

# THE PARISH PUMP



November 2019  
Edition 456



**The Newsletter for the Parish of St Ives**



Holywell class at Pensilva School are learning to play the violin.

## 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

**Monday 11th November, 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](http://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](mailto:stiveparish@btconnect.com)

For accounts matters for the Parish and for Millennium House contact John Body, Finance Officer: 01579 362102, email: [millenniumhouseadmin@btconnect.com](mailto:millenniumhouseadmin@btconnect.com)

Millennium House enquiries and reservations: 01579 363096

email: [millenniumhouse@btconnect.com](mailto:millenniumhouse@btconnect.com).

On the web: Millennium House Website: [www.cornwallvenue.com](http://www.cornwallvenue.com)

Parish website: [st-ive-parishcouncil.gov.uk](http://st-ive-parishcouncil.gov.uk) Facebook: [facebook.com/stiveparishcouncil](https://facebook.com/stiveparishcouncil)

## Parish Pump Information and Contact Details

To contact the editor please email: [parishpump@btconnect.com](mailto: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

Lots about environmental questions this month, arranged as a four-page pull out section spanning the centre pages of this issue. That way it will be easier for you to keep this important information close to you at all times, so that you can all memorise the content word for word :) Seriously though, this stuff may look a bit dry, but the “Environment” is set to be an epic challenge for us all in the coming years, so it’s worth taking a look. This month we have a report on the “waste and recycling” event held in September; then a very informative and useful piece called “Why has a Climate Emergency been declared” by Paul Wiscombe, chair of the St Ives Parish Climate Action Group; and finally an article by Ali Humphreys, from our neighbouring Parish of South Hill, about the Terracycle recycling programme that she helps to run, which allows us all to recycle some materials that are not collected in our kerbside collections, and to benefit a wonderful charity at the same time. Improving our recycling rates is tiny part of what will need to be done to stave off a climate catastrophe, but it’s a good start..

Other than that, another packed edition this month. There really is a lot going on! New initiatives and activities that caught my eye include Walking Netball, the Age Concern electric vehicle based at Millennium House, and violin classes at Pensilva School. Enjoy!

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**

<b>Monday</b>	<b>10.a.m. to 1.p.m.</b>
<b>Tuesday</b>	<b>9.a.m. to 1.p.m.</b>
<b>Wednesday</b>	<b>9.a.m. to 1.p.m.</b>
<b>Thursday</b>	<b>9.a.m. to 1.p.m.</b>
<b>Friday</b>	<b>9.a.m. to 1.p.m.</b>

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.

**THE MEL BAR**

MILLENNIUM HOUSE PENSILVA

Seeks expressions of interest from suitably experienced

**RELIEF and OCCASIONAL BAR STAFF**

Submit your details in writing to the Parish Clerk at:

Millennium House, Century Square,  
Princess Road, Pensilva. PL14 5NF

**Closing date. November 14th**

**JP's Fresh Hot Food**

at the Millennium House Bar, Pensilva

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

Every Friday and Saturday evening 5pm-9pm ish

Now open Sundays 3pm-8pm for homemade  
pizzas, potato wedges & burgers only.

Friday film night 8th Nov, open 3-7pm  
(order by 6.30pm), then 9.45pm onwards.

Vegetarian  
options ✓

Food allergies  
catered for ✓

Takeaway or eat in! **07966 994585**

## CHAIRMAN'S COLUMN

By the time you are reading this the Age Concern electric car should be up and running. We are just waiting for a final part for the charging unit, then we have just a few administration points to sort out and it will be ready to go. We will then be looking for more volunteer drivers, so if anyone is interested in helping, by being a volunteer driver to drive people to the doctors, hospital, shopping etc. Then call into reception at Millennium House to get more information.

Sunday the 10th of November will see the Remembrance Day wreath- laying at St Ive Church and Millennium House, all welcome to attend.

Now that the clocks have gone back the evenings will be getting darker and the weather getting colder; please check the lights on your vehicles and children's bikes, also carry a torch if there are no street lights along your route and try to wear light-coloured clothing, BE SAFE BE SEEN.

Pete Haimes.

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

<b>1st No. 167</b> <b>Mrs D Upton</b>	<b>2nd No. 103</b> <b>Mr B Barnard</b>	<b>3rd No. 5</b> <b>Miss B Elliott</b>
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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](http://www.debbiehickscounselling.co.uk)**

**Email: [debbiehicks10@gmail.com](mailto:debbiehicks10@gmail.com)**

**07851 133782**



## Pensilva WI meeting report Wednesday 9<sup>th</sup> October

On Wednesday 9<sup>th</sup> October, members, friends and families met to celebrate Harvest with a supper and auction.

Before the festivities began, thanks were given to all those who supported our Macmillan coffee morning in September- over £300 was made. A range of beautifully hand-crafted glassware was on display, made by members at their glass workshop in September – creativity at its finest!

A huge spread of delicious food was enjoyed for Harvest supper, continuing the trend that no one would go hungry at a Pensilva function!



Auctioneer Verna Dawe did her usual brilliant job of enticing people to buy the produce available, offering a free gift to those who spent over £1.50! What a variety there was to purchase - everything from apples (at least 5 varieties!), all sorts of fruit, plenty of

vegetables, jam, chutneys to most things in between!

Birthdays this month – Pat Anderson, Liz Clayton, Verna Dawe – all received a pretty posy from WI.

