# THE PARISH PUMP

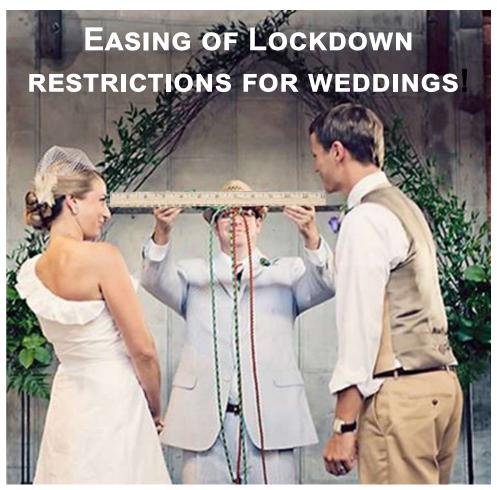


July 2020 Edition 464



# The Newsletter for the Parish of St Ive

Sorry, but the Parish Pump is online only until further notice.



"BY THE POWER VESTED IN ME, and as witnessed by a maximum of THIRTY friends and family, I pronounce that, AFTER the mandatory fourteen day quarantine period, you will be deemed MEMBERS OF THE SAME HOUSEHOLD for the purposes of the COVID19 regulations. You may now approach to within one metre and blow the bride a KISS."

#### 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	e 01579 363096	
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Sharon Daw (Cornwall Councillor) 07837 379305 slash.dash.daw@gmail.com

#### **Meetings of St Ive Parish Council**

Physical meetings are discontinued for the time being.

**Councillors will use other methods of communication so that** 

important decisions affecting our parish can be taken

democratically and in good time.



Devon & Cornwall Police Building safer communities together

#### **a** 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

#### **News about The Mel Bar and Millennium House**

After careful consideration and discussion with the Millennium House Staff, the Parish Council has decided **not** to open the Mel Bar for the time being. This decision will be reviewed at the end of July.

Millennium House is still closed but the council is looking at gradually re -opening. Please see social media for updates.

If you need to contact the Parish Council or Millennium House, you can leave messages in our **letter box at** the front of the building or call our volunteer help line on **01579 363096.** We will reply to emails sent to the **stiveparish@btconnect.com** as soon as we can.

**Contact details for St. Ive Parish Council and for Millennium House** Address for correspondence: Millennium House, Century Square, Pensilva PL14 5NF

<u>General Parish matters</u> 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 <u>accounts matters</u> 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**.

<u>Hardcopy submissions</u> by post or by hand to the Parish office, Millennium House. <u>Softcopy submissions</u>: 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 £7.50Half Page £15.00Full Page £25.0010% 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

#### From the Editor

This July edition is the third 'online only' edition. As lockdown restrictions seem to be easing it may be that the August edition could be printed and distributed as previously. Whether or not we print it will probably depend on whether our team of volunteers, who distribute the 1000 copies around the Parish, would feel safe to undertake the task. One way to mitigate the risk would be to expand the team, so that each distributor delivers to fewer houses, thus any potential chain of infection is shortened. I would be interested to hear from existing and potential new distributors. Call me on 01579 364016 or email parishpump@btconnect.com. The decision to print or not to print will probably be taken in the second half of July.

In this edition we have some reflections on the lockdown from a few different contributors, each with a different perspective. It makes you realise that what we might think of as a shared experience for everybody is in fact an amalgam of some very different experiences, depending on individual circumstances. While many in our community can't wait to "get back to normal", many others are more interested in the possibility of exchanging what was normal for something better.

Keep well. Joe.

#### **EVENTS CANCELLED DUE TO THE COVID19 PANDEMIC**

#### From Pensilva Carnival Committee.

We are very sorry to announce that, due to current situation, the 2020 Pensilva Carnival will not be going ahead. It's a great pity but... we look forward to seeing you all at next year's Carnival, which will be on Saturday, 3rd July 2021.

Please stay at home and stay safe.

#### From the St Ive Gardening Association

We have just this week decided to cancel the **St Ive Village Show** that was due to take place on Saturday 5th September 2020. We had been hoping things would be back to normal by the autumn but this now seems highly unlikely.

