

THE PARISH PUMP



October 2019
Edition 455



The Newsletter for the Parish of St Ives



Sep.14, 2019: Prize winners in the
Pensilva WI Horticultural Show,
with opener Keith Richards

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 14th October, 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

Sixty-four pages of fabulous Parish Pumpicity this month!!! That's the most in my time as editor and, I think, the most ever, as the old photocopier that we used to use to produce it could only handle sixty pages max. Given that you have all those wonderful pages to look at, you're probably hoping that I won't waste your time on my editorial. Well, sorry to disappoint

Based on the number and the variety of community groups who are represented in these pages, and on the number of events that they organise, I make bold to suggest that this is surely a sign of a vigorous community spirit. At the heart of that community spirit, both in Pensilva and in Saint Ive, are our community centres, St Ive Village Institute, Pensilva Village Hall and Millennium House, so I'll just point you at Alan Moss's short article about Millennium House on page 7. Perhaps someone from the Village Hall and from the Institute would like to write a few lines about them, for a future edition. We should all help these village hubs to thrive.

Lastly, anybody interested in sustainable living, I very much encourage you to look at page 15. The Parish Council has organised a course aimed at producing a sustainability plan for our parish using the principles of permaculture and, in order to make the idea work, we will need some parishioners to take the course. Costs will be met by the Parish Council, so this is, essentially, free training for St Ive Parish residents who want to take part.

Take care - Joe

P.S. Should that be 'Pumpicity' or 'Pumposity?' ☺

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.

PENSILVA W.I. HORTICULTURAL SHOW

The annual Pensilva Horticultural Show, opened by Keith Richards, was recently held at Millennium House, Pensilva, where a bumper number of exhibits were displayed. The judges had a difficult task due to the high quality of items, but they rose to the occasion admirably.

The winners were – Pensilva WI Committee cup for the most points in vegetables – Mrs F. Drew. The Downing Cup for vegetable collection – Mr B. Arthur. The Tessa Cup for pot plants – Mrs J. Pascoe. The F.French-Blake Cup for Flowers – Mrs. F. Drew. The Albert Moore Cup for Domestic – Mrs. J. Hoare. The Nicholls Cup for Handicraft – Mrs. L. Snell & Mrs. A. Willis. The Les Morcom Cup for Best Photo – Mrs. Jennifer Prinn. The Barnard Cup for most points in Photography – Mrs. Verna Daw. The Photography Shield, under 15 years – William Hicks & Thomas Jenkins. Miss Lennon Cup for children under 7 years – Grace & Megan Rance. The Parfitt Cup for children 8-11 years – Thomas Jenkins. The Harry Cup for children 12-15 years – Miss Summer Roper. The Pensilva WI Committee Cup for most points overall – Mrs. J. Hoare. The Dr.Tregarthen Cup for most points gained in vegetable section – Mrs. F. Drew. The Smerdon Trowel for most outstanding exhibit in pot plants – Mrs. C. Cox. The Opener's Choice – Mrs. F. Drew. Judges Choice, The Coombes Cup – Mrs. Paula Prinn. The members' Photography Shield – Mrs. Verna Dawe. The Gordon Bennett Trophy for most points in preserves – Miss. C. Hambly. The Mary Gilbert Cup for flower arrangement – Mrs. J. Hoare & Mrs. L. Snell. Well done to everybody who entered the Show and particularly to those who won trophies.

CHAIRMAN'S COLUMN

Well, my bit in last month's Pump asking for views on moving the granite trough on St Ive road had the desired effect. There have been several responses, all saying it should stay where it is. We were even shown an historical map showing it. So we will try and organise a team to clean it out and try and get highways to put a bollard or something in the hedge to warn of its presence. Thanks to all who responded. Next month, Millennium House will be holding a food and drink fest, to feature local food and drink producers. This will be on November the 10th, see advert elsewhere for details. If you are a local food/drink producer and would like to attend, please contact Angie on 01579 362459 or (angiehaimes@aol.com) for an entry form. Millennium house now has B.T.Sport back in the bar, so in future major sporting events can be shown in the bar or possibly in the Function Room on the Mega screen. The evenings are drawing in now so please check the lights on your children's bikes, and remind them to use them! Lets keep our youngsters safe on the roads in the dark evenings. I was sad to see the mindless damage done to the W.I. horticultural show sign. The W.I. work hard to organise the show and bring a lot of joy to the village. I hope whoever was responsible for the damage is ashamed of themselves. Lastly could I ask if there are any volunteers out there who could deliver copies of the pump in areas of both St Ive and Pensilva. If you think you could help please contact Millennium House reception.