The speaker for our 13th November meeting at 7.15pm is Colin Buck and he will speak on 'Mining in Cornwall'. As well as flower of the month, the November competition is a precious stone or gem. Visitors welcome.



## **Tropic Skincare**

I am an ambassador for this amazing ethical company.

All products are natural, containing Plants, Fruits, Flowers or their derivatives, including essential oils.

As well as placing your made to order products, as your ambassador, I help you to host a Pamper Experience with family and friends, or give a free 1 to 1 consultation including mini facial.

Contact: Toni Styles Phone: 07745394245

Email: [tonisty@aol.com](mailto:tonisty@aol.com)

[www.tropicskincare.com/tonistyles](http://www.tropicskincare.com/tonistyles)





### **Violin classes at school (See also the cover photograph)**

Holywell Class at Pensilva Primary are really enjoying learning to play the violin this term. Lessons have been arranged through the Cornwall Music Service's First Access provision and each week a specialist music teacher comes into class to teach. So far, the children have learned what all the strings are, have begun using their bows, and have already learned to play three different songs. The children will be having ten hours' of lessons and will finish by performing a mini concert for their parents next term.



### **NEWS FROM PENSILVA GUIDING**

After 30 years Guiding, working as a team, weekly meetings and taking units away on pack holidays, canal holidays and Guide camp, Jackie, Lynne and Martha wish to retire. The fun and camaraderie has been brilliant we have made friends with other Guiders in Cornwall, Britain and the world. We would like four new leaders two for Brownies and two for Rainbows. There is training from Cornwall Girlguiding and we are willing to help with the transition to new leaders. The times and days of unit meetings can be changed to suit the new leaders. Anyone who is interested please contact Jackie by email at [jackiepensilva@gmail.com](mailto:jackiepensilva@gmail.com)



## **From Rev Becca Bell**

We are in the season of Remembering. For some there are painful memories of lost loved ones who we wish were still with us. For others, memories of trauma, especially those who served their country in wartime. For others, there is a pensive reflection as the season changes and we think on the year that has been and has brought us to now. For many, remembering becomes more of an issue as the weather keeps folk indoors and its harder to socialise. Memories become company and even happy ones are bittersweet as they remind us of times we felt more loved than we perhaps do now.

But we can all do something about this.

I have been holding Baptism prep sessions over the past year where, instead of visiting individual families, I gather families seeking a Christening for a little one at a session altogether where they spend time eating cake, being with other families, and reflecting on what this occasion might mean for them. As part of it I ask why they are choosing Christening for their little one. Often parents will say “so my child feels part of a community”. I have really appreciated seeing how my 3 boys enjoy being part of a multigenerational community where they feel safe and at home. But unlike many christening families, my boys do go to church fairly often! I suggest to Baptism families that it is a wonderful thing to want community for our children, and as humans we are wired to need community, but we all have to play our part as part of it.

It is easy to imagine that community is somehow happening out there and we can slot in when it suits us. Or even to imagine that community should come to us. But it doesn't take much reflection to realise that the very nature of community means that we have to invest in it for it to even exist, let alone for it to offer us anything in return.

In all the communities I serve there are wonderful ways of engaging with community. In St Cleer there is church (either midweek or Sunday or both), Open Doors, the Memorial Hall events, a football team, gardening club, pub... and more! In Menheniot there is the Village hall, Cricket club, church, Old School, Mother Union... and more! In St Ive there are two churches, and links with Pensilva where there is a 3rd church and the Millennium Centre with loads of activities as well as a WI. In Quethiock there are wonderful groups linked to church and parish hall, and Merrymeet is seeking to become a community Centre to support the community in which it stands.

Where are you linked in?

There are many older folk who struggle to get out, especially as the weather gets worse. We need to be aware of our neighbours and care for them. But for many of us we need to build that network of community so we can be there for those who need it now, and so it is there for us when we one day need it. It doesn't happen by magic! Communities need leaders and followers: Punters and Chiefs! But most of all communities need commitment.

I am well aware that many folk expect the churches I serve to be there for their Baptisms, weddings, funerals, Christmas, Remembrance, and Easter... but in-between what happens to them? It's true the church is struggling but it could make all the difference if those who value it being there were to come along a little more often.

This season of Remembrance, whether you are pensive or grieving, Try Church. And maybe try and reach out to other parts of the community too, if you don't already. Even Jesus didn't try and complete his mission on earth single-handedly, but chose 12 men whose talents varied greatly! And several women who seemed to catch on more quickly too! We certainly can't expect to get through life on our own. We each of us need to build our team and commit to being in the team of others too. We are still building memories after all!

### **Wrong phone number in October's home insulation article**

The Government's Energy Saving Advice helpline has changed! The correct number to ring is now 0800 444202. Sincere apologies for any inconvenience.

### **New Bus Shelter for the Parish**

The Parish Council have installed a third Bus Shelter to the Parish at The Cross, replacing the old rusty shelter. This one was funded and installed by Cornwall Council at the request of the local Parish Council.

### **Electric Car Charging Point**

October saw the installation of an Electric Charging Point for an AGE Concern car which will be used by volunteer drivers to ferry people to and from appointments. Installation and running costs at Millennium House will be funded by AGE Concern at no cost to the Parish.