The **Gardening Association** has also cancelled its scheduled outings for July and August.

#### Pensilva WI Horticultural Show in September.

Also cancelled.

#### CHAIRMAN'S COLUMN

Well here we are again and another month has gone by. As I write this, news is coming through of an easing in the lockdown rules, so it may be that things will start to open up a bit more. However, there will be some form of social distancing in place for a considerable time to come.

I would like to take this chance to say a big thank you to all of you that have been checking up on neighbours, vulnerable and shielding people to see that they are o.k. I would encourage you to keep it up as it may be some time until they will feel safe to go out by themselves.

The grass will soon be cut at St. Ive recreation ground.

Unfortunately our regular contractor was taken ill at the start of lock down and we had difficultly in getting someone else to do it. Our regular contractor is now fit and will get it done in this spell of fine weather. Well that's all for now, keep an eye on the website and social media for any news on Millennium House reopening date. Keep safe everyone, keep washing hands and ensure you keep your distance from others.

Pete Haimes

## **PUBLIC CONSULTATION**

#### On the replacement of the Millennium House roof

Many of you who use Millennium House will be aware that the roof is in very poor condition. There are leaks and the metal is starting to corrode. It needs urgent action.

With this in mind, the Parish Council intends to apply for a Public Works Loan of £48,000, to be repaid over 20 years, to pay for the replacement of the roof panels.

We are inviting comments from parishioners on this project. Please send your comments in writing to the Parish Clerk at Millennium House or by email to stiveparish@btconnect.com.

#### St. Ive Parish Council

#### Are you or your kids bored at home? Want something to do? Well here's an idea!

Send us your pictures, plus a caption, or more words if there is a story behind them. Or send us your stories, with pictures if there's a picture that goes with it. The Parish Pump will publish some or all of them next time. There is no particular theme, just anything that you think would be suitable for, or interesting and/or helpful to other Parish Pump readers; something that will help others to pass a pleasant few moments during lockdown. Pictures can be photographs or original artwork.

This is not a competition, there are no prizes, it's just something that you might like to do!

You can send by email to parishpump@btconnect.com, or deliver by hand or post to Parish Pump Editor, Brook House , Lower Middle Hill, Pensilva, PL14 5QF.



#### **Received from Jane Gilbert**

#### <u>Reflections on Lockdown from the "virtual school</u> <u>gates" from some Pensilva primary school mums</u>

With the village school closed, many parents have missed the camaraderie of chats at school gates. In place of this, I have been lucky enough to have met regularly with mums online for "virtual school gates" chats. Through this unprecedented time, we have shared fears and hopes, tears and giggles, as we juggled our parental responsibilities. With so many people suffering loneliness and isolation, I have been particularly grateful for the support and fun that these meetings have provided.

Here I reflect on the highs and lows of lockdown based on these precious conversations. What have we learnt? What are we grateful for? What could have been better? What does the future hold for our children and our community?

As lockdown eases, are we rushing back to resume life as it was or is this a chance for a total reset?

#### What have we learnt?

Most importantly we have learnt how to use Zoom. We spent our first evening, logging on and off and giggling about how tricky it all was; we are now very slick indeed at virtual meetings.

We were all deeply afraid when coronavirus hit the UK and we were told to stay at home. However, we quickly noticed that the new quieter simpler way of life was surprisingly less stressful than before lockdown. Not driving around the county, rushing to school runs and activities. No deadlines, no pressure. Just living in the moment for the first time ever. This was strangely comforting in the face of what appeared to be an apocalyptic time.

We learnt to slow down. To be present for our children. In turn, the children re-learned how to play. Family life seemed to go back in time.

We learnt to make do. With the need to limit shopping to essentials, we learnt to create meals from those foods lurking at the back of the freezer. We discovered baking without flour and some even learnt how to make crisps.

We all learnt how to grow more vegetables, discovering pleasure in gardening for many of us for the first time.