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 ✓

MILLENNIUM HOUSE

For those who have just moved into the Parish, welcome. I would like to just explain the situation regarding the management of Millennium House.

Millennium House was opened just over 21 years ago. MH has been run and managed over the years by a number of Parish Councils, the current council of 13 volunteers were elected in 2017. Their remit, along with a number of staff and other volunteers, is to reduce Millennium House's reliance on the Precept, as well as maintaining the needs of the two Parish wards, St Ive and Pensilva. The Precept comes from the taxpayers of the Parish and for 2019/20 is £69,000; about £50 per household per year.

Millennium House is showing its age, the roof leaks, the two boilers are just hanging in, the rooms and décor are tired. We also have a huge annual Business Rates bill and other bills including gas, electric, insurance etc. The parish Council is looking to apply for a substantial grant from the lottery, but this process is very long-winded; maybe you have experience with Lottery applications, please contact us.

You Can Help..... The Parish Council is always looking for volunteers to do some small jobs around Millennium House and the Parish. Please use Millennium House as much as you can: support the many events that we put on, like the Film club, Halloween party, new year's party, barn dance, choirs and much more. Check out our website and the Parish Pump for details. We also have a bar, Coffee Shop, Gym, Post Office, function room, and sports hall. Money that comes into Millennium House is for the Parishioners of the Parish. **I feel that Millennium House could be a great asset to this community.**

Alan Moss, Chair of Millennium House Management Committee.

PENSILVA WI SEPTEMBER REPORT

Due to our booked speaker being unable to attend, Becky from Growing Project, Pensilva came to tell us about the wonderful project we have in our midst. She gave us the background of how it all started and outlined where they are now. She asked for people's clippings, grass cuttings and kitchen waste which can be used for their compost. A great idea as it is sometimes difficult to get rid of lots of garden waste. She had brought along an assortment of vegetables they had grown and soon there was very little left on the table as all the members 'dug in'. President Jean Hoare warmly thanked Becky for giving of her time.

Birthdays this month were Rachael Palmer, Irene Elliott, Jennifer Kelly and Mary Lake.

Competition winners: Flower of the month - 1st Jill Pascoe, 2nd Verna Dawe, 3rd Irene Elliott. Decorated plant pot – 1st Cherry Woodhouse, 2nd Verna Dawe, 3rd Jill Pascoe.

Our October meeting, the Harvest Supper and auction will be held on Wednesday 9th October at Millennium House, 7.15pm. Friends and family welcome.

LOCAL CHARITY NOMINATED FOR NATIONAL AWARD

Transferable Skills Training (TST) based at Merryhue Farm in our Parish, has been shortlisted for the Institute of Outdoor Learning 2019 Awards, in the Community Development category, for its project 'Inspiring Lives'.

The Institute's citation for this project reads: 'Inspiring Lives' is a multiple award-winning project that is designed to engage the most vulnerable hard-to-reach young people. The programme has gained national recognition for its innovative approach and impact in re-engaging young people and successfully training them to gain the skills they need to lift them out of poverty."

Find out more at <https://www.transferableskillstraining.com>

**SPONSORED
WALK
COMPLETED
FOR MOTOR-
NEURON
DISEASE
AWARENESS
CHARITY**



By the time you read this Sue Horler and Emma Durrant will have completed this 100Km walking challenge. Over the weekend of 7th - 8th September they walked from Putney Bridge to Henley on Thames, raising money and awareness for Motor Neurone Disease. On August 17th as part of this fundraising, a free music evening featuring The Lost Cousins was held at Millennium House. Huge thanks must go to the people who attended and help raise £580 on the evening. Thanks must also go to the band for giving up their evening to play for free, it was greatly appreciated. Well done to Sue and Emma, who are part of a group of fundraisers known as The Lifton Self Preservation Society. Over the past 3 years this group has raised over £50,000.

**PENSILVA HEALTH CENTRE AND OAKTREE SURGERY
FLU CLINICS NOW AVAILABLE**

Our clinics are running at both sites and patients can attend at either. We will not be sending out routine letters to patients although you may receive a call or text so do please call us if you are eligible and we will book you in at one of our many clinics. If you happen to be at either site for an appointment, then please speak to a receptionist and they will be happy to advise.

