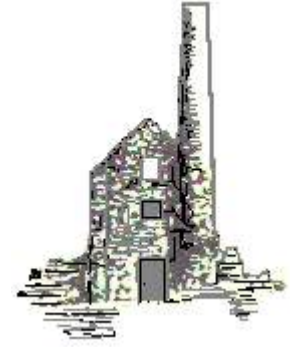


THE PARISH PUMP



January 2020
Edition 458



The Newsletter for the Parish of St Ives

Happy
...and may
all your
2020 visions
come true!
December

Disclaimer

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

Parish Councillors Telephone List

Peter Haimes (chair)	01579 362459	Alan Moss (vice-chair)	01579 362064
James Bruce	07411 192645	Marlene Carr	01579 362919
Martin Corney	01579 382450	Angie Haimes	01579 362459
Rosemary Farley	01579 384810	Tony Hodson	07973 536964
Nigel Libby	07968 891814	Kath Parkes	01579 362005
Ivor Vaughan	07979 934604	Craig Vaughnley	01579 364083
Samantha Reilly	via Parish Office	01579 363096	
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 13th January, 2020



Devon & Cornwall Police
Building safer communities together



101

Minicom 18001 101

Police Community Neighbourhood Office

Your Community Support Officer is PCSO Steve Edser 30173.

email: CIOSNBMLiskeard@devonandcornwall.pnn.police.uk

To report a crime call 101 or go to www.devon-cornwall.police.uk

In an emergency call 999

Contact details for St. Ive Parish Council and for Millennium House

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

General Parish matters should be raised initially with the Parish Clerk, Jenny Hoskin, who will present them to the Parish Council.

Telephone: 01579 363096, email: stiveparish@btconnect.com

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

Millennium House enquiries and reservations: 01579 363096

email: millenniumhouse@btconnect.com.

On the web: Millennium House Website: www.cornwallvenue.com

Parish website: st-ive-parishcouncil.gov.uk Facebook: facebook.com/stiveparishcouncil

Parish Pump Information and Contact Details

To contact the editor please email: parishpump@btconnect.com

or phone the Parish office: **01579 363096**.

Hardcopy submissions by post or by hand to the Parish office, Millennium House.

Softcopy submissions: By email to the editor in MS Word, MS Publisher, pdf, Tiff or jpeg. Please use A4 pages and minimum 16 point font as the Pump is initially produced in A4 size and reduced to an A5 booklet at the printing stage. If in doubt please contact the editor.

Current Advertising Prices including VAT at 20%

Per issue: Quarter Page £7.50 Half Page £15.00 Full Page £25.00

10% discount for 12 months paid in advance.

Bargain Corner free ads by email to the editor or drop off at the Parish Office.

Deadline for the Parish Pump is STRICTLY 15th of every month

THE MEL BAR

Relax and wind down
at the Mel Bar, Millennium House



From the Editor

As I write this, I'm hearing on the radio that over two inches of rain have fallen on parts of Cornwall since yesterday. I should have measured how much fell on our garden, because it feels like it must have been much more than that. And let's not talk about the winds! And yet, out of my window now, I can see blue sky and some fluffy white clouds that are just about static! Maybe it's some kind of metaphor for our times: after the storm cometh the calm. The biblical story of Noah comes to mind and it occurs to me that he would have felt right at home around these parts! In a few minutes I'll be sending this edition of the Pump off to the printers, and then I can start building that ark. Keep well and keep dry! Joe.

TRADITIONAL STONE SERVICES

CLASSIC & TIMELESS STONE MASONRY AND LETTERING

MEMORIAL CLEANING

COMMISSIONS TAKEN

01579 363693 OR 07507 782282

Millennium House Opening Hours

Reception

9am till 2.30pm Monday to Friday

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

Please see separate notice on the next page

Bar

5pm till 11pm Monday to Friday

12am till 11pm Saturday and Sunday

Christmas: Dec 24, 4pm-11pm. Dec 25, noon-2pm. Dec 26, noon-11pm.

New Year's Eve: 5pm to 2am. New Year's Day 3pm to 10pm.