We have learnt to home-school our children while also working from home. This has been a challenge for all of us. The children have learnt to be more independent and imaginative. They have learnt more life skills like cooking, cleaning and gardening. "Reflections on lockdown" Continued from previous page

#### What are we grateful for?

We quickly realised how fortunate we were to live in such a wonderfully supportive community. I remember the letter from Millennium House that arrived on our doorstep as we were self-isolating due to feverish children. The warmth that I felt from knowing the team at Millenium House had taken the trouble to let us know they were there to help was so very reassuring. So many have gone on to benefit from this wonderful outpouring of community spirit. The volunteers who have delivered prescriptions, shopping and even just dropped something in the letter box to say "hi" has been lovely to see. We all agreed that we were very lucky indeed. Thank you to every one of you.

We are grateful for PE instructors. Not all of you may know, but the likes of Joe Wicks (aka "The body coach") and even our own local PE teacher Mr Oli Jones were quick to provide daily morning virtual work outs for our children. This was such a positive way to start the day, giving us all a much-needed structure. It also helped our fitness and emotional wellbeing. Mr Jones is a wonderful role model for so many of the local children and he gave them focus, motivation and hope during those frightening early weeks of lockdown. For many of us mums we have been fitter than for years and this will benefit both our health and that of our families. Thank you Mr Jones .

Never a conversation passed between us mums without expressing our eternal gratitude and amazement at how helpful the village shop has been. We have always been able to find what we needed for our families. We have been so appreciative of the warm atmosphere, despite such stressful circumstances. Thank you so much to all the team at Pensilva Stores for keeping us supplied and for keeping us safe.

We have been grateful for human connections. Strangely, many of us are now better connected to those we care about, near and far, than before lockdown. As we can't have physical contact it has been as easy to connect with someone local as to someone far, far away. This opportunity to refocus on those relationships which really matter in our lives by reconnecting with those people has been something we have been very grateful for.

We are grateful for the peace in our village, for the quietness that enveloped the village during lockdown. No thrum of cars as they rattle over the cattle grid on the moor. No revving of engines. No rumble of planes overhead. Just the bleating of sheep, and Oh! the birdsong in the morning, an orchestra of beautiful sound.

We have been grateful for laughter. Whilst talking online, we have laughed until our tummies hurt, well into the night. The company of good friends never seemed more precious than during those early weeks of lockdown. "Reflections on lockdown" Continued from previous page

We have been grateful for neighbours. We have exchanged seeds, tips and jokes from neighbours. We have checked up on and looked after each other.

Amongst my neighbours, we established a "WhatsApp" group. It has been wonderful to connect with neighbours with whom I never spoken despite well over a decade living together. It gives a warm sense of rootedness to be surrounded by such care and kindness.

#### What could have been better?

The death toll due to Covid-19 has been terrible. We have lost local people. Additionally, everyone will know someone who has been lost to non-Covid related illness during this dreadful period. There is so much sadness as funerals and grieving have been sustained in isolation. This will have longlasting repercussions.

Some of us have made huge sacrifices during this time. Keeping away from loved ones for the sake of not spreading the virus. We have experienced heartbreak and grief. It has been more difficult to endure these hardships when rules have been flouted locally and nationally, diminishing the earnest efforts of those brave people around us.

At times we have felt guilty that not all of us were on the front line. We had to remind ourselves that we have all had a part to play. Supporting our families and community, keeping well and limiting the spread of the virus have been our roles.

The children have been afraid and isolated despite our best efforts to reassure and love them.

The church has stood empty. I passed yesterday and it felt like a lifetime ago that we packed in there for Christingle, shoulder to shoulder to hug, kiss and wish each other a merry Christmas.

#### What does the future hold?

As we stagger blinking into the light, we are all re-evaluating and reorienting ourselves.

We're facing recession on the back of environmental instability. The future is uncertain and grey but somehow it doesn't seem as scary as before.

We know there is more goodness than bad in our lives. Our community is strong, we have friendship and love to face the next chapter.

The threat of illness is a great leveller. We now have all known what it is to feel very vulnerable and have learned to live with more kindness and less judgement. Can we keep this in our hearts as we readjust to our new "abnormal"?

Thank you Pensilva.

#### My Preparation for Lockdown

In 1965 Rhodesia declared itself an independent state. I found myself on a Royal Navy ship off the port of Beira. Britain had imposed sanctions and we were preventing illegal goods going through the port to Rhodesia. We would spend six weeks on patrol then go to a port for a few days to collect stores, mail and to do essential maintenance before returning for another six week patrol. Before internet and mobile phones, and with very intermittent mail services, we felt very isolated, especially over the Christmas period.

