

St. Joe Parish Council

Welcome to

Millennium House

The following amenities are available

- Catholic Mass
- Baptism
- Confirmation
- First Holy Communion
- Reconciliation
- Marriage Preparation
- Funeral Services
- Parish Office
- Parish Library
- Parish Store
- Parish Cafeteria
- Parish Gymnasium
- Parish Auditorium
- Parish Chapel
- Parish Rectory
- Parish School
- Parish Preschool
- Parish Daycare
- Parish Youth Center
- Parish Sports Center
- Parish Art Studio
- Parish Music Studio
- Parish Dance Studio
- Parish Theater
- Parish Garden
- Parish Pond
- Parish Walkway
- Parish Parking
- Parish Entrance
- Parish Exit
- Parish Security
- Parish Maintenance
- Parish Cleaning
- Parish Landscaping
- Parish Snow Removal
- Parish Heating
- Parish Cooling
- Parish Lighting
- Parish Sound System
- Parish Video System
- Parish Internet System
- Parish Phone System
- Parish Fax System
- Parish Mail System
- Parish Delivery System
- Parish Waste System
- Parish Recycling System
- Parish Energy System
- Parish Water System
- Parish Sewer System
- Parish Gas System
- Parish Electric System
- Parish Plumbing System
- Parish HVAC System
- Parish Fire System
- Parish Alarm System
- Parish Security System
- Parish Insurance System
- Parish Legal System
- Parish Accounting System
- Parish HR System
- Parish IT System
- Parish Marketing System
- Parish Sales System
- Parish Customer Service System
- Parish Training System
- Parish Development System
- Parish Research System
- Parish Analysis System
- Parish Reporting System
- Parish Decision Making System
- Parish Problem Solving System
- Parish Conflict Resolution System
- Parish Negotiation System
- Parish Mediation System
- Parish Arbitration System
- Parish Litigation System
- Parish Settlement System
- Parish Dispute Resolution System
- Parish Mediation System
- Parish Arbitration System
- Parish Litigation System
- Parish Settlement System
- Parish Dispute Resolution System

Edition 459



A photograph of a wooden manger scene display. The figures are made of straw and dressed in colorful robes. The scene is set within a wooden frame decorated with greenery. A small white lamb is visible in the foreground.

The picture, taken on Christmas day, is a reminder of the BEAUTIFUL weather we had that day!

Disclaimer

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

Parish Councillors Telephone List

Peter Haines (chair)	01579 362459	Alan Moss (vice-chair)	01579 362064
James Bruce	07411 192645	Marlene Carr	01579 362919
Martin Corney	01579 382450	Angie Haines	01579 362459
Rosemary Farley	01579 384810	Tony Hodson	07973 536964
Nigel Libby	07968 891814	Kath Parkes	01579 362005
Ivor Vaughan	07979 934604	Craig Vaughnley	01579 364083
Samantha Reilly	via Parish Office 01579 363096		
Sharon Daw (Cornwall Councillor) 07837 379305 slash.dash.daw@gmail.com			

Meetings of St Ive Parish Council

2nd Monday monthly: Parish Council Meeting, alternating between St Ive Village Hall and Millennium House (please refer to notice boards for the agenda showing start time and venue each month). Any changes to the regular dates (i.e. Bank Holidays etc.) will be publicised accordingly.

4th Monday 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. 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

Quite a few reports this month mention money raised for charities and good causes over Christmas and new year. We can all give ourselves a big pat on the back for being a generous lot, while also thanking the people who give their time to organise it all.

A first this month, in my time as editor: an advertisement on page six for a female singer! I imagine that will cause a few hearts to beat a little faster around the parish.

The climate action group have grabbed the centre pages again, with more tips on carbon footprint reduction and lots about trees. Keep well - Joe.

THE MEL BAR

MILLENNIUM HOUSE PENSILVA

Seeks expressions of interest from suitably experienced

RELIEF and OCCASIONAL BAR STAFF

Submit your details in writing to the Parish Clerk at:

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

Closing date: February 14th

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, 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.

CHAIRMAN'S COLUMN

Well here we are in February, hopefully the weather won't get too bad. The council has had to raise the precept this year to £94 thousand. It has had to do this to cover the vast increase in rates this year for Millennium House. Also we will have to review prices to cover the increase in the minimum wage.