COMMUNITY COFFEE SHOP *MILLENNIUM HOUSE, PENNSILVA*

OPENING HOURS

Monday	10.a.m. to 1.p.m.
Tuesday	9.a.m. to 1.p.m.
Wednesday	9.a.m. to 1.p.m.
Thursday	9.a.m. to 1.p.m.
Friday	9.a.m. to 1.p.m.

Open to small groups (pre booked) for Cream Teas - Buffet - Lunch Bites

The Coffee Shop is run by volunteers who aim to offer a cheery, relaxed atmosphere for you to sit and enjoy a cuppa. We adapt our service in response to feedback from members of the public, whose support we rely on to continue. We would like to offer our sincere thanks for your support of the Coffee Shop.

FILM CLUB REPORT

We enjoyed good audience numbers for our last film of 2019 - The Greatest Showman. Several had seen this movie at home but all agreed that it was much better on "the big screen" with the impact of the music and feeling of actually "being there" very much enhanced. I think this is probably true for most musicals.

The first movie for 2020 will be "The Children Act" on Friday 10 Jan. Emma Thompson plays the part of a High Court Judge who is faced with making the decision of whether or not a 17 year-old young man should be given a blood transfusion against his parents' wishes. We all know Emma Thompson to be an excellent actress and she gives another powerful performance in this movie. I am really looking forward to it.

Our thanks to all who have supported this new venture - we have been very encouraged by the numbers attending the screenings and have received some great feed-back on how much they enjoy coming along. Millennium House is a wonderful village facility and we need to do all we can to support functions and secure its future. Film Club is just one of the ways you can do this and we look forward to seeing both "old" and new members during 2020.

Wishing you all a happy, healthy and prosperous New Year.

CHAIRMAN'S COLUMN

Well I hope you all had a nice Christmas break, the weather was a bit wet but I hope that didn't cause any problems. We are now into 2020 and I hope the new year will be kind to you all. Not much happened on the Parish front in December. Just before Christmas we had the official launch of the Age U.K. electric car service in Cornwall. So if you or your group want to use it for outings or hospital visits etc, then contact either Age U.K. or Millennium House for further details. That's all for this month, I hope you all have happy new year.

Pete Haimes

HELPING THE HOMELESS - THANKS

Many thanks to Pensilva Pre-school, Pensilva Primary and local residents for donations of clothing and presents for the homeless. Rob and Ruth - Helping the Homeless

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

1st No. 100 Mrs S Wherly	2nd No. 70 Mr F Vine	3rd No. 153 Mrs J Mann
-------------------------------------	---------------------------------	-----------------------------------

Thank you for your support

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.

News from Pensilva Primary School

Two of our classes have each enjoyed a visit to a National Trust property this half term.

Polzeath class (Year 1 and 2 children) had an informative trip to Buckland Abbey, to support their topic work on Sir Francis Drake. Looking around this property, which



was once Drake's home, the children had the opportunity to see and find out about an old-fashioned kitchen and many other historical features of past life. In particular, they had fun dressing up in Elizabethan style

clothes and practising how men and ladies would have greeted and acknowledged each other in the correct and polite manner.

Our **Year 3 and 4 children (Holywell class)** saw numerous Christmas trees as they toured the house at Lanhydrock. In the wonderful kitchens there were examples of food preparation from a traditional Christmas past and the children



took some time to put cloves into oranges. The highlight of the visit was the array of costumes from a masquerade ball. It was great fun being able to try on some of the masks.

We would certainly recommend a visit to one of our local National Trust Properties.

Pensilva WI December Report

Christmas is a time for getting together and having fun, which is what the ladies of Pensilva WI did when the members, along with family and friends, enjoyed their Christmas party. As is always the case with the WI, the tables were groaning with food, just waiting to be eaten. Nigel Libby ably provided the music and once everybody had eaten their fill it was time for the fun to begin. We had Irish Bingo (where everybody stands up and when your allocated number is called you sit down, the winner being the last man (or woman) standing) and traditional bingo with everybody expectantly waiting for their numbers to be called. To give the brain a bit of exercise there was also a word quiz on the tables.

Following the singing of carols we all joined hands and sang 'Auld Lang Syne' with everybody having enjoyed a lovely evening.

We are all looking forward to our Christmas lunch being held at Eliot House on Sunday 15th.