In 1982 I found myself on a Royal Navy ship based in the Falkland Islands. Out of the blue came the Falklands conflict and we were left isolated in the South Atlantic with no base and pursued by enemy forces. Once again, no internet or mobile phones to keep in touch with families at home.

Apart from a few hours in Port Stanley after the recapture of the Islands we were 110 days at sea before returning to our home base at Chatham. While at sea the crew is split into watches so you only spend time with others of your watch, working and eating, so even on board we were isolated from those in the other watches.

So, when it came to "Lockdown", I felt that by divine providence I had been well prepared, but instead of being locked between steel walls with the constant noise of the ship's engines (I was an engineer) I was isolated in the beautiful Cornish countryside with the sound of birdsong to enhance the day.

It is recognised that for some this is a dreadful time of loneliness and anxiety, and the prayers of the Pensilva Christians go out to and for them. It is also recognised that we have been blessed with modern communications: internet, phones and, if all else fails, a reliable mail system (thank you postman).

During the Falklands conflict there was the fear of enemy forces; with the Lockdown we have the fear of the virus. One thing I observed with some of my Royal Navy friends was that, when we are frightened, we make bad decisions; something that can be seen in news reports. Having Jesus Christ in your life means that we are never really alone. Invite him in and he will stand by you and with you always, no matter what.

There are many things I miss:-

"Open The Book" sharing bible stories in school.

My Memory Café friends.

Sharing prayers in church.

The monthly pint in the Mel with the British Legion.

Being able to see my father in Kent.

Like all crises it will end, and then it will be up to us to make a new and better beginning..

Geoff Cox.

#### From Rev Becca Bell

What possesses a vicar who is doing a job done by 6 men 20 years ago to dare to feel hopeful that, with no money, buildings that are all in need of varying amounts of work and care, and congregations that are definitely not getting younger, we have a a whole load of achievable opportunities before us?!

I recently sent a letter out to those on the electoral role for my churches updating everyone with news as to what is going on with the churches. In it I suggested that when we return to worship things will be different.

St Cleer and St Ive shared an organist, and sadly Sue has decided to resign her post. She has enormous talent, a fab sense of humour, and a beautiful instinct for just the right music to enable worship. She is a true worship leader, which is a huge gift to any church and we will miss her immensely. I hope she might be able to pop back for occasional special events. Scratch choir anyone?!

Sadly the PCC at Menheniot has had to make the decision to close the mission chapel at Merrymeet. The chapel has been there since the beginning of the last century and was built to enable the farm workers at that end of the parish to get to church on Sundays. It has a thriving congregation, but the roof is failing rapidly and the grant funding we had hoped to get is not possible. We had been exploring the possibilities for repairing the roof and enabling the chapel to continue its mission for the last 3 years but lockdown accelerated the decision, along with quite a few slates falling in a storm. We are aware it is a matter of time until we need to shut the building for safety and so have moved to begin to process of closure. This will include a chance to consult with the community. We need to find around £150,000 to repair the roof which we know we cannot fundraise.

We want to put people before buildings. Jesus once criticised the Jews for putting laws before human need, and it would be sad if we put the needs of buildings before the needs of our congregations. Our buildings are there to serve the congregations and communities, and when they are no longer fit for purpose we must ensure our first priority is to the congregation. The PCC and I will be working with the congregation to look at "what next" for Merrymeet folk.

Despite the sad changes, coming out of lockdown also gives us huge possibilities and opportunities and I do dare to hope! The congregation from Merrymeet will be working towards a new beginning, our churches will have to discover what their patterns of prayer and worship will be, and we need to look at how best we can serve our communities in very difficult times of economic hardship. There are tough things ahead, but they bring opportunity.

Before Covid-19 we can all accept that we were living unsustainably. As a planet we were consuming resources too fast and killing our environment. As individuals we were damaging our mental health by driving ourselves into the ground with frantic lives and ridiculous expectations of ourselves and those around us. We know all this, and yet there is a real danger we could slip back into the same patterns after lockdown without thinking. The church is no different. We have been living unsustainably for years trying to keep the same level of ministry and the same number of buildings going with ever diminishing finance and with it, diminishing ministry. So here I am, a vicar with 6 churches across 4 parishes, wondering how we can come out of lockdown in a better state than we went in.