We are trying to get a team together to clear the brambles off the triangle of waste ground at the end of Slade Park road, so that we can plant some trees there and perhaps have a seat to enjoy the view. Also it might stop the fly tipping if it looks cared for. Anyone interested in helping could leave their name at Millennium House and we will be in touch. We are also looking at sowing wild flower seeds in a 2 to 3 meter border around Pensilva recreation ground, and in March the Climate action group will be planting some trees to enlarge the copse at St Ive recreation ground. These are small steps being taken to start our fight against climate change.

Finally I would like to say a big thank you to the Events group and to PCA who raise money from the events they put on and profits from the coffee shop. They have recently purchased a new freezer, a glass washer, two banqueting tables and a refrigerated cabinet for the bar. So thank you to them and to you all for supporting their events and the coffee shop.

Pete Haines.

LINKINHORNE PARISH COUNCIL

Tender Opportunities:

Linkinhorne Parish Council is seeking to engage contractors for the following:

Maintenance of Public footpaths within Linkinhorne Parish.

Maintenance of the following play areas: Jubilee Field, Upton Cross and Parsons Meadow, Rilla Mill.

Maintenance of Upton Cross Civic Burial Ground.

The contractual period will be for one year (1st April 2020 to 31st March 2021), with an option for a further two years by agreement of the Parish Council.

Expressions of interest and requests for specification should be submitted to:

Clerk to Linkinhorne Parish Council by email: Clerk@linkinhorneparish.co.uk or post: Jean Ann, Highbury, Rilla Mill, Callington, Cornwall, PL177PH.

Tel 07825665838.

Closing date for applications: 5pm on the 28th February 2020.

Linkinhorne Parish Council are not obligated to accept any quotation submitted.

TALENTED FEMALE SINGER

REQUIRED

TO FRONT TWO VIDEOS!

My music is original and I like Lara

Del Rey's compositions and vocals.

If you are interested please contact Steve on **01579 348193**

Before 7pm please.

FILM CLUB REPORT

We were delighted with audience numbers for the first film of 2020 - The Children Act. This told the story of a high court judge - brilliantly acted by Emma Thompson - and her dilemma when faced with a decision of whether or not to authorise a minor to receive a blood transfusion against his parents (and own) wishes. A really thought-provoking movie covering a subject which actually rears its head on occasion in today's society.

Our next film is the much-awaited Downton Abbey which will be shown on Friday 14th February - I'm hoping you're not all too busy elsewhere! Doors open, as usual, at 7pm with the movie starting at 7.30. The bar is open and teas/coffees are also available. All audience members are required to be members of C-film, the subs for which are covered by the Community Association for those resident in the parish - £6 per annum payable by those living outside the parish boundary (including the first film). The cost of each film is remaining at only £2.50 per person which is incredible value and we look forward to seeing both "old" and new members on the night.

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

1st No. 88 Mr S Trathern £75	2nd No. 150 Ms C Wildman £50	3rd No. 16 Mrs D Napier £20
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Thank you for your support

News from Pensilva School

On Friday 10th of January, Harlyn class, and three children from Holywell, 31 children, visited the wonderful wizarding world of Harry Potter. We left Pensilva in the early hours of the morning and travelled by coach to Watford.

On arrival we were most excited about the day ahead but had no idea of how mind-blowing the experience would be. After some lunch and an initial introduction to the Studios, the children had the opportunity to partake in a filmmaking workshop where they learned how to pitch a new film. They were also able to get up close and personal with some of the most famous masks and costumes featured in the films.

After film pitching, we commenced a three-hour tour which started with our birthday boy opening the doors to the Great Hall. From then on the children were immersed in the artistry, trickery and special effects that paved the way to making Harry Potter infamous. They engaged with mesmerising sets, scenery props and gadgets and were even able to enter numerous sets for photographic opportunities. Pensilva children loved the wonderful food offerings and indeed everything the day had to offer including boarding the Hogwarts Express, taking a walk through the Forbidden Forest, visiting the Dursley's house on Privet Drive, playing in snow and witnessing a fire breathing dragon emerging towards them.

This was an ambitious trip to do in a day but it paid off enormously. Despite the fact many of the children were tired, they remained enthralled throughout. The children of Pensilva did us proud and our parents were so supportive - Thank you!



Harry Potter World has opened our children's minds to many exciting opportunities and they have gained memories that they will treasure forever- many described it as the best trip ever and want to return with their own families.