### **St Ive and District Gardening Association**

At our October meeting the speaker took us for a long walk in Africa. David Lemon was the first man to walk the length of the Zambezi River. After retiring he took up the challenge to make the journey through four countries in Southern Africa, mostly through wild countryside and deep gorges. Seeing his many photos and hearing the tales and insights into the life of the people he passed on the way made it an interesting evening for all of us.

On November 4<sup>th</sup> we will be thinking about rivers again when Chris Jones tells us about the benefits of his beavers in preventing flooding near Truro. The meeting will be held in St Ive village hall at 7.30pm. Visitors welcome.

## **FRIENDS OF PENSILVA HEALTH CENTRE**

**PLEASE HELP TO SUPPORT OUR HEALTH CENTRE, WE ARE LUCKY TO HAVE SUCH A VITAL RESOURCE. WE ONLY HAVE THREE MEETINGS A YEAR (JANUARY - MAY AND SEPTEMBER) AND A CHRISTMAS TEA' IN DECEMBER. ALL MONIES RAISED/DONATED ARE USED TO BUY MEDICAL EQUIPMENT THAT THE DOCTORS FEEL WILL BE OF BENEFIT TO YOU, THE PATIENT, SO CAN WE NOT SPARE A LITTLE OF OUR TIME TO OFFER SUPPORT? WE OURSELVES MAY BE IN NEED OF SUCH EQUIPMENT AT SOME STAGE. THE 'FRIENDS' ARE A GROUP OF PATIENTS WHOSE ONLY THOUGHT IS TO KEEP THE HEALTH CENTRE IN PENSILVA FOR THE BENEFIT OF EVERYONE.**

**Just to put people's minds at rest I would just add that the aim of the 'FRIENDS' is to support and work with the Health Centre - not to discuss personal issues. ☺**

**For information please contact:**

**Ivor Vaughan (Chairman) 07979 934604**

**Marlene Carr (Secretary) 01579 362919**

**Meetings are always advertised.**

**Sincere thanks must go to Jean Connor for her dedicated years of service to the Friends of Pensilva Health Centre both as a group member and as Chairperson.**

### **Report on last month's concert at St. John's**

Those of you who did not attend the Concert by Chloe Jones and Dominic on Saturday 5th October missed a real treat. Chloe sang both accompanied and unaccompanied and her beautiful alto voice filled the building. She also brought her flute, recorder, piccolo, Northumbrian bagpipes, concertina, accordion and many more, and of course she plays the piano. She sang a huge variety of songs covering many different types of music.

For Dominic, who is 8, it was his first performance and he did extremely well, both singing and playing recorder. It was lovely to see him starting out on a musical career and so well-taught by his mother.

## **43<sup>rd</sup> St Ive Show**

**Saturday 5<sup>th</sup> September 2020**

Entry open to all

Advance notice for art, handicraft and photography topics

### **Adult Handicrafts:**

1. Something new from something old
2. A hand made greetings card
3. A hand made Olympic souvenir
4. Tapestry / Cross Stitch
5. A gift for a child or friend (any medium)
6. An article in blue
7. Patchwork, quilting or appliqué
8. A framed picture made from items found in the woods (12" by 12" max)

### **Adult Art:**

1. Pencil, charcoal, ink or pastel drawing
2. Oil, acrylic or mixed media painting
3. Watercolour picture

### **Photography:**

*All photographs must be mounted and no larger than 7 x 5 inches*

#### **Adults**

1. View from a high point
2. Reflections
3. It made me laugh!
4. Patterns in nature
5. Unusual sky
6. Own choice with a suitable caption, coloured or black and white.

#### **Young people**

A photograph you have taken yourself

**Full Schedules** will be available in May 2020.

## **Film Club**

Another great film was enjoyed by over 30 Film Club members in October. Hidden Figures is a powerful film following the lives of three brilliant female mathematicians who were employed by NASA to aid the space programme. If you weren't there, you missed a treat!

As part of the village act of remembrance, next month's film (8 Nov) will be Journey's End which portrays the life of C company as they are deployed to Northern France in March 1918. This is reviewed as a moving and, some say, the best "war" film ever made. I'm sure it will prove to be an emotive movie and provide a base for reflection on all that happened in those times. Hope to see you there.





# SUPPORTING PROSTATE CANCER UK

Prostate cancer is the biggest cancer threat to men. Prostate Cancer UK (PCUK) works closely with medical research units across the country to help find new ways of limiting its impact. On Wednesday 6th November **Sue Boyes**, Peer Support Manager at PCUK, will be attending our TAPS meeting to let us know how PCUK can help us all, report on new developments in research, and Sue will offer practical suggestions on our own support group's development for 2020.

November may already be halfway through when you're reading this but it's never too late to support the "**Movember**" campaign for 2019. One of our team, Nigel, is campaigning to raise funds for Movember by growing his Movember moustache (and thereby annoying his wife) and he is hoping to beat his 2016 total of £750. You can support him at the Movember website: <https://mobro.co/nigelallam>. Movember supports a wide range of charities including Prostate Cancer UK.

On 4<sup>th</sup> of December **Simon Francis**, Wellbeing Lead at Nuffield Health, will advise us on how we can all live longer and achieve a better quality of life. This may interest anyone who has suffered serious illness.

Our meetings are open to anyone with prostate cancer and their family and friends and start at 6:30pm at the Callington Health Centre. They are free to attend with tea/coffee included. For more information contact:

Chris Greensted by phone on 01822 834797 or by email to  
"tapsinfo555@gmail.com"

### **CARADON APPLE DAY - THANKS**

I should like to take this opportunity, on behalf of the Caradon Orchard Group, to thank all those who came to support our recent Apple Day. Thanks also to the Parish Pump and Link magazines for promoting the event and to all who made it such a success - the stall holders, the paramedic, the children's event tent crew and Linkinhorne Parish hall committee.