#### ... Continued from previous page

I have huge hope, that if we can be brave and really think about what we want church to be then we can come out of lockdown and be a church that can thrive and grow and look forward with hope to the future. We have, as churches, perhaps been afraid to admit that we didn't really know how our churches could still be here in ten or fifteen years time. But I really do believe that if we can consider what is really important to us, and work together as a cluster, we can develop patterns of worship, ministry, and outreach that are both sustainable, and allow us to hope for the future. It might mean less frequent services, more informal gatherings, and meeting at times that are not Sunday morning. It might mean different styles of worship, and finding ways to better serve our communities (which will also mean people stepping up to help make this happen!).

Please start praying and thinking now about what the most important aspect of church is for you, and what you dream for your church family for 5 years time. And then let's start thinking about how we get there. If we want church to stay the same forever, then we risk losing it altogether. If we can imagine changes that enable us to keep the important stuff, then there are some great opportunities to grow our church communities, and to better serve our parishes.

#### Services currently available from St Ive and Pensilva parish churches.

St Cleer church has been our "guinea-pig" in trawling through the paperwork to explore looking to open for prayer. They have managed to sort things out to open from the 4th July on Saturdays from 10-12 and Tuesdays from 2-4pm.

It is going to be a while longer before Pensilva Church can open, but hopefully not too much longer! Meanwhile, you might see Geoff catching up on the gardening outside!!

St lve Church is unlikely to open for prayer for now, but we will keep reviewing things.

We have daily prayer and weekly worship available online via zoom or Facebook. Please follow our Tribute Cluster Churches page to find out more or email <u>revbeccabell@gmail.com</u>

We have a study course exploring prayer via Zoom. Again, email Becca to join.

- We are conducting funerals for limited numbers as we have been throughout lockdown. We are now able to hold funerals inside the church but with no singing.
- We can now conduct weddings for a limited number of guests. We are still able to make arrangements for weddings next year and beyond.
- We are currently unable to do Christenings but if you want to contact Becca with your details, she will be in touch as soon as we are able to start arranging them.
- We have been making headway with the project to update the heating. Hopefully we might be warmer this winter!

#### Finances.

As always, we appreciate all the financial support offered to the church as we receive no outside funding and have to fundraise to keep the building and pay for ministry (the vicar!). <u>https://givealittle.co/campaigns/a285bd07-694b-40d2-b4aa-06cc65f3b66e</u>

#### Contact details for Rev, Becca Bell:

Mobile: 07899 363458. Email: revbeccabell@gmail.com

#### For those not online.



OF ENGLAND Faith in Later Life CONNECTIONS

#### FTAO Middle Hill residents and Visitors

#### Middle Hill Farm pond and Wildlife Habitat

Design Statement:

This wildlife pond has been designed taking into consideration the local flora/ fauna and will contribute to regional and national targets for the Pond Habitat Action Plan and the Million Ponds Project, enhancing the local biodiversity. The purpose is only to benefit wildlife and for the enjoyment of our family.

There are NO intentions to use this area commercially, nor will it have any adverse effect on species and/or habits concerned. The site will be enhanced with a pond and have no negative or detrimental effect on the local wildlife, trees or neighbouring properties nor will it harm the character or appearance of the area.

The pond will measure approximately one third of an acre, will have shallow sloping sides with native aquatic planting and emergent vegetation to blend in with the existing landscape. An underwater bar/ shoal and/or hibernaculum will be created for protection of invertebrates and amphibians over the winter months and the perimeter edge irregular to optimise areas and interest for wildlife.

Native aquatic planting will be used throughout the ponds edge grown in the shallow areas to help stabilise banks and provide important food sources for aquatic and terrestrial insects. Emergent vegetation will be planted to allow dragonflies and damselflies to emerge from the water and metamorphosise.

The design and delivery of this new habitat has been conducted under the watchful eye of Aquatic Consultancy ensuring everything which is carried out is done so with the best intentions of all wildlife at the forefront.