Pensilva WI January Report

You don't just lay lino on your floor, you can also use it to create beautiful pieces of art, as Louise Nicholls showed the members of Pensilva WI. Transferring designs onto the lino, cutting away around the picture, then inking allows you to print onto paper or material which can then be embellished with thread to make the image come alive. The ladies were well impressed with the finished designs. President Jean Hoare warmly thanked Louise for such a wonderful talk.

Dates for your diary: Friday 24th January, trip to Mother Goose pantomime in Liskeard.

Birthdays this month: Ladies who received cards and posies were Jean Hoare, Belinda Smith and Zandra Patten.

Competitions: Flower of the month 1st Jenny Rendle, 2nd Alison Willis, 3rd Maureen Walker. Hand-made sewn item 1st Alison Willis, 2nd Pauline Miller, 3rd Verna Dawe.

BEV CASBAN MEMORIAL CHARITY

Several events have recently taken place to raise funds for charity in memory of Bev Casban.

Ray Southcott yet again put up amazing Christmas decorations outside his house in Amanda Way and the charity box contained £256-57.

The Seccombes skittles team raised £60 from their Christmas raffle.

The Bev Casban Memorial Charity Skittles night held at Millennium House raised £455. Big thank you to Chris Rounsevell for donating pasties that were sold for the charity. Congratulations to Marlene Carr for winning the front pin competition.

As a result, £771-57 has been donated to St Luke's Hospice.

News from *All Being Well*

Pensilva's community gym finally has an online presence! You can find our website at www.abwgym.co.uk and our Facebook page at www.facebook.com/abwgym.

The website has full details of our opening hours, pricing, etc., and we plan to use the Facebook page to keep you informed about any events or day to day news. Bear with us! We're rather new to this! Any help or advice gratefully accepted.

Meanwhile, slightly belated new year wishes from all of us at *All Being Well*.

Wesley Online Centre

Computers, Internet & Support - FREE!

Opening Times:

Tuesday: 7-9pm
Wednesday: 10am-1pm
Friday: 2-5pm;
Saturday: 10am-12pm

PC access and advice in a friendly and supportive setting.



For Everyone:

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

Liskeard Methodist Church, Barn Street, Liskeard PL14 4BL

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

6 NATIONS

LIVE

MILLENNIUM HOUSE

BIG SCREEN PROJECTOR

Saturday 1st Feb

14:15 Wales v Italy

16:45 Ireland v Scotland

Sunday 2nd Feb

15:00 France v England

Saturday 8th Feb

14:15 Ireland v Wales

16:45 Scotland v England

Sunday 9th Feb

15:00 France v Italy

The following matches will be shown in the Mel Bar

Saturday 22nd Feb

14:15 Italy v Scotland

16:45 Wales v France

Sunday 23rd Feb

15:00 England v Ireland

**MEAL DEAL 2 PINTS AND PASTY
£10**

Ruth and Colleen's Monthly

BINGO

At Millennium House

on Tuesday February 4th

Eyes down at 7:30pm

Over 18's only

£££ CASH PRIZES £££

QUIZZES AT MILLENNIUM HOUSE

OUR NEXT QUIZ IS ON

SATURDAY FEBRUARY 29, 2020

Organised by and raising funds for

All Being Well

Improving the health of our community



VOLUNTEER DAY AT PENTIDDY

Your chance to get involved in looking
after your Community woodland

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

Yn Poynt Da
present

**AGATHA CRUSTY
and
THE VILLAGE
HALL**

MURDERS

By Derek Webb

on

Saturday 21st March

in

**Millennium House
Pensilva**

at 7.30pm

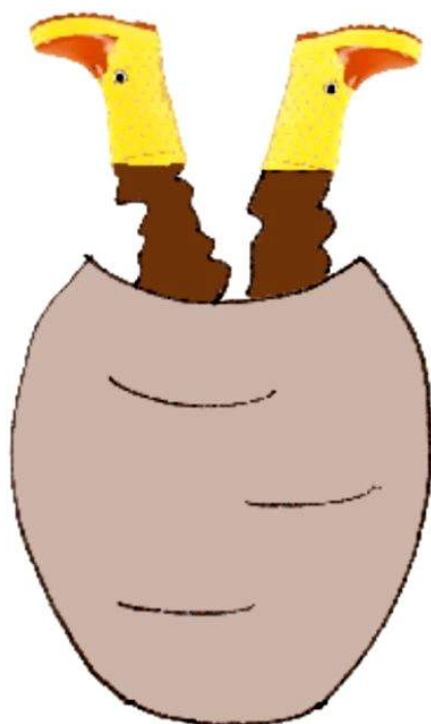
Refreshments

available

Tickets - price £5

obtainable from

**Millennium House
reception**



'An amateur production
by arrangement with
Stagescripts Ltd'

