by donation to St John's Church, and light supper after.



www.chsw.org.uk/cookeatgive 😊 #CookEatGive

Registered Charity No. 1003314



New foodie fundraiser for Children's Hospice South West

Children's Hospice South West (CHSW) is asking people to take part in a month of foodie fundraising this October. The charity is urging supporters to host a Cook Eat Give event for friends and family and ask guests to make a donation in return. The new fundraising initiative will help CHSW support more than 500 children with life-limiting conditions at its three children's hospices at Barnstable, Bristol and Little Harbour in St Austell. Sarah Stott, Fundraising Manager at Little Harbour, said: "Cook Eat Give is a really easy way for people to get involved in fundraising for Children's Hospice South West. Everyone loves a foodie get together, whether it's a barbeque, pizza night or themed dinner party, you can enjoy your food knowing that you are helping us to support local children and their families. We hope people will join us this October, but if that date isn't suitable, people can host a Cook Eat Give anytime. Every meal, however large or small, will make a big difference."

If you would like to find out more information about CHSW's new Cook Eat Give foodie fundraiser, visit www.chsw.org.uk/cook or call Little Harbour on 01726 871800 to speak to a member of the fundraising team.

CLIMATE & ECOLOGICAL EMERGENCY !!!

What can we do together in SE Cornwall?

Sunday 1st September

2pm – 9pm Liskeard Public Hall

**Arts & stalls from 2pm. Speakers from 4pm, (including
'The Time Is Now' XR talk). A food share at 6pm.**

Peoples Assembly 7 - 9. Your chance to put forward your ideas.



Join concerned residents, environmental groups, activists, and county, town and parish councillors for an uplifting day of collaboration, sharing, learning and action. Whatever your knowledge, experience or situation, if we come together and act now, we can make positive change happen.

The science is clear: we are facing an unprecedented global emergency. The task before us is daunting but big changes have happened before.

We must act now to make a better world



Hosted by Extinction Rebellion

Contact; xrsecornwall@gmail.com



If you wish to, please bring your unwanted clothes to swap, bring bags/flags/clothes to print on and label any food to share – Best ideas happen over shared food!

Donations welcome to cover cost of event.

Ruth and Colleen's Monthly

BINGO

At Millennium House

on Tuesday September 3rd

Then on October 8th

Eyes down at 7:30pm

Over 18's only

£££ CASH PRIZES £££

QUIZZES AT MILLENNIUM HOUSE

OUR NEXT QUIZ IS THE CARNIVAL QUIZ ON

SATURDAY OCTOBER 26, 7:30PM

Then Dec 14.

Organised by and raising funds for

All Being Well

Improving the health of our community



42nd St Ive Show!

Saturday 7th September 2019



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



PENSILVA WOMEN'S INSTITUTE

HORTICULTURAL SHOW

To be held in

MILLENNIUM HOUSE, PENSILVA

SATURDAY 14th SEPTEMBER, 2019.

To be opened at 2.15pm.

By Keith Richards.

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

**Schedules available from Jill Pascoe 362819,
also from Millennium House.**

Please pass in your entry forms by 9th September.

Cream Teas, Raffle.

Please support your local show.

FREE ENTRY.





Pensilva W.I

COFFEE AND CAKE

MORNING

**In aid of Macmillan
Cancer Support**

THE VILLAGE HALL,

PENSILVA

SATURDAY 21st SEPTEMBER.

10.30am to 12 pm.

Bring and Buy and Raffle.

What happens to our waste and recycling after collection?



Cornwall Council's Waste and Recycling Officer is coming to our area to tell us about how Cornwall Council deals with our waste and recycling, and to advise us on how we can all reduce our waste. The presentation will run for about 40 minutes and will be followed by a question and answer session.

7pm Thursday September 26th, 2019

at Millennium House, Pensilva, PL14 5NF

(Opposite Junction of Princess Rd. & Church Hill. Ample parking at rear.)

Entry is free, everyone is welcome, and the Bar will be open!