Also, a special "mention in despatches" to "the gentlemen of the press" who did such magnificent work, in miserable weather conditions, producing in excess of 450 litres of apple juice on our wettest Apple Day to date.

**Barbara Wolstenholme, membership sec.**

## PENSILVA WEDNESDAY CLUB RVS

Meet in Pensilva Village Hall at 2.30pm on alternate Wednesdays

All adults welcome to join - Refreshments - various activities

Entertainment - Coach Trips - Raffle etc...

We to have a coach trip to Truro on November 27th so why not join us  
for perhaps last-minute Christmas shopping.

Contact Jane Mann on 01579 362960 for details

## 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](mailto:yvettewiltshire@sky.com) website: [www.artwithyvette.com](http://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](mailto:community@gorfenna.co.uk).

**Ruth and Colleen's Monthly**

**BINGO**

**At Millennium House**

**on Tuesday November 5th**

**Then on December 3rd**

**Eyes down at 7:30pm**

**Over 18's only**

**£££ CASH PRIZES £££**

### **CHRISTMAS PARTIES AT MILLENNIUM HOUSE**

#### **Children's Party**

The Parish Council would like to invite the Children of the parish to the annual Bouncy Castle Christmas Party on Saturday 21<sup>st</sup> December, 3 – 5pm. Please contact the Parish Clerk to register your Childs attendance by **Friday 13<sup>th</sup> December**. Children must be accompanied by a parent.

#### **Senior Party**

The Senior Members of the parish are invited to attend a full three course Christmas Lunch with entertainment, served by members of the Parish Council on **Tuesday 17<sup>th</sup> December** at 1pm, for the reduced fee of £5. Please contact the Parish Clerk to register your interest by Friday 13<sup>th</sup> December.

**Parish Clerk contact details: 01579 363069**

**stiveparish@btconnect.com**

**Ever tried...**

# **Walking Netball?**

**Come along to Millennium  
House, Pensilva**

**Starting Thu 7<sup>th</sup> Nov**

**4.45pm – 5.45pm weekly  
£2.00 per session**



**For further info contact  
[rosemaryfarley@gmail.com](mailto:rosemaryfarley@gmail.com)  
or Irene Elliott 01579 362069**



# **CORNISH FOOD AND DRINK FESTIVAL**

## **SUNDAY NOVEMBER 10<sup>th</sup>, 2019**

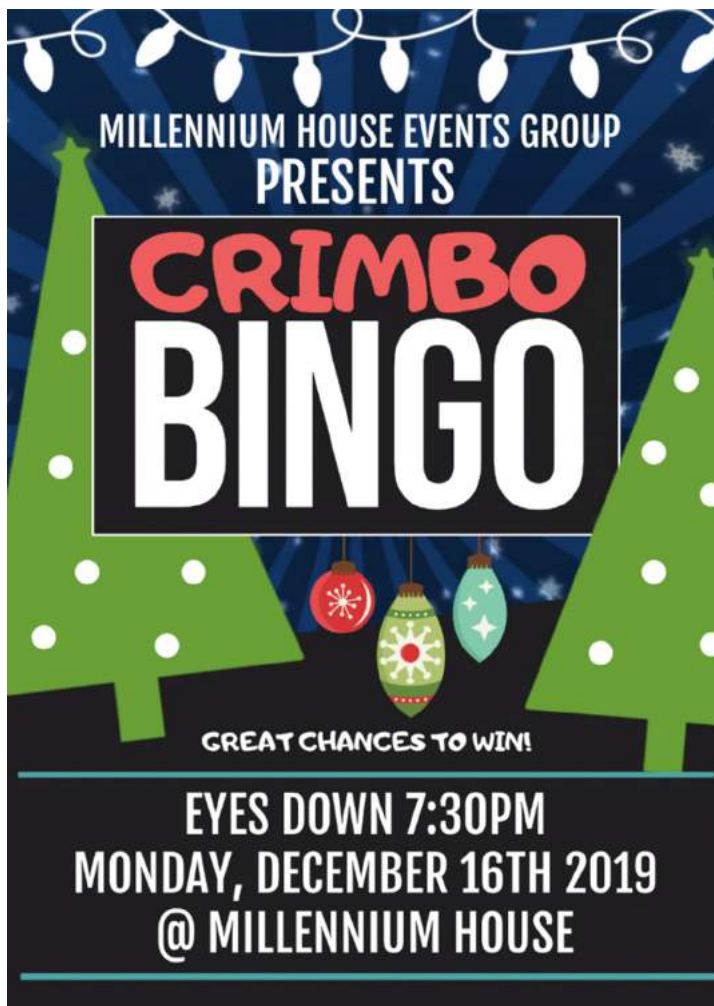
**at Millennium House, Pensilva: 10am to 3pm**

Come along and see all the lovely, local produce,  
and stock up for Christmas

**Light lunches and refreshments will be served**

At 11am the two-minute silence will be observed; why not come along, attend the commemorative ceremony, then enjoy shopping for delicious Cornish food & drink?

**Local producers.** If I haven't contacted you already, please email [angiehaimes@aol.com](mailto:angiehaimes@aol.com) for a booking form.