PENSILVA WEDNESDAY CLUB

**The Wednesday Club now meets at Millennium House,
Pensilva 2 - 4p.m on alternate Wednesdays.**

February meetings on the 5th and 19th.

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'.

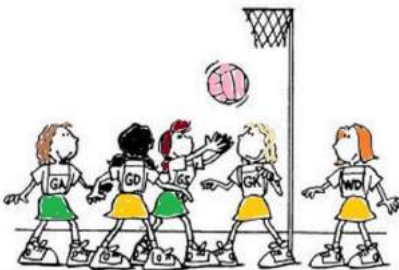
Drawing Class - Wednesday Mornings 9.30am to 12.30pm

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

NURSERY AND PRESCHOOL

WE WELCOME CHILDREN FROM 12 MONTHS TO 5 YEARS

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.



- SPACIOUS, SECURE INDOOR AND OUTDOOR AREAS
- FREE PARKING PERMITS AVAILABLE
- VERY REASONABLE FEES
- 8:45AM - 3PM, EXTENDED HOURS BY REQUEST
- GOVERNMENT FUNDING ACCEPTED



Advert
sponsored
by

R&C
GROUNDWORKS
& LANDSCAPES

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

Victoria Inn

The Cross, Pensilva, Liskeard, Cornwall. PL14 5NB

Tel : 01579 363933

Website : www.thevictoriainnpensilva.co.uk

Opening Times

Monday 5pm – 11pm (Food 5.30pm – 8.30pm)

Tuesday 5pm – 11pm (Food 5.30pm – 8.30pm)

Wednesday 12–3pm, 5pm–11pm (Food 12–3pm & 5.30–8.30pm)

Thursday 5pm – 11pm (Food 5.30pm – 8.30pm)

Friday 9.30am – 11pm (Food available 9.30am – 8.30pm)

Saturday 12 – 11pm (Food 12 – 8.30pm)

Sunday 12 – 11pm (Food 12 - 7pm)

Food available 7 days a week

New Menu from 1st February 2020

Eat In or Takeaway

Monday, Tuesday and Thursday Evening £5 Special

(Separate menu available)

OAP Carvery every Wednesday 12 – 3pm

Sunday Carvery 12 – 4pm

Valentines Night Defib Fundraising Event

We are hosting a Fundraising evening which includes a three course meal and then having some fun on the Roulette and Blackjack Tables.

There will be a raffle with all proceeds from that going towards the purchase of a Defib Machine which will be installed on the outside of the pub, accessible by everyone if required. Donations also welcome.

This will be a **Ticket Only event**

Three course meal and Casino (including playing chips) **£25.00**

Casino Only **£10.00**

Money from each ticket sold will also be donated towards the Defibrillator.

Tickets available now from the pub

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?**

Debbie Hicks - Counselling and Psychotherapy

Caring, confidential counselling for all.

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

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

More info on my website or by contacting me.

www.debbiehickscounselling.co.uk

Email: debbiehicks10@gmail.com

07851 133782



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

Many thanks to the Lions of Callington for inviting us to their New Year Lunch event. We had a wonderful afternoon with loads of lovely home made food, bingo, and a great choir to entertain us. We are very grateful for their kind generosity. Everyone had a really good time.



Beauty Calling by Michelle

Are You Tired of Dull, Sagging,
Lifeless Skin?

Then Look No Further!

Microdermabrasion Is Your Answer!

Our Treatments Are Painless,
Non Surgical,

With A Zero Recovery Time,
Giving you Immediate Results

☎ 07377315521

 Beauty Calling by Michelle

Introductory Offer:

FREE Microdermabrasion Treatment

Valid From 27 Jan - 9 Feb

I Offer My Services To You
In The Comfort Of Your Own Home



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: 14th Feb, 13th Mar,
3rd Apr TBC, 8th May, 5th Jun**



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.