The January meeting will be held at Millennium House, Pensilva on Wednesday 8th January when Louise Nicholls will be talking about textile art. Competition will be a hand-made fabric item.

Make a New Year's resolution to come along and enjoy an informative, social evening which we're sure you will enjoy.

St Ive and District Gardening Association

Our meeting in December had us looking forward to the summer when Saun Poland from Cornwall Butterfly Conservation explained which plants to grow to encourage more butterflies into our gardens. There are two distinct types to remember. First, the right ones for adults to lay eggs on for larvae to eat e.g. brassicas for large white butterflies. Then good flowers for nectar for the adult butterflies, particularly those that flower early or late in the season. An insect friendly garden will encourage other wildlife.

Instead of a talk next month we have our annual lunch, this year on 11th January. Then on 3rd February Michael Stephens will see if we "Know Our Onions" at our meeting in St Ive village hall, 7.30.pm. Visitors welcome.

Pensilva Memory Café Update

November 22nd saw three of us volunteers back at Merryhue Farm for a training day with the charity “Dementia Adventure”, a charity based in Essex but with representatives throughout the country. They provide supported holidays for people living with dementia, providing an alternative to traditional respite. Partners, family or friends can join them on their break and benefit from the support provided for them also.

Training. They work with organisations, local authorities, charities, care professionals and family carers to support people with dementia to live well, access the outdoors and to continue to do the things they love.

Research. All their work is grounded in research, working with a variety of academic institutions and the public sector to contribute to the evidence that physical activity within nature benefits to people living with dementia.

As always, such a training day reveals a vast amount of information, so I’ll just note the bullet points that struck me:-

- The difference between Alzheimers and Dementia:- Alzheimers is just one type of dementia; there are many other types.
- “When you’ve met one person living with dementia you’ve just met one person.”
- We should not refer to someone “suffering from” the condition but “living with” it.
- Outdoor physical activities can slow the progress of the condition and extend the life of those living with it. Hence the emphasis on the adventure side of the organisation.
- Dementia can be more than memory loss; it can be a challenge to all the senses. For example for one person the black floor in a lift can seem as though there is no floor at all and they will not be able to step into it. Similarly, if everything in a bathroom is white – walls, bath, sink, lavatory, someone living with dementia may be unable to see any of the fittings – they all disappear into a white blankness.

There is good news. If a person living with dementia has a day’s adventure it gives them a feeling of wellbeing. Memory of the activity may disappear quickly but the feeling of wellbeing can last days.

This is just a brief summary of a very interesting day. If anyone would like more information I have a supply of printed material I can pass on.

Geoff Cox, Pensilva Memory Café.

TEARFUND BIG QUIZ

Thank you to all who attended the Tearfund Big Quiz at Rilla Mill Retreat Centre on 16th November and, hopefully had a good time. The sum of £206-42 was raised.

FRIENDS OF PENSILVA HEALTH CENTRE

**A meeting will be held on Tuesday, January 14th
Millennium House, Pensilva at 2.p.m.**

Everyone welcome - only three meetings a year

We are so lucky to have such a vital resource

Information: Marlene Carr 362919 (Secretary)

WISHING EVERYONE A HAPPY NEW YEAR

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

Ruth and Colleen's Monthly

BINGO

At Millennium House

on Tuesday January 7th

Eyes down at 7:30pm

Over 18's only

£££ CASH PRIZES £££

Pantomime

Time Again

for the over 60's.



Liskeard Lions present.

MOTHER GOOSE

Friday 24th January, The Public Hall, Liskeard.

A bus will pick up from **Glen Park, the Shop, and The Cross, Pensilva, at 6.00 pm**, and from **St Ive Village Car Park at 6.15 pm.**

To book please ring: Ivor & Jean Hoare on 362531 by the 18th January.

Free to senior citizens.



VOLUNTEER DAYS AT PENTIDDY

Your chance to get involved in looking
after your Community woodland

Sunday 26th January & Sunday 23rd

February 10am-3pm

A fun and rewarding way to give a little back to a local community project at a time when caring for woodlands has never been so important. It's a great way to meet new people, learn new skills, enjoy the woods and have fun!