### **ANGIE'S CORNISH** **CATERING**

Having a party/reception etc.  
and you don't have enough  
crockery, cutlery or glasses?

**I hire out these items:-**  
dinner plates, side plates,  
dishes, champagne flutes,  
wine glasses, tumblers  
knives, forks, spoons,  
plus other assorted items.

**If you are interested, please  
ring Angie for prices  
on 01579 362459 or email  
[angiehaimes@aol.com](mailto:angiehaimes@aol.com)**



MILLENNIUM HOUSE  
EVENTS GROUP  
PRESENTS

NOVEMBER  
**9th**

# BARN DANCE

FEATURING  
DARTMOOR PIXIE  
BAND

NOVEMBER 9th 2019 - DOORS OPEN 7:30PM

TICKETS £5 ADULT / £2.50 CHILD  
ON THE DOOR OR IN ADVANCE FROM  
- MILLENNIUM HOUSE RECEPTION  
- KAREN 01579 362196  
- KEITH 01579 362593

MILLENNIUM HOUSE, PRINCESS ROAD,  
PENSILVA, PL14-5NF  
[millenniumhouse.org.uk](http://millenniumhouse.org.uk)



**SATURDAY 16<sup>TH</sup> NOVEMBER**

**RILLA MILL RETREAT CENTRE PL17 7NT**

**(FORMER METHODIST CHAPEL)**

**DOORS OPEN AND LIGHT REFRESHMENTS SERVED 6.30pm**

**QUIZ 7.30pm TO 9pm**

**NO FEE TO ENTER - DONATIONS TO TEARFUND PLEASE**

**TEAMS-ALL AGES, MAX. 6 PER TEAM (COME BY YOURSELF AND JOIN A TEAM)**

**Booking/enquiries tel. Maxine/Keith 01579 362611**



## **Christmas Wreath-decorating workshop**

**CREATE YOUR OWN CHRISTMAS STORIES**

**Host & Florist Susan Beese**

**£25 including all materials & coffee / tea & biscuits.**

**28 November 10am to 1pm**

**At Millennium House Pensilva**

**078155 84170 (to book) [susannichols09@btinternet.com](mailto:susannichols09@btinternet.com)**

# QUIZZES AT MILLENNIUM HOUSE

OUR NEXT QUIZ IS ON

SATURDAY DECEMBER 14, 7:30PM

Organised by and raising funds for

*All Being Well*

Improving the health of our community

**St Ive Church**

***Is Pleased to Present***

**Johnny Cowling**

**Christmas Special**

***on***

**Sunday 15<sup>th</sup> December 7pm**

**Tickets £10**

**To include a pasty supper**

**Tickets available from:**

**Pat 362959, Brian 364010, Dennis 383054**





# WHEAL TOR HOTEL

THE HIGHEST HOTEL IN CORNWALL

FOR ALL YOUR COUNTRY NEEDS...

## SUNDAY CARVERY

SERVED FROM 12 - 5PM | £8.95 UNDER 10'S DINE FOR FREE!\*

## FREE FUNCTION ROOM HIRE

AVAILABLE DAILY FROM 10AM-8PM\*

## FRIDAY FISH & CHIP SPECIAL

OCTOBER 2019 OFFER | YOU BUY ONE, YOU GET ONE FREE!



OPEN 7 DAYS A WEEK | WARM FAMILY WELCOME | DOG FRIENDLY | SENSATIONAL VIEWS | EXCEPTIONAL FOOD  
CALL TO BOOK OR TO FIND OUT MORE CALL: 01579 393401 | 07792522347

\*T&CS APPLY | CALL TO FIND OUT MORE



# VICTORIA INN



Takeaway menu available. 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.

**Bookings now being taken for Christmas Day Lunch and Party Bookings. Party bookings can be lunch or evenings. Please contact Wendy for more details.**

**Halloween Fancy Dress Party on Saturday 2nd November**

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

1<sup>st</sup> 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](mailto:CONTACT@CLARENORRISH.COM) WEBSITE: [clarenorrish.com](http://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**

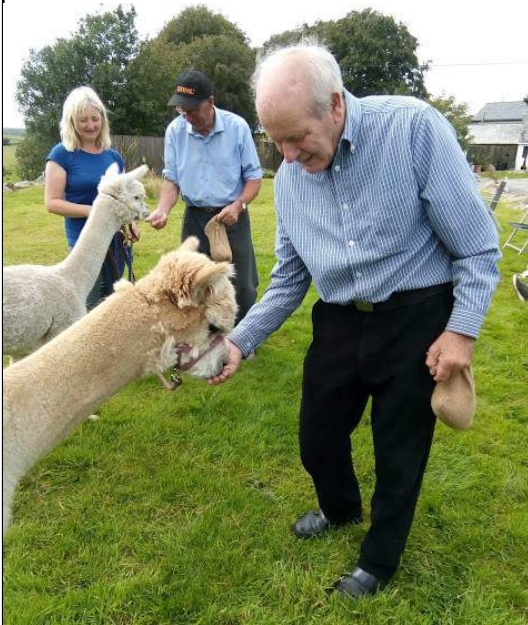
We are a small, friendly group that meets once a fortnight in Millennium House, Thursdays, 7.30pm to 9.30pm. If you would like to join us to try country dancing, we would give you a warm welcome. No previous experience needed!