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

Website: www.abwgym.co.uk

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
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



As well as giving an opportunity to chat with others who are living with prostate cancer, our upcoming meetings will include: -

On February 26th, Rachel Mansell, Infection Control Nurse at the Nuffield in Plymouth will tell us all we will ever need to know about good (and bad) personal hand hygiene. After years of washing your hands you might think you know it all, but after Rachel's talk and demonstration you will be surprised at how little you did!

On March 25th, Dr David Harris from Tamar Valley Health will be our guest speaker to talk about "Recent developments in the management of side effects resulting from prostate cancer and treatment." As medical research continues to improve, Dr Harris' talk will be of interest to anyone diagnosed with prostate cancer.

Our meetings take place on the fourth Wednesday of each month and are held in the Council Chamber in Callington Town Hall starting at 6pm, (free parking in the main central car park in Callington town centre.) TAPS membership is free and open to men and their partners.

For more information on TAPS please contact Chris Greensted by phone on 01822 834797 or by email to 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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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 Dot Napier 01579 362001



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iSight Cornwall offers practical help to people living with sight loss in Cornwall including:

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Benefits Advice: Assistance to claim entitlements

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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

Feb 2nd	Morning Worship	John Howard	11.15am
Feb 9th	Service at Chapel		11am
Feb 16th	Holy Communion	Rev Becca Bell	11.15am <i>Followed by lunch</i>
Feb 23rd	Service at Chapel		11am

Other February Events

Fri 7th Produce Market and Bric-a-brac 10:30am

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

Sun 16th Lunch in Church 12.45pm All welcome. Only £7 for 2 courses.

Sat 7th March Table Top Sale 10:30 to 3pm

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 Liskeard Food Bank can be left in the Church each day 10am to 4pm.

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.

St Ive Methodist Chapel

Services for February 2020

Sun 2nd Feb	11.15 am	United Service at St Ive Church
Sun 9th Feb	11 am	No Service
Sun 16th Feb	Choice 11:15am 10:30am	this week, either Service at St Ive Church, or Callington and St Ive Methodist Guild service at St Ive MC
Sun 23rd Feb	11am	United Service at Chapel. TBA.
	5pm	Food for Thought at Pensilva

A big thank you to those who supported the Nativity Scene Exhibition at Chapel in aid of St Petroc's Society for their work with the homeless of Cornwall. A cheque for £136.25 has been sent to them. Also £131.56 was donated for Chapel Funds.

Village prayer group meets in the Guild room, Thu 12th & 26th Feb @ 7:30pm

The Chattermakers craft group will meet on Thu 6th & 20th Feb, 7:30 pm also in the Guild room. All welcome. Ring Kathryn on 01579 382334 for details.

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ST JOHN'S CHURCH, PENSILVA

Services for February 2020

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

Sunday 2nd	11am	Rev. Sue Hill
Sunday 9th	11am	Café Church
Sunday 16th	11 am	Anglican Service
Sunday 23rd	11am	Rev. Chloe Jones
	5pm	Food for Thought

Café Style Church at 10am each Thursday followed by coffee, 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.

Christmas Giving I am pleased to let you know we collected £395 over Christmas from the Christingle Service, Christmas Day and January Afternoon Tea. This money has been divided equally between: St Petroc's Church, Action for Children and The Children's Society. Thank you very much for your generosity, to those who supported these events.

Afternoon Tea Friday 7th February, 3pm at St John's. Everyone very welcome.

Fellowship Bible Study Friday 7:30pm on 7th and 21st February. Contact Carolyn on 362698 for further details.

Sew Knit and Natter, Tuesday 25th February from 2-4pm, everyone very welcome to join this friendly group.

Memory Café Thu 28th Feb, 2-4pm for those with memory loss and their carers.

Prayer Group: 2pm Fri 14th & 28th February. 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 contact: Geoff Cox, 362698 or Frances Tucker, 363718.



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

Trees - Part 1

TREE PLANTING FOR CARBON CAPTURE

A carbon-capture technology has been developed that sucks carbon dioxide from the atmosphere, dissolves it in water and injects the solution into subterranean rocks where it solidifies. There's another technology that does all of that in reverse! This technology, called fracking, works by pumping water into subterranean rocks, to extract the carbon that is trapped there, in the form of gasses and oil, which can then be burned, liberating carbon dioxide back into the atmosphere. Does any of that make sense to you? Alternatively, we could minimise our use of hydrocarbons and let nature do its thing in absorbing our remaining (much-reduced) carbon emissions. We could help nature to do that by planting as many trees as we can, on any and every spare bit of land that we can find! That 'technology' has been around for maybe a billion years.