Drinks, soup, bread & cake provided. Come along and bring family & friends. Those that come along and help get a share of some of the timber (once we have put aside the few loads for sale to raise funds for the years' insurance.)

Accompanied children (and dogs on leads) very welcome! Bring hand tools and work gloves if you have them i.e. loppers, bill-hooks & bow saws. We will have a small supply available.

No experience necessary. Training given. Work to suit all abilities and ages.

Share some good company, wholesome, productive work and delicious food!

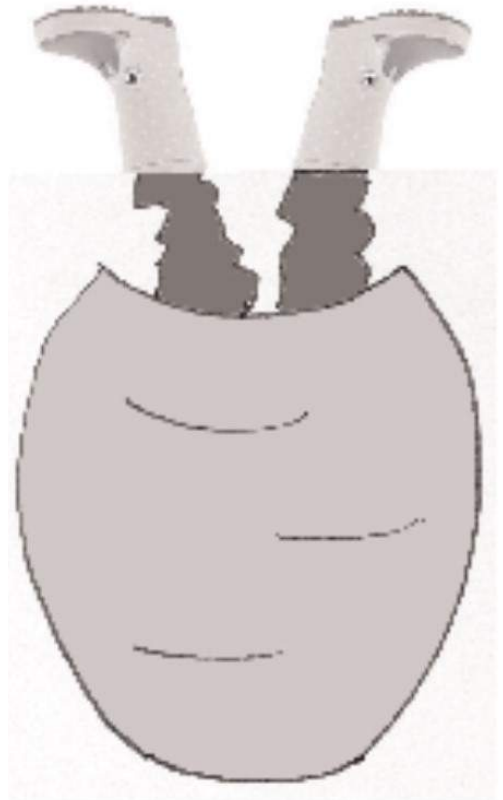
Please contact us if you'd like to come (so we know how much cake to make!)

Ele and Anthony Waters: 01579 363775 or 07765 103504

A serial killer is on the rampage in the village, but don't worry people Agatha Crusty is on her way supported by the indefatigable Yn Poynt Da team.

**You can experience this macabre and spinechilling experience on:-
March 13th and 14th in Upton Cross
March 21st in Pensilva**

**Put the date in your diary now.
Tickets will be available next month**



QUIZZES AT MILLENNIUM HOUSE

QUIZZES WILL RESTART IN FEBRUARY 2020

WATCH THIS SPACE!

Organised by and raising funds for

All Being Well

Improving the health of our community

PENSILVA WEDNESDAY CLUB

From January 2020, the Wednesday Club will meet at Millennium House, Pensilva 2 - 4p.m.

The first meeting will be on the 8th January 2020 to celebrate New Year; then every two weeks after that.

All adults welcome to join

£2 per meeting including refreshments.

Information: Sheila Wherly 362832 (Chair)

Marlene Carr 362919 (Secretary)

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'.

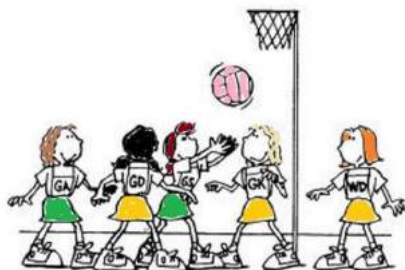
Drawing Class - Wednesday Mornings 9.30am to 12.30pm

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



Ever tried...

Walking Netball?

**Come along to Millennium House, Pensilva
Every Thursday 4.45-5.45pm - £2 per session**

Info from rosemaryfarley@gmail.com or

Irene Elliott 01579362069

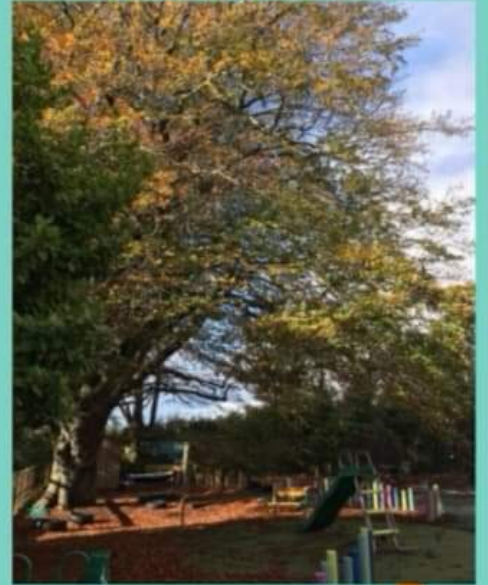


LISKERRETT

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Located in the heart of Liskeard, we have been established for over 30 years and embrace an outdoor-based learning ethos to provide high quality care and education.