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: 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](mailto: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](mailto:lisa.vdy@hartbeeps.com)  
[www.hartbeeps.com](http://www.hartbeeps.com)

## Heel 2 Toe Footcare

Tired Aching feet.

Corns, Hard skin, Verruca.

Fungal infected toe nails, or toe nails require cutting.

Diabetic feet also treated and regularly checked.

I can help to keep your feet looking and feeling good.

I am a trained Foot Health Practitioner to Diploma Level, fully insured & DBS checked.

I can do home visits via an appointment.

Call Penny: **07459 060709** for further information

# ***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](mailto: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.**

# **Face Yoga**

**Now at Millennium House, Pensilva**



**Mondays 10:30am**

Get a more youthful look  
with facial exercises, relaxation,  
massage with essential oils,  
facial acupressure.  
A feeling of Well Being

## 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



# Debbie's Care Services Recruitment Agency

## Tel. 0777 948 3230

Hello, my name is Debbie. I am a local lady who has been working in the community for over 30 years. I run a Care Recruitment Service placing fully trained carers into community care roles.

We provide the following services and more!

- Assisting bathing / showering
- Preparation of meals
- Cleaning / Shopping / Ironing
- Companionship / Friendship and emotional support
- Assisting with mobility
- Day, Evening and Night Care



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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**

## **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

[www.isightcornwall.org.uk](http://www.isightcornwall.org.uk)

## **FOUR PAGE PULL-OUT-AND-KEEP ECO SECTION**



### **Report of the public presentation by Peter Blenard, Waste and Recycling Community Support Officer, for Cornwall Council, on September 26<sup>th</sup>, 2019 at Millennium House Pensilva.**

35 people attended this event, about one third of them from outside our parish. Peter is part of Cornwall Council's Community Engagement Team which is responsible for increasing recycling rates and decreasing waste arising, as well as for supporting community groups in waste reduction projects.

The presentation began with a quiz! Which of the following cannot be recycled? I'd say that about half of us got it mostly wrong. A lot more can be recycled than you may think! The one that surprised me the most was that items of clothing can be recycled via the normal kerbside collection. (Must be clean and dry and tied in a plastic bag). Searchable lists of recyclable items, with clear instructions, are available here: <https://www.cornwall.gov.uk/environment-and-planning/recycling-rubbish-and-waste/recycling-collections>

In 2018/19 Cornwall Council disposed of 274,500 tonnes of waste, almost one tonne per household and a cost of about £205 per household. Future contracts for all waste services in Cornwall were being negotiated at the time of the presentation but currently Biffa do the kerbside collections; they pass everything to Suez who operate the Household Waste and Recycling Centres (HWRCs) and the Energy Recovery Centre - which we mustn't any more call the "Incinerator" :-). This operates for 8,000 hours per year, reducing 240,000 tonnes of unrecyclable waste to tonnes 65,000 of ash and, in the process, providing 20MW of electricity to the grid: enough to power 21,000 homes. Before this facility opened, we were sending 120 lorryloads a day to landfill!

Some good news: The Cornwall HWRCs recycle about 60% of the waste they receive, but our area does slightly better than that. All recycling is reprocessed in the UK – nothing is sent abroad.

Plastics can be recycled up to 7 times. With each cycle, the 'grade' of the plastic is slightly inferior until, on the last cycle, we end up with the 'unrecyclable' plastics. We can all help by reducing the total amount of plastics we use and by being meticulous about how we dispose of our plastic waste.

I mentioned that new waste collection contracts are being negotiated, but not that the whole collection regime will change quite substantially. The main difference is that food waste will be collected separately. No doubt we will hear all about it when the time comes, but this seems like a positive step. Food waste will go to anaerobic digesters, from where the methane produced can be reused for cooking and heating. Amazing!

Our guest handled our questions with patience and aplomb, after which Ali Humphreys spoke about the Terracycle recycling project in our neighbouring parish of South Hill. You can read about that in Ali's piece on the back page of this 4-page eco-pullout section!

Joe Bicarregui.

# Why Has a Climate Emergency Been Declared? Page 1 of 2

The International Panel on Climate Change (IPCC) was set up in 1988 to assess the vast amount of published literature on climate change. Its assessment reports are contributed to by thousands of people (mostly scientists) across the world by gathering data from thousands of scientific papers.

The IPCC is now widely recognised as the internationally accepted authority on climate change. It shared the 2007 Nobel Peace Prize with Al Gore and is endorsed by the United Nations. Its reports make a major contribution to the UN's Framework Convention on Climate Change which aims to keep the global average temperature to well below 2°C above pre-industrial levels and to limit the increase to 1.5°C. This Framework has been adopted by the UK and 194 other countries.

Since 1988, the IPCC has reported several times on global climate change.

Importantly, in 2014 it published its 5<sup>th</sup> assessment report in which it said:

- The concentration of greenhouse gases in the atmosphere has increased to levels unprecedented on earth in the last 800,000 years.
- The earth's most dramatic temperature increases have been since the 1950's.
- Human activity has been the dominant cause of global warming since the 1950's.
- This unprecedented global warming has increased the likelihood of severe, pervasive & irreversible impacts on the Earth's environment and its inhabitants.
- To limit these impacts, the earth's temperature needs to be restricted to a rise of no more than 2°C and preferably no more than 1.5°C, compared to those recorded in the pre-industrial era (i.e. before 1850).
- Many aspects of climate change and its associated impacts will continue for centuries, even if mankind's greenhouse gas emissions all stopped tomorrow.
- The longer we wait to reduce our emissions, the more expensive it will become.
- Currently we are on a trajectory to reach 3.7°C to 4.8°C by the end of the century.