Trees do more than just remove CO₂ from the atmosphere and release oxygen. They also provide food and medicines for humans and wildlife, homes and shelter for wildlife, timber (a renewable building material), logs (a renewable energy source), shade in hot summers and control of flooding. Woodland also filters pollutants from the air, increases biodiversity and improves mental health.

Here are some tree-planting initiatives that may inspire you:

The "Trillion Trees" Project. <https://www.trilliontrees.org/>

Trillion Trees is a collaboration between three of the world's largest conservation organisations, aiming for "one trillion trees re-grown, saved from loss and better protected around the world by 2050." One trillion! That's one million million, or 1,000,000,000,000 trees!

The Forest for Cornwall (Koos rag Kernow).

Conceived by Cornwall Council, the Forest for Cornwall project is part of its ambitious plan to make our county carbon neutral and so mitigate climate change. It is hoped it will cover approximately 8,000 hectares, about 2% of Cornwall's land. It will not be one big forest, although several large areas of woodland and forest will be created. The rest will be smaller copses, hedges, trees along rivers, community planting projects and individual trees, so we can all get involved! The first trees of the Forest were planted in December in Saltash and 2659 trees have been planted so far.

The St Ives Parish tree-planting initiative! The St Ives Parish Climate Action Group is encouraging lots of tree planting. So, let's get going. Plant trees and let us know what you have planted. We will add the numbers to our own register and to the Forest for Cornwall. To record your tree planting you can email parishpump@btconnect.com, ring 01579 383967, or post on our Facebook page: add pictures if you wish. We will publish updates from time to time in the Parish Pump.

More Ideas For Reducing Your Carbon Footprint

Waste: Reduce/Reuse/Recycle. Kerbside household waste that isn't recycled goes for incineration in Cornwall. Incineration produces mainly CO₂ and nitrous oxide both of which are greenhouse gases. Reduce the amount you buy to what you really need, reuse it as much as possible and when done, recycle if at all possible. Also consider extending the life of something by repairing it.

Plastic. Recycling plastic is good for climate change and for wildlife because less new plastic is produced and less will get into the environment. Try to avoid single use plastics that will end up in the waste bin. In addition to the council's plastic recycling, the SHARE plastic recycling scheme will take and recycle a range of other plastics from crisp packets and sweet wrappers to contact lenses and toothbrushes. Local collection points are in Millennium House, Callington Tesco, Pets at Home Liskeard, Minions PO Shop, outside the Parish Hall Upton Cross. For more info visit the SHARE website (<https://south-hill.co.uk/charity-recycling/>)

Paper. Use FSC or recycled paper for your printer, to write on and in the loo! Paper sold with the FSC logo is made from sustainable sources, i.e. new tree growth replaces that cut down and the sourcing forest is properly managed for wildlife. Recycled paper is produced from pre- or post-consumer waste paper.

Clothes. The fast turnover fashion industry is one of the largest emitters of greenhouse gases created in the production and distribution of clothes. Instead of click-buy-wear-bin, aim to buy clothes locally and wear clothes for years and not just once. Consider buying more from charity shops, mending clothes or paying to have them mended locally.

Re-useable cups and bags. For drinks when out and about always carry a re-useable coffee/tea cup and/or a water bottle. And don't forget reusable shopping bags!

Environment. No butts. Install water butts to collect rainwater for garden and indoor plants. Pets prefer rain water to tap water.

Cleaning products. Use environmentally friendly cleaning products. Especially important if you use a septic tank or cess pit. Also, several eco-friendly manufacturers provide refill options which save money and plastic, e.g. Modern Grates hardware store in Liskeard do Ecover refills.

Plant more trees. Trees absorb CO₂. Do you own land? Does your employer have land? Consider planting one or more trees. Although it will take a few years for the tree to absorb a decent amount of CO₂, it will get there and every little helps. The parish Climate Action Group has arranged for about 100 trees to be delivered for planting in the parish in March (more info elsewhere in this Pump).