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- VERY REASONABLE FEES
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- GOVERNMENT FUNDING ACCEPTED

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CALL: 01579 346194 OR EMAIL: ADMIN@LISKERRETTPRESCHOOL.CO.UK



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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.

Check out our new menu including “Healthy options.”

LIVE MUSIC EVERY MONTH

A VERY HAPPY NEW YEAR TO

☆ ALL OUR CUSTOMERS!!! ☆

☆ CALL – 01579 363933 ☆

Opening Hours

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

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?**



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

www.tropicskincare.com/tonistyles



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

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

More info on my website or by contacting me.

www.debbiehickscounselling.co.uk

Email: debbiehicks10@gmail.com

07851 133782



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.

Pensilva Memory Café

Christmas celebrations for the Pensilva Memory Café have been a time of fun and enjoyment for all.

Christmas Lunch took place at Windy Ridge where 30 members enjoyed a lovely carvery meal and dessert. A lovely time of sharing together was had. Our December meeting in St John's Church was accompanied by the Pensilva School Choir who entertained us with carols and Christmas songs. They dressed in reindeer antlers and tinsel, full of enthusiasm and energy, and we were treated to a lovely musical afternoon.

With transport provided by Battling On at Merryhue Farm, we went to Cotehele to see the festive garland and hear the Global Choir. The garland, as always, was an impressive sight, and we couldn't help but admire the dedication that went into its making. The choir, living up to its name, sang Christmas songs from around the world, those from Africa being particularly outstanding. Afterwards, tea and mince pies at Louis Café on Kit Hill.

Our thanks to the staff at Windy Ridge, Pensilva School Choir and our friends from Merryhue Farm for making our Christmas special.

May your New Year be a peaceful one.

GEOFF.

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: 17th Jan.



Stops at:

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

07460 476619



openarms@uymail.com

OpenArms Fitness and Massage

Purestretch flexibility and core classes

Gentle group exercise classes to increase general mobility, flexibility and core strength. I am able to tailor the class to your own specific needs, ensuring it is achievable for all.

Classes at : Pensilva Millennium Centre, 10am on Tuesdays
and Menheniot Parish Hall, 10am on Wednesdays,

Other therapies: Warm Bamboo Massage and Sports Massage.
Please call or email for details.



SEW, KNIT AND NATTER.

WHY NOT JOIN US ON

THE LAST TUESDAY OF EACH MONTH

**for sewing, knitting or just for a chat and a
cup of tea or coffee and cake.**

We meet at ST JOHN'S CHURCH, PENSILVA from 2pm to 4pm.

Wesley Online Centre

Computers, Internet & Support - FREE!

Opening Times:

Tuesday: 7-9pm

Wednesday: 10am-1pm

Friday: 2-5pm;

Saturday: 10am-12pm



For Everyone:

Whether you're a complete computer novice and would like to learn some basics, want access and information to help with JobSearch or UC, the WOC is here to support you with it's PC suite – all for free!

PC access and advice in a friendly and supportive setting.

Liskeard Methodist Church, Barn Street, Liskeard PL14 4BL

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



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Complete with basket/arm rests/
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Tel: **07765 492 416**

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

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



Registered

**Supported by
local Doctors**



Started by PATIENTS Run by PATIENTS For the PATIENTS
with COPD and long term conditions

Are you living with COPD or another long term lung condition?

Why not join our friendly group for company, light exercise & support?

We meet upstairs in Millennium House, Pensilva, Mondays 12.30 - 2.30

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

If you would like more information please call us

Pauline: 01579 532467

Jeanette: 01579 363691



In 2020 we will be holding our monthly meetings in the **Council Chamber** in **Callington Town Hall** and extending them to two hours from **6pm** until **8pm** to give more time for speakers as well as discussions between members. Because of this change of venue, we must change the date of meetings from the first to the fourth Wednesday of every month, starting on February 26th, then March 25th, then April 22nd, and so on through the rest of the year.