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

St Ive Show – 7th September 2019

This year's show was opened again by Mrs Ruth Sargent. Ruth is a keen WI member and has been coming to the show for many years. She stepped in to help at the last minute and did a wonderful job of welcoming everyone to the show.

Entries were slightly down on last year, but the hall was still filled with a beautiful array of flowers, vegetables, handicrafts and cookery.

The afternoon was enjoyed by all – young and old. People were able to look around the entries and, at the end of the day, participate in an auction of the produce on display – capably hosted by Keith Mutton!

The show committee would like to thank everyone who contributed – whether by way of entries, refreshments, raffle prizes, judging, stewarding or pre-show organising. Without the help of all concerned our show would not be the success that it was!



St Ive and District Gardening Association

Clare Woodbine from Pinsla Garden entertained us at our September meeting, explaining how she maintains the naturalistic look of her garden. Illustrating her talk with numerous pictures, Clare pointed out many plants which lend themselves to this natural style, to give colour throughout the seasons. Adding pools and rocks encourages wildlife and natural plants such as mosses and ferns helping the informal feeling. Perhaps all our gardens will be more relaxed havens next year!

In complete contrast, next month, on October 7th, David Lemon will be telling the tale of when he walked the Zambezi River in southern Africa. That will be in St Ive village hall at 7.30pm. Visitors are welcome.

HOME INSULATION IS A WIN / WIN

INSULATION SAVES YOU MONEY AND IT HELPS SAVE THE PLANET! A house that is insulated to modern standards will have good insulation in the loft, walls and floor, as well as double-glazing and perhaps some draft-excluders. A poorly insulated house will have solid walls, perhaps a bit of insulation in the loft, but no other insulation, and it may be draughty. The well-insulated house will have around half the heat loss of the poorly insulated house. Half the heat loss means half the heating bills and therefore, in most cases, half the carbon emissions!

INSULATION IS ALSO GOOD FOR YOUR HEALTH. Contrary to popular belief, well insulated homes are not “stuffy”. In fact, insulation will keep your house cooler in summer and make it easier to keep well-ventilated and at a comfortable, constant temperature in winter. In Cornwall we have above average winter deaths due to cold conditions, above average levels of fuel poverty, and above average numbers of cold and damp homes. Energy efficiency in your home is one of the best ways to mitigate these problems.

YOU CAN INSULATE YOUR HOME EVEN IF YOU ARE ON A LOW INCOME! Any money you invest in insulating your home will be quickly repaid through lower heating bills, but what if you cannot afford the initial investment? The Government’s ECO3 scheme means that even if you don't have much money you can contribute to lowering CO2 emissions. Any energy supplier that has over 250,000 customers is legally required to help improve the energy efficiency of their customers’ homes with the installation of heating and insulation. To be eligible you must be claiming specific benefits but the list of qualifying benefits is long and includes some such as Disability Living Allowance, PIP, Tax Credits, Pension Guarantee Credit, Universal Credit and Child benefit. For example a family of two adults and two children with a combined income of 30,000 pounds is eligible. If you rent, you need your landlord’s consent, but not many refuse. The most popular ECO measures are cavity wall insulation, loft insulation, solid wall insulation, gas boiler replacement and draught proofing. You need to speak to your energy supplier or you can obtain more information from Energy Saving Advice on 03001231234.

If you do not qualify for any of the benefits on the list, but you receive the winter fuel payment, consider using this money to improve insulation or draught-proofing. It will pay you back in no time.

If you have outstanding unpaid utility bills, try phoning Charis for a grant on 01733 421 021. This is a trust fund set up by utility providers to help people in vulnerable circumstances due to ill health or perhaps a death in the household. Your information is confidential and does not get passed to your utility provider. Other useful websites and telephone numbers: simpleenergyadvice.org.uk energysavingtrust.org.uk - Head office tel no 0207 222 0101

Energy Saving Advice Service 0300 123 1234

FOR MORE INFORMATION, OR TO LET US KNOW HOW YOU GET ON: call Joe Bicarregui of St Ive Parish Climate Action Group on 01579 364016 or email the Parish Pump on parishpump@btconnect.com. Don’t be afraid to ask for advice!



Pensilva Primary School



Is your child starting school in September 2020?
Pensilva Primary School is holding Open Mornings on the
3rd October 2019 and 5th November 2019
all starting at **9:10 am.**

Come and take a look at the school and meet our team!
Head Teacher Mrs T Clinick Tel: 01579 362546

COADS GREEN W.I.