Gardens. We're not all blessed with large wildlife-friendly gardens complete with trees, ponds and wildflowers but with very little effort even the smallest front or back yard can be made wildlife friendly with fruit trees (in pots if necessary), bird feeders, bird boxes and flowers that attract bees and butterflies. And that goes for where you work too! As always there is plenty of advice on the Web.

Continued ...

Continued from previous page.

Food waste. Cornwall Council is looking to collect meat and veg kitchen food waste in future. But no need to wait for that, compost your own kitchen veg waste in a re-cycled plastic composter (you can buy one via the council website). Use the compost for garden and house plants and share any left-over. If you don't have much kitchen vegetable and green garden waste yourself, maybe share the bin with a neighbour.

Food: Use your LOAF! When buying food, to help the climate, the environment and the producer, remember to buy Local, Organic, Animal friendly, Fairly traded. Also try to buy foods that are in season, so not transported from the other side of the world.

Buy fresh locally sourced food. Buying local means less fuel was burnt in transporting the produce around. It also has the benefit of boosting the local economy and if you use the local greengrocer and butcher you can probably reduce the amount of single use plastic that is used to wrap fresh food. Examples of growers and suppliers of locally produced fresh food: The Growing Project for fruit and veg in Pensilva, Chris Rounsevell butcher near Pensilva (<https://chrisrounsevell.co.uk/>), Oak Park Nurseries for veg in St Ive, Trevallick's Farm Shop and Tea Room near Pensilva (<http://trevallicks.com/>), Callington Fresh Produce (<https://www.facebook.com/callingtonfreshproduce/>), Keveral organic farm and veg boxes near Looe (<http://keveral.org/>), Trevalon Organic Cooperative and veg boxes near Herodsfoot (<https://trevalon.blogspot.com/>), Beddoe's Arcade Fruits in Liskeard (green grocer), Philip Warren butchers in Liskeard, Pengelly's fishmonger in Liskeard. Such choice!!

Buy food you need and eat what you buy. The average family of 4 pours £70 per week into the bin by overbuying food and having to throw the extra food out. To save yourself the £70pw, plan meals for the week ahead, only buy what you are going to eat, freeze foods that will be eaten over time, buy fresh fruit and veg loose so you can buy the right amount for your needs.

Grow your own. Eating fruit and veg you have grown yourself can be very rewarding. Even if you live in a flat you can grow a few things in pots on window sills or window boxes. Although our parish currently has no allotments, other local parish councils do. Also, Cornwall Council owns a lot of farm land near Quethiock. Consider lobbying them to release a small field for allotment use for the parish.

Meat. Red meat comes predominantly from ruminants so consider going vegetarian. If you can't go that far (just yet!) reduce your red meat consumption and swap the red stuff for veggie, chicken or fish dishes.

Dairy. Cut back on your dairy intake (milk, cheese, butter, yoghurt) and switch to dairy alternatives such as soya, oat or coconut varieties. Why not give them a go in different ways to see which works best for you, e.g. oat milk on cereal, coconut milk in tea, etc – you might surprise yourself!

Boycott palm oil products. There are a number of websites that list palm oil free foods, e.g. <https://www.ethicalconsumer.org/palm-oil/palm-oil-free-list>. There is even an app that scans bar codes and tells you if the product contains palm oil.

Tap water. It is drinkable - honest! Filter if you prefer, but it's better than buying water in plastic bottles. Tap water quality is more stringently controlled than bottled water and many bottled waters are just tap water in a bottle – with a price tag added!

Trees - Part 2

When planting trees Be careful to check the height and width of your trees when fully grown. You don't want to have to chop them down because they have grown too big for your garden!

The best trees to plant for a resilient parish are fruit and nut trees and native deciduous trees, but if you only have room for a flowering bush with nectar for the bees then plant this. If you don't have a garden you could come to our tree planting event at St Ive Recreation ground!

Tree Planting Event at St Ive

On **Saturday 21st March**, the St Ive Parish Climate Action Group will be holding a tree-planting event in St Ive recreation park. Please meet in St Ive Village Hall at 10.00am ready for tree planting at 10.30am. You can take the No 74 bus from Pensilva at 9.48am arriving in St Ive at 9.56am. The bus goes back to Pensilva at 12.30 and 14.30pm. There is also a car park near the recreation ground. Bring your children and a spade or hand tools if you have them. Come in your wellies or boots and wrap up warm. There will be hot and cold drinks supplied after the trees are planted.