However, we have booked the Council Chamber for **Wednesday 29th January** 2020 for an informal quiz evening, and either a guest speaker yet to be confirmed, or a general group discussion aimed at how we can improve support to each other through the year.

On **February 26th**, **Rachel Mansell**, Infection Control Nurse at the Nuffield in Plymouth will tell us all we ever needed to know about good (and bad) personal hand hygiene. You might think you know it all, but Rachel will amaze you with how little you know in reality!

On **March 25th**, **Dr Harris** from Tamar Valley Health will be our guest speaker to talk about side effects from prostate cancer and treatment.

For more information please contact:

Chris Greensted on 01822 834797 or email tapsinfo555@gmail.com

PATIENT PARTICIPATION GROUP

We are a group of patients who meet every other month with Pensilva Health Centre for discussion, comments and suggestions about your surgery. We also support the flu clinic sessions and are available to offer assistance as and when required.

We also organise a 'Walking for Health' group and a 'Carer & Bereavement Group'.

For information contact Marlene Carr 362919 (Chair)

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**Meetings are held every third Thursday of each month at 11.30.a.m.
Meet in Millennium House car park.**

For any information please contact Jean Connor 01579 363221



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Social Clubs & Activities: Links to clubs & activities in the county

For more details Telephone 01872 261110 or visit

www.isightcornwall.org.uk

St Ive Church

Services

Jan 5th	Morning Service John Howard	11.15am
Jan 12th	United Service in Chapel	11am
Jan 19th	Holy Communion Rev Becca Bell	11.15am
Jan 26th	United Service in Chapel	11am

Other January Events

No Produce Market this month. Next one Friday February 7th.

Sun 19th Lunch in Church 12.45pm 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 Churchwardens know of anyone requiring a home or hospital visit.

Donations for Food Bank can be left in the Church each day between 10am and 4pm.

St Ive Methodist Chapel

Services for January 2020

Sun 5th Jan	11.15 am	United Service at St Ive Church
Sun 12th Jan	11 am	United Covenant Service at Chapel with Rev Iris Bray
Sun 19th Jan	11.15 am	United Service at St Ive Church
Sun 26th Jan	11am	United Service at Chapel. Mr Ken Woodland

Nativity scene exhibition at St Ive Methodist Chapel on Friday 3rd Jan and Saturday 4th Jan from 10am to 12noon and 2pm to 4pm and again on Sunday 5th Jan 3-5pm, finishing with carols.

Refreshments available each day. Proceeds for St Petroc's Society and Church Funds.

ST JOHN'S CHURCH, PENSILVA

Services for January 2020

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

Sunday 5th 11am Rev Sue Hill, Covenant Service

Sunday 12th 11am Café Church

Sunday 19th 11 am Anglican Service

Sunday 26th 11am Rev Andy Day

5pm Food for Thought at St John's Church

Café Style Church at 10am each Thursday followed by discussion & chat. Everyone very welcome.

The church is open daily 10am to 4pm for private prayer or meditation or just a cup of tea or coffee.

Afternoon Tea Friday 3rd January, 3pm at Penharget Cottage, Bring and Buy. Everyone very welcome.

Fellowship Bible Study this month Friday 10th and 24th, 7:30pm, contact Carolyn on 362698 for further details.

Memory Café Thu 23rd 2-4pm for those with memory loss and their carers.

Sew Knit and Natter, Tuesday 28th from 2-4pm, everyone welcome to join.

Prayer Group: Fri 3rd, 17th, & 31st 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.



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

The next meeting of the **St. Ive Parish Climate Action Group** is at 7pm on Thursday 16th January 2020, at Millennium House, Pensilva. Anybody who would like to get involved please come and join us. For info contact pwwiscombe@hotmail.com.

Ideas For Reducing Your Carbon Footprint (page 1 of 2)

Energy

That light bulb moment. Install LED/Low Energy light bulbs. They use less electricity, last much longer and are cheaper in the long run than conventional bulbs.

Switch on. Move to a renewable energy supplier for your electricity. There are some very competitive 100% renewable energy suppliers on the market. Check the Web.