INVITE YOU TO A CREAM TEA TO RAISE FUNDS FOR

THE CORNWALL AIR AMBULANCE

NEW HELLI APPEAL

ON SATURDAY 19TH OCTOBER from 2pm to 5pm. £5
AT COADS GREEN METHODIST CHURCH PARLOUR
ALL WELCOME

Film Club

We had a good turnout for our last film, in fact since we were using a smaller room upstairs, we were almost up to capacity. "Red Joan", a Judi Dench movie, told the story of an elderly lady who was accused of spying and treason during the Second World War, many years previously. Quite thought provoking, especially as it was based on true fact. I think it was enjoyed by the audience.

Our next film night is Friday 11 October when we will be showing "Hidden Figures". This, again, is based on true facts and tells the story of 3 female mathematicians who were recruited by NASA at a time when not only were females the underdogs but these were black women during the time of segregation in the USA - they weren't even allowed to use the same toilets! It's a powerful, well-told and engaging story and is really worth watching so I hope that many of you will be inspired to come along. We now have a small nucleus of regular attenders, some of whom have been to all 3 films. Many thanks for your support and keep coming (you know who you are!). Don't forget, the bar is open and it's even possible to have a meal beforehand if you arrive early. Doors open at 7 for a 7.30 start.

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

1st No. 109 Mrs N Brice	2nd No. 178 Mr P Haimes	3rd No. 159 Mrs J Prinn
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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.

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Email: debbiehicks10@gmail.com

07851 133782



PENSILVA WILDLIFE GROUP

BEAVERS IN THE PENSILVA AREA?

On the 31st of July we had a fascinating talk from Chris Jones who manages a Beaver Reintroduction Project, supported by The Cornwall Wildlife Trust. He went through all the pros and cons of beaver reintroduction. The careful scientific monitoring of the project by Exeter and Southampton Universities shows considerable improvements over the two years since the beavers arrived. Most notably:

- A significant slowing down of water flow down the stream, giving improved protection from flooding for the local village (which has a history of flood events)

- A rapid and significant rise in the biodiversity of the area.

- An increase in the size and number of fish. (contrary to the fears of local anglers)

The main disadvantages are:

- The loss of land around water courses for farmers. This has to be the main worry. However, this seems to be limited by the distance beavers feel safe in travelling out of the water and not all waterside locations are productive. Even so, perhaps there should be a compensation scheme for farmers. Could this be balanced out by a reduction in the need for expensive flood protection measures?

- Loss of trees. However, simple measures such as coating the base of the trunk of any tree to be saved with paint mixed with sand, seems to work.

Mr Jones also told us that beavers seem to be 'popping up' all over the country, quite apart from authorised projects such as his. After the talk a member of the audience told him they had seen a dead beaver in the Pensilva area. So maybe they are here already!

If you do see a dead animal such as a beaver, the Cornwall Wildlife Trust would be grateful if you could let them know and if possible send a photograph, so that they can examine the body and monitor the situation. If you are unsure how to do this you can contact me (Hilary Taylor) on the number at the back of The Pump and I will pass on the information.

The event was well attended and received. As a result, we are arranging a second visit to the project. (Please see the poster in this issue for details.) Last time we were lucky enough to see the adults and catch a glimpse of the two kits born in the first year. Fingers crossed for this visit!

At the time of writing there are only a few places left, so get in touch quickly!

Permaculture Design Course for St Ive Parish

Permaculture is a design system based on ecological principles, grounded in ethics. It can be used to design, establish, manage and improve all efforts made by individuals, households and communities towards a sustainable future.

It is a practical method of developing ecologically harmonious, efficient and productive systems that can be used by anyone, anywhere.

Permaculture has an ethical foundation based on:

Earth Care: caring for the Earth, considering activities that minimise harm to the Earth

People Care: meeting people's needs in compassionate and simple ways

Fair Share: designing what we need and sharing the surplus

The *Prime Directive* encapsulates this: 'The only ethical decision is to take responsibility for our own existence and that of our children.'

The Programme

This programme will provide training and support in permaculture design. Local people will be guided through a facilitated permaculture design process to create a holistic broad scale design for a zero-carbon future for St Ive parish. They will develop the skills to extend this design and to be able to continue with more detailed designs of specific areas and subjects.

2-Day introduction to permaculture, includes:

History, principles of ecology & attitude, permaculture ethics, zones, sectors, elevation, examples, site tour of Pentiddy, introduction to the design process/ framework.