One third of ponds are believed to have disappeared in the last 50 years or so across the UK. Of those which remain, more than 80% are thought to be in poor condition. This has had an enormous impact on wildlife, particularly amphibians. Under the banner Just Add Water, a national campaign has been launched to increase the number of ponds. The Pond Conservation Society, along with Natural England, is promoting a related scheme called The Million Ponds Project. The SSDC Guide to Good Practice – Landscape Design states that, "it is important that Wildlife Ponds' significance, both for nature conservation and amenity value in general, is realised." It goes on to state that, "the formation of well-designed new ponds will be encouraged". The proposed scheme fully supports the Pond Habitat Action Plan which states that, "all proposals for development ... will ... maximise opportunities for restoration, enhancement and connection of natural habitats ... and ... incorporate beneficial biodiversity conservation features where appropriate."

We thank you for your understanding whilst we create this space, weather permitting the excavation works will be complete in early July, we hope to have the area planted shortly after and the space will once again be green.

Should you have any questions please contact me (Niki) on the number below Niki & Zoe Turner

#### HELP FOR PEOPLE SELF-ISOLATING DUE TO CORONAVIRUS.

With the current Coronavirus outbreak, the Government requires certain groups of people to self-isolate at home.

St Ive Parish Council has set up a hub for anybody needing help during the Coronavirus outbreak and especially those who are selfisolating. The hub will be staffed by volunteers and can be accessed via the Millennium House reception number (01579) 363096.

If you are self-isolating, please let the volunteers at Millennium House know by calling (01579) 363096. The volunteers will do what they can to help you with shopping, prescriptions, etc., and will try to provide up to date information when needed. Just call (01579) 363096.

At the time of writing, the groups being asked to self-isolate include:

- People that have been in contact with anyone who has been confirmed to have the virus.
- People over 70 years old.
- People with 'underlying conditions'.
- Anybody who receives a letter from the NHS recommending selfisolation.

If you belong to any of these groups of people, you must follow the Government and NHS guidelines which are available online. If you cannot access the information you need, please ring the Millennium House volunteers on (01579) 363096 and they will try to help.

Any volunteers who would like to help, please call (01579) 363096. If you are already helping someone who is self-isolating, please call (01579) 363096, simply to let us know.

#### SAINT IVE PARISH COUNCIL

# **CORONAVIRUS**

We at PENSILVA STORES are very concerned for some villagers that may have to "self-isolate" and the plight and vulnerability of the more mature villager that cannot get to the shop for their needs. We will endeavour to get a FREE DELIVERY system operating so that we can try to alleviate the situation. We will hopefully achieve this best by recruiting some volunteers that can help.

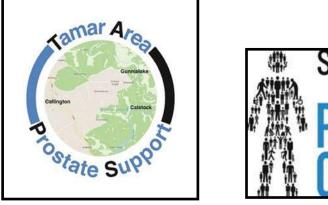
Any person that can help please leave their Name & Number at the counter. We are looking at different ways to assist customers.

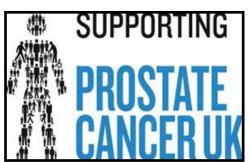
#### START DATE TUES 24<sup>TH</sup> MARCH 2020

PENSILVA STORES will close to the general public for an hour on every Tuesday & Friday between 1PM -2PM. It would be an opportunity for the more mature customers to shop.

#### 01579 362547

PLEASE BE AWARE THAT THIS COULD CHANGE AT VERY SHORT NOTICE & IS SUBJECT TO GOVT DIRECTIVES.





As a result of COVID-19 our monthly meetings are postponed until further notice. We are still available to support anyone who needs us during this period and have members who have experience of various surgical procedures, radiotherapy, and hormone therapy. If you are recently diagnosed and just want to have a chat about your treatment or your options, don't hesitate to make contact.

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 <u>tapsinfo555@gmail.com</u>.