Switch off. Turn electrical appliances off at the wall that aren't being used rather than leaving them on standby, especially overnight. Turn lights off that aren't being used.

The appliance of science. Looking for a new kitchen appliance? Go for the highest energy rated, e.g. A+++ fridges, A+ rated boilers and A+++ washing machines.

Brrrr. Ensure your property is properly insulated, i.e. loft, walls, floors, windows, hot water tank. See the article in October's Pump for more information.

Daft exclusion? Ensure your doors are draft free. If the door is not a great fit, use a draft excluder around the jam and a draft excluder sausage cushion on the floor. That goes for internal doors too!

Phew, I'm hot. Only heat rooms in the house where and when needed.

That's it, it's curtains! Draw curtains at night across windows and external facing doors to help keep the heat in.

Pullover darlin'. Turning the thermostat down a notch and putting on a jumper or fleece instead of tuning the thermostat up, will reduce energy consumption.

Boiling point. Consider replacing your gas/oil boiler with a sustainable heating system such as a heat pump that uses electricity and energy from the environment. Another alternative is wood boilers and stoves or furnaces fuelled by locally produced sustainable wood.

Bask in the sun. Fit solar panels to give clean green energy under your control. In June 2019, the government replaced the Feed in Tariff with the Smart Export Guarantee scheme which allows small scale green energy producers (homes and small businesses) to export their excess electricity to the National Grid and get paid for it by their electricity supplier of choice.

Breaking wind. If your home or business is suitably located, how about a small wind turbine to power you through the winter?

Transport

Beam me up Scotty. Using shared transport as much as possible (cars, buses, trains) for getting to work or the school run will reduce the amount of CO₂ and nitrous gases being sent into the atmosphere. There are a few car share schemes, e.g. <https://liftshare.com/uk/community/cornwall/>

<https://pastyconnection.com> <https://www.co-cars.co.uk/>

Clean simplicity. If you mostly drive locally and are thinking of buying a new car or van, consider swapping your petrol or diesel vehicle for an electric one. Most mainstream car and van makers now offer electric models. There are more than 15,000 publically available charging points across the UK with more being added almost daily. See <https://www.zap-map.com/> .

Hermaphrodite cars? Driving longer distances can easily be done with a hybrid car. There are currently more than 100 fully or part electric models available to buy or lease in the UK, priced from £16k to over £100k. Hmm, nice!!

Feel the wind in your hair! Whether weekend exercise or a daily commute, cycling provides fresh air, no fossil fuel burning and is healthy – what more could you want! Don't forget a crash helmet, hi-vis clothing, a bell and also lights if cycling at night!

Networking. Sadly, we really lack a decent network of paths and cycle-ways in this part of Cornwall. How about lobbying Cornwall Council to generate more safe cycle-ways and footpaths to connect villages and towns?

Costa del UK. Planes and ships are the second biggest emitters of greenhouse gases. Taking less holidays abroad reduces the emissions from these modes of transport. More holidays in the UK will also boost the local economy. Use the Internet for personal calls with friends and family abroad.

Don't trip up! For business trips and meetings abroad or at the opposite end of the UK, instead of flying, driving or using the train, use the Internet. There are several really good and inexpensive conference calling apps. Also, promote working from home. It has the benefit of reducing employee costs, cuts out travel time, reduces road congestion, reduces the cost of road repair and maintenance and results in fewer road accidents.

Money

Cashing in. Consider changing your bank and investment accounts to an organisation that has a more ethical and environmentally friendly investment policy, such as Triodos Bank, Charity Bank, Ecology Building Society, Co-Operative Bank, etc.

Taking stock. If you have stocks and shares or a pension fund, consider lobbying those institutions to not invest in fossil fuel producers and other environmentally unfriendly businesses. More and more fund managers are now pressuring businesses in which they hold shares to reduce their carbon footprint.

More next month!!