When the Paris Agreement on climate change was adopted by the UN in 2016, the UN asked the IPCC to write a Special Report on "How can humanity prevent a global temperature rise of more than 1.5 degrees above pre-industrial levels"

In October 2018 that report was published. It said:

- At 2°C temperature increase would, amongst others, exacerbate: extreme weather, rising sea levels, diminishing Arctic sea ice, coral bleaching, loss of ecosystems and the extinction of many plant and animal species.
- For global warming to be limited to 1.5°C, "Global net human-caused emissions of carbon dioxide would need to fall by about 45 percent from 2010 levels by 2030, reaching 'net zero' around 2050.



# Why Has a Climate Emergency Been Declared? Page 2 of 2

- Global warming will likely rise to 1.5°C above pre-industrial levels between 2030 and 2052 if warming continues to increase at the current rate.
- Meeting a 1.5 °C target is possible but would require "deep emission reductions" and "rapid, far-reaching and unprecedented changes in all aspects of society" and "a stringent [emission reduction] mitigation scenario".
- Limiting global warming to 1.5°C with no or limited overshoot would require rapid and far-reaching transitions in energy, land, urban and infrastructure (including transport and buildings), and industrial systems. These systems transitions are unprecedented in terms of scale, but not necessarily in terms of speed, and imply deep emissions reductions in all sectors".
- "Estimates of the global emissions outcome of current nationally stated mitigation ambitions as submitted under the 2016 Paris Agreement would not limit global warming to 1.5°C, even if supplemented by very challenging increases in the scale and ambition of emissions reductions after 2030". "Avoiding overshoot ...can only be achieved if global CO2 emissions start to decline well before 2030".

This means that none of us are doing enough to reduce our greenhouse gas emissions. On a personal, business or community level and at local or national government level, we need to make "rapid, far-reaching and unprecedented changes in all aspects of society".

This is why Extinction Rebellion has been in the news so much this year. It's also why Cornwall Council declared a Climate Emergency in January 2019, why St Ives Parish Council also then declared one in April 2019 and why parliament also recognised the Climate Emergency earlier this year. Hundreds of city, town and parish councils across the country have now declared a Climate Emergency. Climate change is real and we need to take it seriously.

Declaring a Climate Emergency is great but worthless unless urgent action is taken. Cornwall Council set-up a working group that has done a lot of good work in identifying what can be done to reduce carbon emissions within the county and work towards becoming carbon neutral by 2030. The St Ives Parish Climate Action Group was set-up in April 2019 with the same aim but within the parish.

If the issue of climate change is a concern for you, we would welcome your involvement with the parish's Climate Action Group. Come and help our community work towards achieving carbon neutrality by 2030. Contact: [pmwiscombe@hotmail.com](mailto:pmwiscombe@hotmail.com)

In the next Parish Pump: What does a Climate Emergency mean?

## **Recycling for Charity with Terracycle**



Run by South Hill Action on Renewable Energy  
(SHARE) <https://south-hill.co.uk/share/> All proceeds go



to the 'Kicks Count' charity, who educate mums-to-be about their babies movements during pregnancy and help reduce the UK's stillbirth rate.

Items can be dropped at collection points in and around St Ive parish, including at Millennium House.

### **Items we can recycle have changed:**

For an updated list visit join our group on FaceBook. (This webpage <https://south-hill.co.uk/charity-recycling/> has a link to the Facebook page. Ed.)

We can no longer accept contact lenses, take these back to your optician. NO blister packs, cheese packets, pasta or rice packs. NO fruit or veg bags and NO tea or coffee packaging. We can only accept what the manufacturers sponsoring the specific programs dictate.

### **Newly added items that CAN be recycled:**

All used mascara wands and tubes, lipsticks, balm, gloss, lip & cheek highlighter & bronzer sticks & eye shadow compacts.

All packaging (no cardboard) from Kinder products. Soft plastic tubes, pots and sachets from hand lotions, gels, creams, ointments and plastic from hair dye kits. Disposable gloves like Latex, not rubber gloves. Personal care and homecare wipes flexible packets. Dishwasher tablets and salts packets, Laundry pods/capsules plastic packaging. Plastic air-freshener packaging, cartridges and used air-fresheners like plug-ins (no glass or cardboard). Triggers and pumps off bottles. Used toothbrushes, electric heads and plastic packaging and all toothpaste tubes. Baby food pouches & lids and snacks. Biscuit / cracker / cake wrappers, and all sweet & chocolate wrappers. Wrappers from all brands of crisps, snacks, peanuts, popcorn, pretzels. Pringles tubes, flattened with the foil and lids. Bread loaf bags only (no other bread products). Clean, dry pet food pouches (must be bagged together), biscuit and treats packs for all pets.

**If you can sort & bag like items together that saves us a LOT OF TIME!**

**ALSO:** for Hill Pony Resource charity at Kelly Bray: All used stamps, old mobile phones, any jewellery, obsolete bank notes, gadgets, SatNavs. cameras, laptops.