4 Days facilitated design.

Facilitated design process taking place over 4 separate days with adequate time in between to carry out the design work. The days will follow the design framework and cover some key subjects to inform regenerative design.

Day 1 Survey: Land-based information: observation, microclimates, land-use, soil, water, vegetation, animals, structures, history, vision/aim.

Day 2 Meeting tools. People-based info: food, economics, buildings and structures, settlements.

Applying the Principles.

Day 3 Water treatment, Soil building, regenerative agriculture, trees.

Day 4 Design tools & working on the designs.

The outcome will be a broad-scale, overall design for a zero carbon and bio-diversity rich parish.

Those taking part in the training will need to be committed to carry on beyond the initial parish outline design to do more detailed designs. Programme limited to 20 participants. These may include land-use, food sovereignty, zero-carbon energy, transport, community, circular economy etc.

Dates

Intro: week commencing 28th Oct or 4th Nov or 2nd Dec

Design & permaculture intensive: Dec/Jan-March 2020

The course is organised by St Ive Parish Climate Action Group. It is free to residents of St Ive parish; £50 per person otherwise.

If interested, please contact Paul Wiscombe on 01579 382341 or pmwiscombe@hotmail.com

PENSILVA WEDNESDAY CLUB RVS

Pensilva Village Hall

Alternate Wednesdays. At 2:30 pm

2nd October Talk
16th October Antarctica
30th October Pensilva Village

SHOPPING TRIP TO TRURO - 27TH NOVEMBER 2019

Leave Millennium House Pensilva 9:30am

Pick-ups in Liskeard - Cost £10

Please ring Jane Mann 01579 362960

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.

If you like music you will like...



*CHLOE JONES (alto)
plus myriad musical
instruments! And her
young son Dominic.*



*Come to St John's Church Pensilva
at 7 pm on Saturday 5th October
When you will be entranced!!
Light Supper after the Concert
Donations requested for the work
of the Church in Pensilva.*

Ruth and Colleen's Monthly

BINGO

At Millennium House

on Tuesday October 8th

Then on November 5th and December 3rd

Eyes down at 7:30pm

Over 18's only

£££ CASH PRIZES £££

Pensilva Community Association and C-Fylm Present

PENSILVA FILM CLUB



FRIDAY OCT. 11th

AND EVERY SECOND FRIDAY OF THE MONTH AFTER THAT!

DOORS OPEN 7PM, FILM STARTS 7:30PM

£2.50
for C-Fylm
members *

JOIN FOR FREE ON
THE DOOR



Three brilliant African-American women at NASA serve as the brains behind one of the greatest operations in history: the launch of an astronaut into orbit, a stunning achievement that restored the nation's confidence, turned around the Space Race and galvanized the world.

**TEA AND COFFEE AVAILABLE, AS WELL AS
ALCOHOL SERVED AT THE BAR**

* Licensing restrictions mean you need to be a member to watch the movie: but don't worry, you can join for free on the night! Existing C-Fylm members are also welcome to attend.

Membership runs until the end of the year.

Join us on a visit to the Cornwall Wildlife Trust's...

...BEAVER
REINTRODUCTION
PROJECT

Visit costs £10 per adult
£5 per child. All profits
go Cornwall Wildlife Trust

On Wednesday 16th Oct.



We will do our best to organise car share places, leaving Pensilva at about 5.00 to reach Woodland Valley Farm, Ladock at 6.00 and leaving there at approximately 8.00.

The Wildlife Trust advises that the visit is unsuitable for young children, and a steep slope down a farm track makes it unsuitable for the less able. Wellington boots or similar will be needed.

Chris Jones, the farmer, will take us on a guided visit to the site where the beavers are living, to see how they have changed the local landscape with their dam building and water management. At dusk, if we stay still and quiet, we may be lucky enough to see them as they emerge for their nightly activities!

Places are strictly limited, so booking is essential!

To secure your place, ring Hilary
on 07900 587120



MILLENNIUM HOUSE EVENTS GROUP PRESENTS

HALLOWEEN KIDZ PARTY

FREE ENTRY

DISCO

GAMES

SNACKS



Come in costume!
Thursday, October 31st 6-8pm
at Millennium House

All children must be accompanied by an adult

NOT A TRICK DROP IN for a TAKEAWAY JUST A TREAT



A
takeaway
Bag of Hope
for
every child

Hot chocolate drinks
and marshmallows

Celebrate God's
light in our lives

Everyone
welcome



PENSILVA WILDLIFE GROUP



FUNGI WALK

Saturday 26th October

10.00 to 3.00

Starting and finishing at:

The Village Hall, Church Street, Pensilva

- Explore the local woods looking for Fungi.
- Take photos and collect samples.
- Return to the Village Hall to try to identify your finds.
- Learn how to make a fungi spore print

N.B. BRING A PACKED LUNCH (tea and coffee supplied)

WEAR WALKING BOOTS OR SIMILAR

QUIZZES AT MILLENNIUM HOUSE

OUR NEXT QUIZ IS ON

SATURDAY OCTOBER 26, 7:30PM

Then Dec 14.