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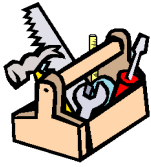
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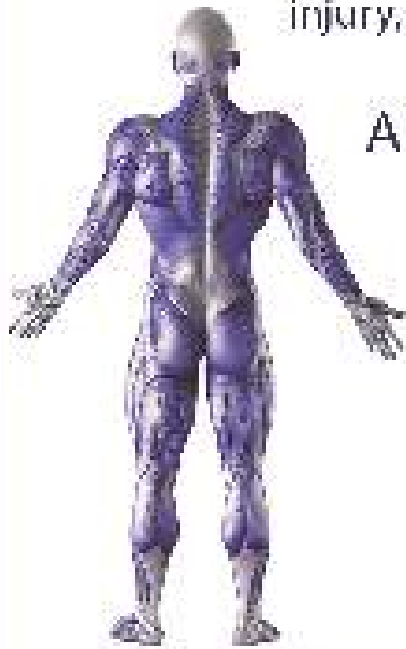
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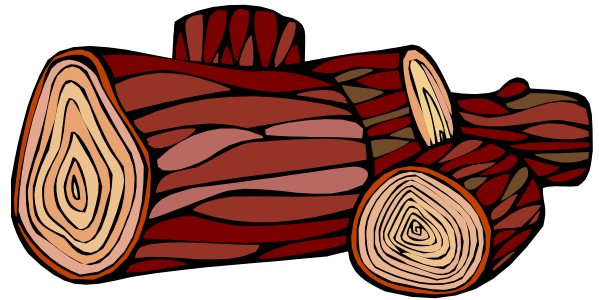
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Tel: 01579 362593

Email: keith@keithrichardsmotorbody.co.uk

Fax: 01579 363194

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Bargain Corner Free Ads up to £50

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

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

WANTED. Computer Printer in working order for the All Being Well gym in Pensilva. **01579 364016**. Ask for Joe.

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

Toy Chest, Tool Chest, wooden box in good condition for many uses 28½" long x 12" high x 13 ½" wide **£20**.

Ammo Box (Rat Proof) 25" long x 10" high x 9" wide. In Good Condition. **£20**.

Oak Chest 38" long x 7" high x 8" wide, needs slight restoration **£20**.

Unused MaxXX Pro **Boxing Gloves** 8oz for larger hands. **£10**.

Older **Black and Decker Drill** in good working order **£5**.

Tel 01579-384658

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.

Pile of old interesting newspapers (1950s King's death / coronation, 1980s hurricane / Tianamen Sq., & more) **FREE**.

Porch awning for caravan **£40**.

Useful size **chest of drawers** H42½" x W29½" x D15½" 5 long & 2 short drawers.

Also matching **Small chest** with 3 drawers H30" x W15½" x D15". Light colour. **£22**.

Tel 01579-362643

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

Wooden **hall seat** with cushion. Two-door opening for shoes. **£15**

Call **07856 534691** for more details.

Brown speckled **carpet**, 2m x 5m. Brand new (over ordered). **£50**.

Arch design **headboards**. **£20 each or £35 pair**.

01579 362211

Double **Orthopaedic Electric bed** with 4 drawers underneath & headboard. No mattress. Excellent condition. Viewing possible up to midday each day. **£1200**.

Cost £4000 new. Contact Mrs. Symons **01579 362688**.

Brand new, never worn, **motor bike helmet**, with visor and inside sun visor, red, grey & white. Size medium. Paid £90, will accept **£30** or nearest offer.

07980 284002

2 x 225/45 r17 **used tyres**, good tread. **£20** the pair.

Set of **Snow chains**, new and unused fit 14" to 19" rims, self adjusting. **£40**

Pensilva **01579 362207**

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

01579 363812

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

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

The next Games Evenings will be on

Friday January 3rd, 2020 and

Friday February 7th, both 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 1st floor of Millennium House



Opening times:

Tuesday	-	9am to 1pm
Wednesday	-	9am to 12 noon
Friday	-	9am to 12 noon

THE MEL BAR ***MILLENNIUM HOUSE*** ***Licensed Free House***

GUEST ALES - LAGERS - CIDERS - WINES - SPIRITS

Opening Hours

Mon - Fri - 5 pm to 11 pm

Sat / Sun - 12 noon to 11 pm

Christmas and New Year Opening Hours:

Dec 24, 4pm-11pm: Dec 25, noon-2pm: Dec 26, noon-11pm:

New Year's Eve, 5pm to 2am: New Year's Day, 3pm to 10pm.

PLEASE NOTE AMENDED OPENING HOURS