Bring your own sandwiches if you wish. No dogs allowed in the park.

The trees, supplied by The Woodland Trust. will be elder, rowan, crab-apple and hazel. Please tell your children that the trees are very small when they are planted. There may be a few bigger plum and apple trees to plant. We have chosen trees that give food for humans and wildlife.

The trees planted will be counted for our tree-planting survey and for the Forest for Cornwall.

The next meeting of the **St. Ive Parish Climate Action Group** is at 7pm on Thursday 6th February 2020, at Millennium House, Pensilva. Anybody who would like to get involved please come and join us. For info contact pwwiscombe@hotmail.com.

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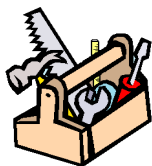
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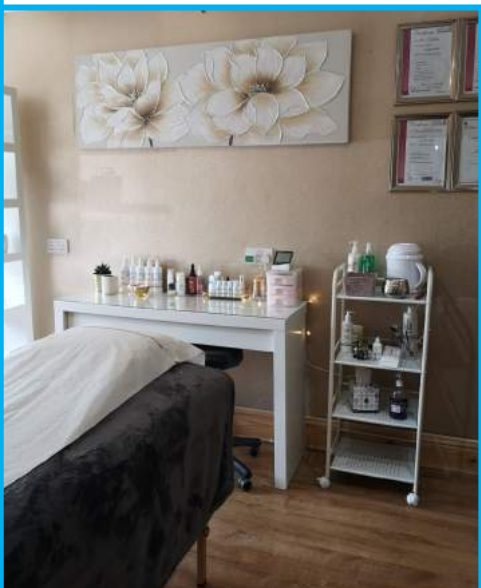
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A Wednesday morning group meets at 09:30am in the Sports club, Liskeard



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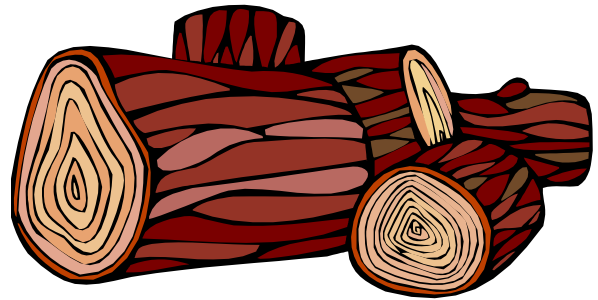
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17th APR	EXETER RACES & '80 MUSIC NIGHT	3rd JUNE	AGATHA CHRISTIE'S GREENWAY HOUSE
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Ads are free for items up to £50. £5 charge for items over £50. Please ring the Parish Office on **01579 363096** or leave a note at Millennium House reception or email **parishpump@btconnect.com**.

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

Car seat. Fisher Price FP2000 Safe Voyage seat used from birth. Good condition. Used about 5 times as extra seat at Nana's house. **£10.**
01579 383967 or 07933 960113 - St Ive

PANASONIC 32" LCD TV. Built-in Freeview. Hardly used. As New. Surplus to requirements. **£50.**
07891 849603

Toshiba sewing machine £30. New **pond liner 5m x 5m £30.** Five **Crittall windows 900mm x 1000mm approx.** Suitable for shed or greenhouse. **Free. 01579 363573**

Approx. 2,200 **copper disc rivets for fibre cement roof slating. £10.**
5 Medium size **Kit Bags** in reasonably good condition (no cords). **£25** the five.
Set of 5 collectible **Meerkats.** VGC with certificates. **£30** the set of 5 or **£10** each.
B&D Drill good working order **£5.**
2 large size lightweight camouflage military jackets **£5** each. **Tel 01579-384658**

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

Set of **Snow chains**, new and unused fit 14" to 19" rims, self adjusting. **£40**
Pensilva **01579 362207**

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.**

2 x Medium Weight **Car Ramps £20.**
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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.**
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Dark brown **leather chair. £50**
07980 380224 - Pensilva area.

Door Canopy. Brand new still in box. Black sides, white roof. **£15.**
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Brown speckled **carpet**, 2m x 5m. Brand new (over ordered). **£50.**
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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
Pensilva Wednesday Club	Alternate Wednesdays 2:00pm	01579 362832 Sheila
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 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 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 February 7th, and

Friday March 6th, both at 7pm

For further details contact Maggie or Wendy on:

01579 208572

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

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