Organised by and raising funds for

All Being Well

Improving the health of our community



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
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- MILLENNIUM HOUSE RECEPTION
- KAREN 01579 362196
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MILLENNIUM HOUSE, PRINCESS ROAD,
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millenniumhouse.org.uk

CORNISH FOOD AND DRINK FESTIVAL

SUNDAY NOVEMBER 10th, 2019

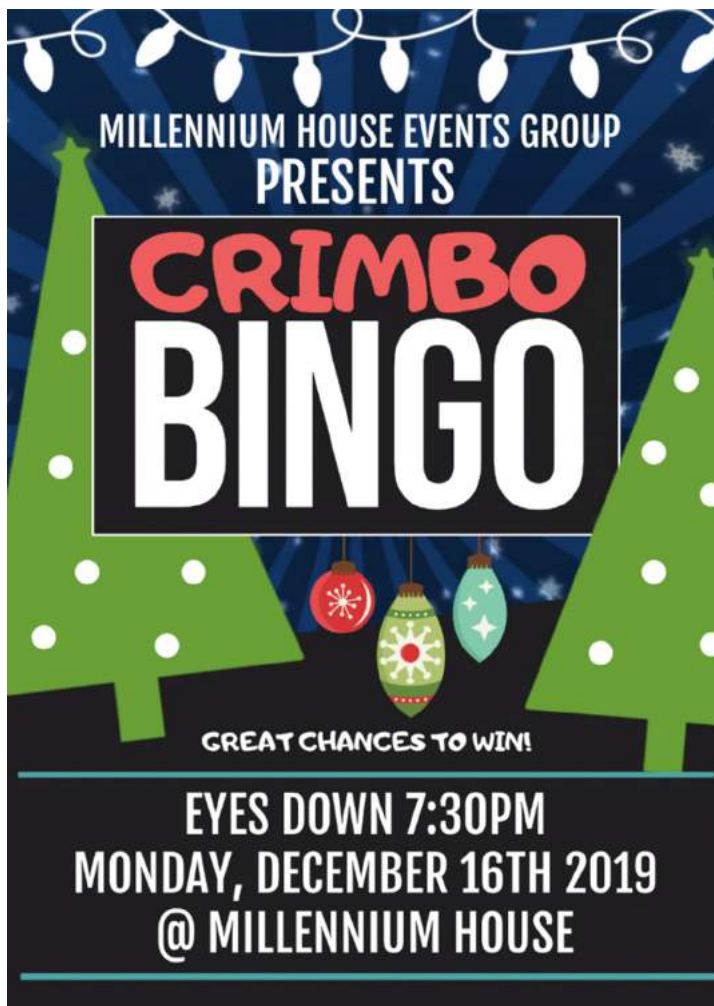
at Millennium House, Pensilva: 10am to 3pm

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 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
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*TAXES APPLY TO EACH RESERVATION AT 100



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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

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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: 25th Oct, 22nd Nov, 20th Dec.

Stops at:

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

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Saturday: 10am-12pm

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



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Babies Under 8 Weeks are Free



Confident Sitters to First Steps

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Confident Walkers and Siblings

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Friday 8.00 - 10.00pm

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Wed 10am to 3pm

Tues/Thur 9am to 1pm

Saturday 10am to 1pm

Ask about GP exercise referrals!

PENMILL ART GROUP

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

We meet at Millennium House
10-2 every Friday.

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

LISKERRET MALE VOICE CHOIR

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

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

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Email: charaton@btinternet.com

Website: www.liskerretmvc.org

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PENSILVA VILLAGE HALL

Anyone wishing to book the hall for meetings, birthday parties or fundraisers please contact Peter or Jackie

Browning on **01579 363212** or email **peterpensilva@gmail.com**



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

We hold a Hall a users and committee meeting on the fourth Monday of every 2nd month starting in January at 7.00pm. Please feel free to come along and support us.