Organised by the St Ives Parish Climate Action Group

For more information call Paul Wiscombe on 01579 382341



Johnny Cowling Fundraising Event

Friday 27th September
Millennium House, Pensilva
Tickets £10

Doors open at 7pm for 7.30pm start
Raffle and Auction with a range of fantastic prizes!

Tickets are available from Millennium House, Pensilva or email
ayearinthelife18@gmail.com or message Karen on Facebook
www.facebook.com/girlinaboat

cruk.org
Together we will beat cancer



**CANCER
RESEARCH
UK**



Cancer Research UK is a registered charity in
England and Wales (1089464), Scotland (SC041666)
and the Isle of Man (1103).

COMMUNITY APPLE DAY



LINKINHORNE PARISH HALL
@ UPTON CROSS

On the B3254 PL14 5AX

Sunday 29th September 2019

11am to 4pm

APPLE PRESSING DEMONSTRATIONS (bring your apples
and containers for the juice - 30p per litre charge)

LOCAL PRODUCE/PRESERVES COUNTRY CRAFTS

APPLE DISPLAY TABLE

APPLE COMPETITIONS CIDER FOR SALE
RAFFLE

TOFFEE APPLES AND CAKES LUNCHES

WILDLIFE AND HISTORY GROUP DISPLAYS



Further information contact
Ruth Carthew 01579 362147
ruthcarthew@gmail.com
Frank Werkmeister 01579 364053
fpwerkmeister@btinternet.com





VICTORIA INN



New Takeaway menu available from Wednesday, Sep 4th. English, Chinese & Indian food, plus various bottles of alcohol & soft drinks. Available Tues - Sun from 5.30. Free delivery Fri/Sat on orders > £10. Meal deals also available: details to follow.

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

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



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

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



St Cleer Callington

Memorial Hall
Tuesdays

Scout Hut
Thursdays

3 Week Trial @ £10

From Newborn to Sitting

Our lovely, gentle class, which focuses on bonding and confidence. We use elements of baby yoga, baby massage, and calming techniques.
Babies Under 8 Weeks are Free



Confident Sitters to First Steps

Our bouncy, interactive baby development class that focuses on early language acquisition. Every class is a fun-filled adventure through Baby Land with wacky characters, lighting effects, cool props and parachutes.



Confident Walkers and Siblings

Our fun-filled, highly interactive toddler class for busy toddlers, pre-schoolers and their little siblings!
Expect music, drama, creative play, dance and movement.



Contact lisa.vdy@hartbeeps.com
www.hartbeeps.com

Heel 2 Toe Footcare

Tired Aching feet.

Corns, Hard skin, Verruca.

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Wed 10am to 3pm

Tues/Thur 9am to 1pm

Saturday 10am to 1pm

Ask about GP exercise referrals!

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We meet at Millennium House
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Please come & see us or phone Pam on
01579 363441.

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

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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

From the Editor - Technology and Oaktree Surgery

The Parish Pump has been contacted by EPIC (eHealth Productivity and Innovation in Cornwall and the Isles of Scilly) who will be visiting Oaktree Surgery during September to spread the word to patients about what it is they do. EPIC is part of Plymouth University and is funded by a grant of £2.7 million from the European Regional Development Fund and the South West Academic Health Science Network.

What is eHealth? Basically, it is anything technological that can help with health and wellbeing, improve quality of life, and enable people to manage their long term conditions a little more easily.

So, if you see people in the surgery in the coming weeks, who want to talk to you about eHealth, register you on the system and teach you how to use it, that is what it's all about.

This initiative is intended to help with problems around long waiting times for appointments etc. More info here:

<https://www.plymouth.ac.uk/research/epic>



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

If you would like more information please call us

Pauline: 01579 532467

Jeanette: 01579 363691



Whether you have recently been diagnosed with prostate cancer, are in the middle of treatment, or have come out on the other side, we would like to invite you to join our free support group, TAPS. Men and their partners are welcome to come along.