Other excellent sources of support are: -

Prostate Cancer UK (PCUK): 0800 074 8383

Tackle Prostate Cancer (UK): 0800 035 5302

The Chestnut Appeal: 01752 792736

(Derriford Hospital)

The Mustard Tree Centre: 01752 430060

(Macmillan Cancer Support)

Reverend Becca Bell has asked us to mention the St John's Church Facebook page where she will occasionally be uploading live videos and other content. You can find it here:

https://www.facebook.com/St-Johns-Church-Pensilva-690472271346237

#### WANTED

OLD TOOLS - ANY TRADE AND WOODEN TOOL BOXES OLD BICYCLES, PARTS & ACCESSORIES - OLDER THE BETTER OLD TOYS AND GAMES PRE-1980 OBSOLETE CAR PARTS OLD BOOKS, COMICS, MAGAZINES, PRE-DECIMAL. CASH ON COLLECTION - 07492 866255

# All Being Well

Your local, friendly gym.

Due to the COVID 19 outbreak we have been obliged to close until further notice. We are doing everything we can to ensure that we are ready to reopen as soon as it is safe to do so.

Term memberships will be carried over until we reopen.

If you have any questions please call Joe on 01579 364016 or email abwgym@gmail.com or visit our website **www.abwgym.co.uk** 

Over 20 years working in our local community to improve health, fitness and well being.

#### **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



# **Pensilva Post Office**

Located through the Café on the 1<sup>st</sup> floor of Millennium House



#### **Opening times during lockdown:**

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

Note - Back open on Wednesdays

#### The travelling post office at St Ive Institute is open on Wednesdays, 10:30-12 noon.

Saint Ive Parish tree-planting survey Please let us know about any trees that you plant within the Parish. We will include them in our own survey and we will notify the Forest for Cornwall on your behalf, if appropriate. Contact us by phone: 01579 383967, or by email: parishpump@btconnect.com, or via the Saint Ive Parish Climate Action Group Facebook page. Pictures very welcome.



# **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\*\*\*

Wheel & Tyre. New. Size 195/50 R15.         £50. 01579 383054.         Canon IP2700 Printer. £20         Computer screen 19" £20.         Epson Perfection v350Scanner Photo £20         Sony Revia 42" TV. £45.	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. 2 large size lightweight camouflage military jackets £5 each. Tel 01579-384658
All in working order. 01579 363200 Set of 3 suitcases, red, vgc, Antler, £40	2 x Medium Weight <b>Car Ramps £20</b> . <b>Push Mower £5. 01579 363199</b>
ono. 07770 747353. Pensilva area	Maximuscle <b>home gym</b> system <b>£100</b> ono.
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	<ul> <li>Black leather chaise longue. Excellent condition. £100 ono.</li> <li>Scelextric Sport Le Mans set. Still in box. Great condition. £100.</li> <li>Plastering gear: 110v paddle mix with transformer, various trowels, hawk and other bits. Good for DIY etc. £70 ono.</li> <li>Easycamp Tour Ligata 6 berth tent. Used only 3 times. £100 or offers.</li> <li>Dark brown leather chair. £50 07980 380224 - Pensilva area.</li> </ul>
Toshiba <b>sewing machine £30.</b> New <b>pond</b> <b>liner</b> 5m x 5m <b>£30.</b> Five <b>Crittall windows</b> 900mm x 1000mm approx. Suitable for shed or greenhouse. <b>Free. 01579 363573</b>	
Set of <b>Snow chains</b> , new and unused fit 14" to 19" rims, self adjusting. <b>£40</b> Pensilva <b>01579 362207</b>	Brown speckled <b>carpet</b> , 2m x 5m. Brand new (over ordered). <b>£50.</b> Arch design <b>headboards. £20 each or</b> <b>£35 pair.</b> 01579 362211

#### PLEASE LET US KNOW WHEN YOUR ITEM HAS SOLD

#### **PENSILVA VILLAGE HALL**

Due to the Coronavirus outbreak all activities in the hall are cancelled until further notice.

Anyone wishing to book the hall for future 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.



#### **MOBILE LIBRARY—Suspended**

The mobile library and all Cornwall Council library services have been stood down with effect from March 23. 2020.

The information service continues at Luxstowe House, Liskeard.

Cornwall Library Members can access a

wealth of online reading- ebooks, Audiobooks, newspapers and magazines, comics and eGraphic novels. Details on the Cornwall Council website.