# **St Ive Methodist Chapel**

## ***Services for November 2019***

**Sun 3rd Nov**      11 am    Mr Alan Libby

**Sun 10th Nov**    10:45 am    United Remembrance Service at the  
Anglican Church

**Sun 17th Nov**      11 am    Mr Mark Pellow  
4pm    United Public Issues Sunday  
Followed by tea and a Service

**Sun 24th Nov**      11am    Rev C Tomlinson with Communion  
5pm    Food 4 Thought at Pensilva

The Chattermakers craft group will meet in the Guildroom on Thursday 14th and 28th of November at 7.30pm.

The Village prayer meeting will be in the small room, also on Wednesday 6th or 20th of November.

Thanks again for the support of the Macmillan Coffee Morning. A cheque for £252.10 has been sent off to them.

Diary Date: We will again be holding a Nativity Scene Display at the Chapel from Friday 3rd to Sunday 5th January. More details to follow. If anyone has a Nativity Scene that they would like to lend for this event, please contact Keith or Kathryn on 01579 382334.



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

# St Ive Church

## Services

Nov 3rd Morning Worship **11.15am**

Nov 10th Remembrance Service **10:45**

Nov 17th Holy Communion **11:15**. *Lunch follows this service*

Nov 24th Service at Chapel **11am**

.....

## Other November Events

**Fri 1st Produce Market and Bric-a-brac 10:30am**

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

**Sun 17th Lunch in Church 12.45** All welcome. Only £7 for 2 courses.

**We are pleased to say that Johnny Cowling's Christmas Special will take place in the Church on Sunday 15th December at 7pm. Tickets £10 available from: Pat 362959, Brian 364010, Dennis 383054.**

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 November 2019*

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

Sunday 3rd      11am    Rev Chloe Jones, Holy Communion

Sunday 10th    11am    **Remembrance Sunday** Rev Sue Hill/Mr Geoff Cox  
**10.40am** at Millennium House for wreath laying

Sunday 17th    11 am    Anglican Service

Sunday 24th    11 am    Mr Patrick Clark

**6.30pm Food for Thought** at St John's Church

**Café Style Church** at 10am each Thursday followed by discussion and chat, everyone very welcome. The **church is open** daily from 10am to 4pm for private prayer or meditation or just a cup of tea or coffee.

**Afternoon Tea** Friday 1st November, 3pm at St John's Church. Bring and Buy. Everyone welcome.

**Marriage and Relationships** talks, 2pm on Wednesday 6th, 13th, 20th & 27th November with Rev. Andy Day.

**Fellowship Bible Study this month:** Friday 1st, 15th 29th November 7:30pm. Contact Carolyn on 362698 for further details.

**Autumn Bazaar**, Saturday 23rd November from 2-4pm, St John's Church.

**Sew, Knit & Natter:** Tuesday 26th November, 2-4pm at St. John's Church. All very welcome.

**Memory Café:** Thursday 28th November will take the form of a lunch at Trerulefoot.

**Prayer Group:** Friday 8th and 22nd November at 2pm. 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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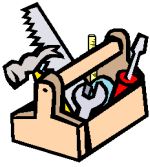
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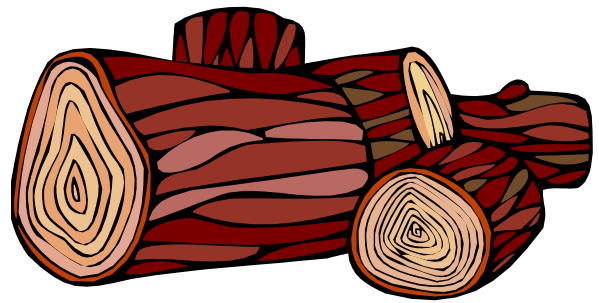
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7th Dec: Bath Christmas Market  
15th Dec: Tour of Cornish X-mas Lights  
21st Dec: Snow White @The Corn Exchange  
7th Jan: Cinderella @ The Theatre Royal

### Future trips:

20th Mar: Visit Bristol  
28th Mar: Telegraph Museum @ Portchurno  
April: Homemade Soup & Kent Cavern Devon  
17th April: Exeter Races & '80s Music Night  
2nd May: Toby's Garden Festival

- |                        |                     |                  |                             |
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## What's on in St Ive Parish ?

WHAT'S ON	WHEN	CONTACT DETAILS
<b>MILLENNIUM HOUSE</b>		
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
<b>PENSILVA VILLAGE HALL</b>		
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
<b>PENSILVA PRE-SCHOOL</b>		
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 7<sup>th</sup> October**

**David Lemon**, his tale of **Walking the Zambezi**

**Monday 4<sup>th</sup> November**

**Chris Jones** will talk about his **Beavers in Cornwall**

**Monday 2<sup>nd</sup> December**

**Shaun Poland**, with ideas for **Gardens for Butterflies**

**Saturday 11<sup>th</sup> January**

**Annual Lunch** details tbc

**Monday 3<sup>rd</sup> February**

**Michael Stephens**, with **Know your onions**

**Monday 2<sup>nd</sup> March**

**7pm Annual General Meeting**. Then at

**7.30pm Iain Rowe** will talk to us about **Caradon Mines and Miners**

*Visitors and new members are always welcome to join us.*

## St Ive Games Evenings

**Board Games, Card Games and Table Tennis**

**The next Games Evenings will be on**

**Friday November 1st and 29th, 2019 at 7pm**

For further details contact Maggie or Wendy on:

**01579 208572**

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

# Pensilva Post Office

Located through the Café on the 1<sup>st</sup> 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**