Our next meetings are: -

Wednesday 4th Sep: Our first AGM, general discussion about the future direction of the group on how to meet the various needs of members.

Wednesday 2nd Oct: Guest speaker - Miranda Benney, Cancer Clinical Programme Manager, University Hospital Plymouth (Derriford). Miranda, a former Uro-oncology Clinical Nurse Specialist, will give a talk on TrueNTH - a global initiative, led by the Movember Foundation, tackling critical areas of prostate cancer care based on eight ground breaking survivorship projects.

Wednesday 6th Nov: Guest speaker - Sue Boyes, Prostate Cancer UK.

These are going to be three excellent sessions, all at the Callington Health Centre, starting at 6:30pm. They are free to attend, with tea/coffee included. For more information please contact: Chris Greensted by phone on 01822 83479 or by email to tapsinfo555@gmail.com

FRIENDS OF PENSILVA HEALTH CENTRE

Meeting to be held on Tuesday 10th September 2019

at 2.p.m. - Millennium House, Pensilva

Please help to support our Health Centre, we are so lucky to have such a vital resource - only three meetings a year.

**For info please contact Jean Connor (Chair) 01579 363222
 Marlene Carr (Sec) 01579 362919**

.....

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

Assistive Technology: Advice on products

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

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CAP

UK poverty is real, with millions locked in its miserable grip. Christians Against Poverty is committed to bringing life changing freedom and good news to people in desperate need. Now Liskeard and Looe has its very own frontline CAP debt centre. It's a completely free, non-profit making service, which has been funded by donations and grants. The new centre is a partnership between five local churches - St Martin's Liskeard, Liskeard & Looe Methodist Circuit, Greenbank Community Church, Grace Church Morval and Light & Life Free Methodist Liskeard.

The people CAP help have often suffered multiple life traumas – unexpected events that would sink you if you were hit by just one, never mind four or five. Illness, bereavement, relationship breakdown and poor mental health can all cause a spiral into debt and poverty.

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- Analysing income & expenditure.
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- Taking over responsibility for dealing with those who are owed money
- Making arrangements with these creditors to repay the debt

Clients often feel an immediate release by calling CAP and seeking help. CAP brings relief and good news to the poor and needy.

Please call freephone **01274 761911** or visit capuk.org for more information.

To find out more about the centre or maybe lend a hand – contact CAPLiskeard@outlook.com or call **07539 473754**

Mental ill-health and suicide

50%

live in a household where at least one person has mental ill-health

8%

have attempted suicide; with half making more than one attempt

35%

considered or attempted suicide as a way out of debt

St Ive Methodist Chapel

Services for September 2019

Sun 1st Sep	10am	United Service at St John's, Pensilva.
Sun 8th Sep	11 am	United Service at Chapel with Mrs Helen Burke
	6 pm	United Green Shoots Service at Chapel with Mr Keith Mutton and Mr Geoff Cox.
Sun 15th Sep	11.15am	United Service at St Ive Church with Communion
		United Service at Chapel with Mr Bernard Melling.
Sun 22nd Sep	11am	
	5pm	United Food4Thought on tour to Callington MC. Contemporary Service.
Sun 19th Sep	10am	St Ive Church Harvest Festival and Together at Ten

As you will have noticed from the above, the churches at St Ive have decided to join together in worship. The first and third weeks will be at the Anglican Church and the second and fourth weeks will be at the Chapel. This will be a great opportunity for us to show to everyone in the village and beyond that God's Church is not bound by buildings. A warm welcome is extended for all to share with us.

The Chattermakers Craft group will meet in the guild room on Thursday 5th & 19th 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 11th and 25th September, also in the guild room. All welcome to come and share.

On Saturday 21st Sep we will again be holding a MacMillan Coffee Morning at Chapel 11am - 1pm. Please support this charity event.