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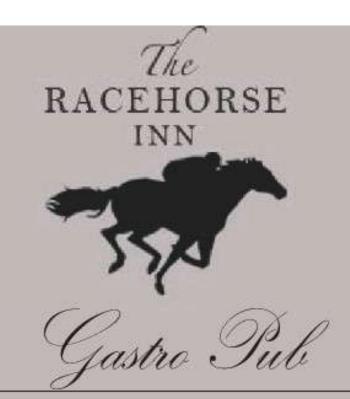
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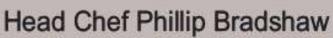
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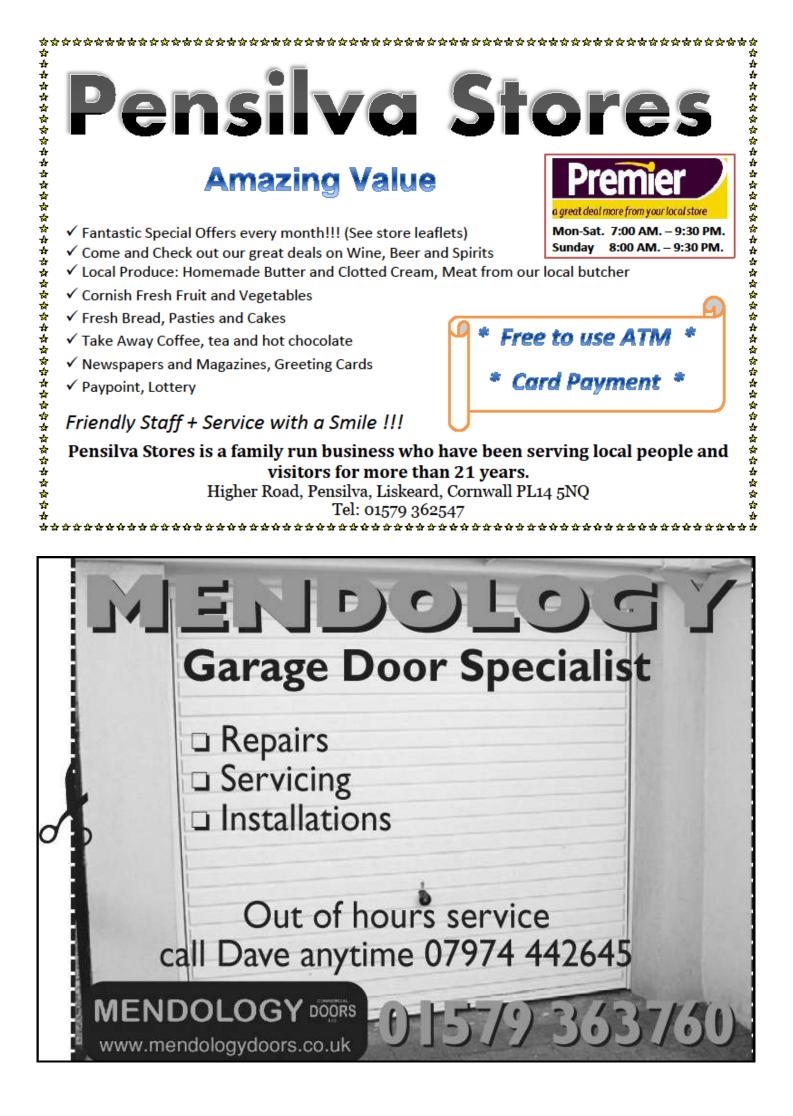
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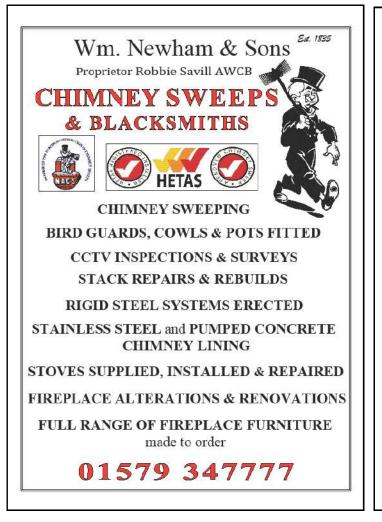
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