Organisations that meet in Pensilva Village Hall

Meeting Times	Organisation	Contact Person	Telephone
Mon. 4:00 - 6:00	Brownies	Mrs Martha Oliver	01579 362239
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



As our prostate cancer support group, TAPS, embarks on its second year we continue to welcome new members, those recently diagnosed with prostate cancer, or in the middle of treatment, or those who have come out on the other side, and invite you to join our support group. Men and their partners are welcome to come along and join in. Our next three meetings are: -

Wednesday 2nd October: Miranda Benney, Cancer Clinical Programme Manager, University Hospital Plymouth (Derriford). Former Uro-oncology Clinical Nurse Specialist, will talk on TrueNTH, a global initiative led by the Movember Foundation.

Wednesday 6th November: Sue Boyes, Peer Support Manager at Prostate Cancer UK, will tell us how the charity can help us all, report on new developments in research, and lead a discussion on our own support group development.

Wednesday 4th December: Simon Francis, Wellbeing Lead at Nuffield Health, advising on how we can all live longer and achieve a better quality of life.

All at 6:30pm at Callington Health Centre, free to attend with tea/coffee included. For more information please contact: Chris Greensted by phone on 01822 834797 or by email to "tapsinfo555@gmail.com"



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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

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

St Ive Methodist Chapel

Services for October 2019

- Sun 6th Oct** 11.15am United Service at St Ive Church.
- Sun 13th Oct** 11 am United Service at Chapel with Mrs Julian Langston
- Sun 20th Oct** 11.15am United Service at St Ive
- Sun 27th Oct** 11am United Service at Chapel with Keith Mutton.
- 5pm Food 4 Thought @ St John's Pensilva

A big Thank You to all who supported us at our Cornish Language Harvest Festival, the Chapel Harvest Celebrations and the Macmillan Coffee Morning last month.

The Chattermakers group will meet in the Guild Room on Thursday 3rd, 17th & 31st at 7.30pm.

The Village Church Prayer Meeting will be in the Guild Room, on Wednesday 9th and 24th October, at 7.30pm also in the guild room.

Also keep an eye on our Chapel Facebook page.



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

St Ive Church

Services

- Oct 6th Morning Worship 11.15am
Oct 13th Service at Chapel 11am
Oct 20th Holy Communion **11:15**. *Lunch follows this service*
Oct 27th Service at Chapel 11am
-

Other October Events

Fri 4th 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 20th Lunch in Church 12.45 All welcome. Only £7 for 2 courses.

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 October 2019

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

Sunday 6th **10 am** Mrs Biddy Bishop

Sunday 13th 11am Rev Andy Day - **HARVEST FESTIVAL**

Monday 14th 7pm **Harvest Supper**

Sunday 20th 11 am Anglican Service

Sunday 27th 11 am Mr David Wenmouth

6.30pm Food for Thought at St John's Church

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

Afternoon Tea Friday 4th October, 3pm at St John's Church. Bring and Buy. Everyone welcome.

Saturday 5th October 7pm **Concert** with Rev Chloe Jones and her son Dominic. A musical treat. Followed by supper.

Thursday 31st October, 6.00 to 7.30pm. **Light Party** at St John's.

Fellowship this month: Friday 4th and 18th October. Contact Carolyn on 362698 for further details.

Sew, Knit & Natter: Tuesday 29th October, 2-4pm at St. John's Church.
All very welcome.

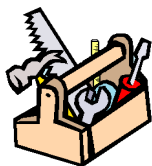
Memory Café: Thursday 24th October, 2-4pm in St. John's Church.

Prayer Group: Friday 11th and 28th October. 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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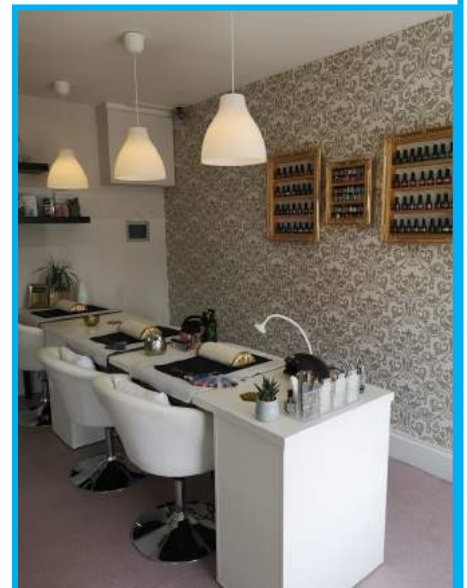
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The Pensilva Group meets in Millennium House on Mondays at 10:00am, 5:30pm and 7:30pm .