St Ive Church

New Service Arrangements

Sep 1st Together at Ten at St John's Pensilva, 10am
Sep 8th No service at Church. Chapel service at 11am
Sep 15th Holy Communion **11:15**. *Lunch follows this service*
Sep 22nd No service at Church. Chapel service at 11am
Sep 29th Harvest Festival & Together at Ten **10am**

.....

Other September Events

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

Fri 6th Produce Market and Bric-a-brac 10:30am - 1:30pm
Home made cakes etc, fresh vegetables, locally made pasties, pickles, jams and much more. Farm fresh meat from Trehill Farm Produce.

Sun 15th Lunch in Church 12.45 All welcome. Only £7 for 2 courses.

Mon 30th Harvest Supper and sale of produce. 7pm

As shown above, our Cream Teas continue every Sunday through 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 September 2019

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

Sunday 1st **10 am** Rev. Martin Sellix. Benefice Service

Sunday 8th 11am Café Church

6pm Service at St Ive Methodist Chapel. Mr Geoff Cox

Sunday 15th 11 am Anglican Service

Sunday 22nd 11 am Rev. Sue Hill, Holy Communion

6.30pm Food for Thought at Callington Methodist Chapel

Sunday 29th 11am United Service

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

Afternoon Tea Friday 6th September, 3pm at St John's Church. Bring and Buy. Everyone welcome.

Fellowship: Friday 6th and 20th September. Contact Carolyn on 362698 for further details.

Sew, Knit & Natter: Tuesday 24th September, 2-4pm at St. John's Church. All very welcome.

Memory Café: Thursday 26th September, 2-4pm in St. John's Church.

Prayer Group: Friday 13th and 27th September. Please ring Eileen on 362580 or Carolyn on 362698 if you would like prayer for yourself or someone else.

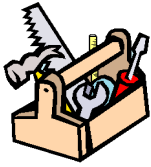
For further details of the Services held in St John's, if you know of any illness or need in the village or if you would like your wedding or baptism in the church, please ring: Geoff Cox, 362698 or Frances Tucker, 363718.



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



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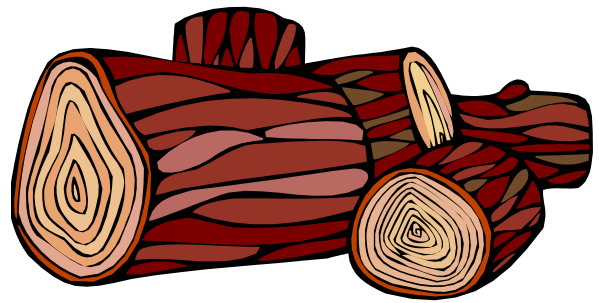
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- ✓ Newspapers and Magazines, Greeting Cards
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Pensilva Stores is a family run business who have been serving local people and visitors for more than 21 years.

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Bargain Corner Free Ads up to £50

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

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

Solid **pine side table** with central drawer, 24 ½" high x 24" wide x 13" deep (can email a photo) **£35**

Unopened Unicom **Laser Level** ideal for small building projects **£15**.

Cider Jar/Flagon used for supplying harvest workers with Cider or water during harvesting up to the 1970's. 13" high x 7 ¼" wide. A true piece of folk art ready to display. No makers name. Blemishes possibly from rough scrumpy. **£6**.

2 large size lightweight **camouflage military jackets**. **£10 each or £15 both**.
01579 384658

Of interest to beekeepers. Approx 30 Hoffman brood frames. Any offer considered. **01579 320401**.

2 x Medium Weight **Car Ramps** **£20**.
Push Mower **£5**.
01579 363199

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.

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

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

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

01579 362846

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
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 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**
Monday 4th November **Chris Jones** will talk about his **Beavers in Cornwall**
Monday 2nd December **Shaun Poland**, with ideas for **Gardens for Butterflies**

Visitors and new members are always welcome to join us.

St Ive Games Evenings

Board Games, Card Games and Table Tennis

The next Games Evening will be on

Friday September 13th, 2019 at 7pm

then on October 11th

For further details contact Maggie or Wendy on:

01579 208572

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

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***

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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