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



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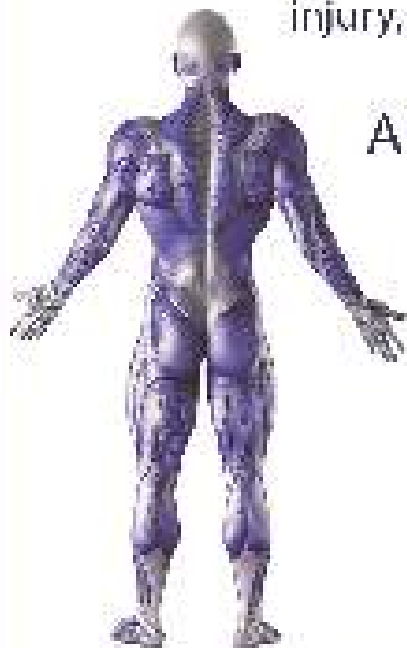
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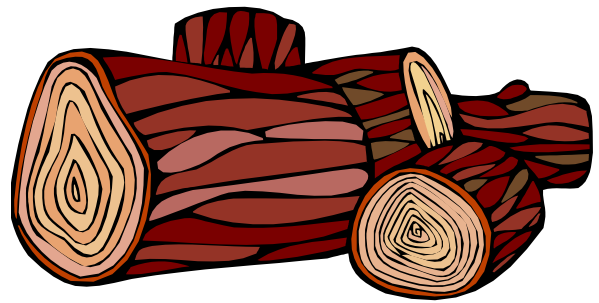
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Ads are free for items up to £50. £5 charge for items over £50. Please ring the Parish Office on **01579 363096** or leave a note at Millennium House reception or email **parishpump@btconnect.com**.

*****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**.
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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.

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Pensilva **01579 362207**

Door Canopy. Brand new still in box. Black sides, white roof. **£15**.

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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**.

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

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What's on in St Ive Parish ?

WHAT'S ON	WHEN	CONTACT DETAILS
MILLENNIUM HOUSE		
Aikido	Thursday 7:00pm	
Antique & Collectors Fair	4th Sunday Monthly 10:00 - 4:00	
Badminton Club	Mon & Tues 7:30pm. Fr. 8.00pm	01579 363594 (Carol & Nigel)
Book Exchange	Daily	01579 363096
Pensilva Breathers	Monday 12.30pm - 2.30pm	01579 532467 Pauline
Country Dancing	Alternate Thursdays 8.00 - 10.00pm	01579 382402 Ray Buckingham
Drawing Class	Wednesdays 09.30am - 12.30pm	07886 343621 (Yvette Wiltshire)
Face Yoga	Monday from 10:30am.	lilianjones@hotmail.co.uk
Ladies Netball	Friday 09.15 - 10:15am	07985 387472
Penmill Art Group	Friday 10am - 2pm	01579 363441
Pensioners Lunches	Tuesday 12:00 - 2:00pm	01579 363096
Short Mat Bowls	Thursday 7:00pm	01579 208528
Watercolour Art Class	Wednesdays 1.30pm - 4.30pm	07886 343621 (Yvette Wiltshire)
Wildlife Group	Quarterly	01579 362539 (Hilary)
Woman's Institute	2nd Wed Monthly 7:15pm	01579 362531 (Jean Hoare)
Yoga	Wednesday 7:00pm	01579 344464
PENSILVA VILLAGE HALL		
Brownies	Monday 4:00 - 6:00pm	01579 362239 Martha Oliver
Pensilva Wednesday Club	Wednesday 2:30pm	01579 363221 Mrs Jean Conner
Pensilva Snooker Club	Wed 7:00pm + Various times	01579 362091 Phillip Bond
Guides	Thursday 6:00 - 8:00pm	01579 363228 Caroline Hambly
MIMS	Friday 1.00 - 3.00pm	01579 343702 (Chris)
Rainbows	Friday 4:00 - 5:00pm	01579 362091 Lynne 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 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**

Saturday 11th January

Annual Lunch details tbc

Monday 3rd February

Michael Stephens, with **Know your onions**

Monday 2nd 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

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Friday October 11th, 2019 at 7pm

For further details contact Maggie or Wendy on:

01579 208572

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

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PLEASE NOTE FRIDAY OPENING HOURS

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