

THE PARISH PUMP



September 2020
Edition 464



The Newsletter for the Parish of St Ives

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



An Example of Sustainable Building Design In St Ives Parish

Burntwood Eco House

See article on page 11

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

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Rosemary Farley	01579 384810	Tony Hodson	07973 536964
Nigel Libby	07968 891814	Kath Parkes	01579 362005
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Samantha Reilly	via Parish Office	01579 363096	
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

 **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

Millennium House is open from Sep 1st. Please see social media for updates.

The Millennium House bar is opening four days a week from Sep 3rd (see separate notice).

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

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

From the Editor

The last three years or so have seen many changes at Pensilva Health Centre: the new arrangements with Oaktree Surgery, three long-serving doctors leaving the practice, the Covid-19 situation, as well as the many system changes required by central Government. This has been unsettling for patients, some of whom feared that we would lose our Health Centre. An open letter from senior partner Dr Stephen Jefferies (page 6) should reassure everybody that this will not happen. Take the doctor's advice and have a look at the website - www.theoaktreesurgery.co.uk. I can recommend it and the very informative newsletter on the News page - or you can sign up to receive their newsletters from the Home page.

Also in this edition: "Warm Homes Fund" for households in need of central heating; Millennium House and the Mel reopening; the Age UK Electric vehicle - how the scheme works; our cover story, the Burntwood Eco House - make sure you watch the video! It's fun); Pentiddy Woods; what connects Boney M, Psalm 137, and the Pandemic? And much more... it's all in this month's Parish Pump!

Keep well.

Joe

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

CHAIRMAN'S COLUMN

Well here we are in September and things are getting a bit more like normal, although we need to remember to keep up the hand-washing, keeping our distance and wearing face coverings where appropriate.

I would like to get the message out that Millennium House will open up from the first of September, with the bar reopening on the third of September (details of bar opening times are shown elsewhere in the Pump). The library will open on mornings to coincide with the post office days (with a limit of two people at a time inside). We will be operating strict social distancing within Millennium House, and those organising events will be responsible for a risk assessment, as well as listing names and contact details of attendees; these will need to be given to the receptionist before the event starts. We would ask all those entering Millennium House to follow all instructions, both written and verbal, from the staff. Failure to comply will result in a request to leave! Please help us make the reopening a success.

Well, I hope you are all keeping well, and the return of children to school goes well. It's a big step for everyone involved, but if we all do our bit it should go well. Don't forget to keep an eye on elderly or infirm neighbours, checking if they need any help with shopping etc. That's all for this month, look after yourselves and stay safe.

Pete Haimes.

LOCAL BABYSITTER

Hi, my name is Megan and I live in Pensilva. I'm studying a level 3 childcare course at St. Austell College. I'm 17 years old and I'm available most evenings for child or baby sitting.

I charge £4.50 per hour for hours between 19.00 and 00.00. After midnight £7.00 per hour.

Phone 07401 295024



OAK TREE SURGERY

Clemo Road, Liskeard
Cornwall PL14 3XA
VAT Number 879 1026 04

TEL: 01579 32 42 52

www.theoaktreesurgery.co.uk

PENSILVA HEALTH CENTRE

School Road, Pensilva, Liskeard
Cornwall, PL14 5RP
VAT Number 879 1026 04

TEL: 01579 36 22 49

www.pensilvahealthcentre.co.uk



Open Letter to the Patients of Pensilva Health Centre

10/08/2020

To our Patients,

We have decided to write this open letter so that we can communicate with all of our Pensilva patients during this difficult time. We would like to address the concerns that have been raised to us through our PPG group and try to ease any concerns you have regarding the future of Pensilva Health Centre.

Many of you have expressed concerns once again regarding the health centre closing in the imminent future. We would like to absolutely assure you that this is not true. The Partners have bought the building at Pensilva and by doing this have demonstrated a huge commitment to the Pensilva Health Centre site and to our Pensilva patients. We have some big plans for Pensilva, none of which involve any form of closure of the site. We want to try and improve the service we provide and hopefully make services available at the sites which have not been available before.

We will be looking to restart services in the foreseeable future and in time build upon these and try and provide an even better service. Please also go to our website to see the latest edition of our new patient newsletter which will give a much better insight to what we have been doing and any future plans we may have.

Finally, we would like to thank you all for your continued support throughout this pandemic. Your understanding and willingness to adapt has allowed us to operate effectively and maintain a safe site for our staff and our most vulnerable patients. We could not have done this without the Pensilva PPG support and of course you, our patients. We are fully committed to our Pensilva patients and can assure you that there are absolutely no plans for any closures at the health centre.

Yours sincerely

Dr Stephen Jefferies
Senior Partner
On behalf of Oak Tree Surgery and Pensilva Health Centre

HELP FOR VULNERABLE PEOPLE IN COLD, DAMP ACCOMODATION.

Residents from households that have never had central heating, who are in poor health, or at risk of poor health, are being urged to apply to make sure their home is warm in the coming winter months.



A scheme that has already helped over a thousand households in Cornwall that have never had central heating stay warm and well, is now open for new applications.

Cornwall Council, supported by Inclusion Cornwall, Community Energy Plus, SSE and other partners, has secured a new 'Warm Homes Fund' programme to help another 400 households - whether privately rented or privately owned.

Are you or someone you know in poor health or at risk of ill health, or with underlying health issues? Are you caring for a vulnerable person and / or worried about your home being cold or damp? Is it affecting your health? If so, then Winter Wellbeing can help.

For advice and access to services provided by over 30 partner organisations, call Freephone 0800 954 1956 or email to advice@cep.org.uk to see if you qualify for this scheme or would like independent energy advice.

The £150m Warm Homes Fund was established in 2017 by National Grid and Community Interest Company, Affordable Warmth Solutions, who administer the fund on behalf of National Grid. To date, the Fund has supported more than 10,500 first time central heating installations across England, Scotland and Wales.

More information is available on [Cornwall Council's website](#)

Apply now to have a warmer home this winter



THE STAFF OF MILLENNIUM HOUSE ARE
DELIGHTED TO ANOUNCE

THE REOPENING OF THE 'MEL BAR'

ON THURSDAY 3RD SEPTEMBER.

OPENING TIMES ARE AS FOLLOWS:

THURSDAY 6pm – 10pm

FRIDAY 6pm – 11pm

SATURDAY 6pm – 11pm

SUNDAY 3pm – 7pm

SOCIAL DISTANCING PRACTICES WILL BE IN
PLACE WITH 'TRACK AND TRACE' PROCEDURES.

THE FUNCTION ROOM WILL BE USED FOR THE
TIME BEING AND STAFF WILL BE THERE TO HELP
AND ADVISE. WE REQUEST THAT CUSTOMERS
WORK WITH STAFF FOR THE SAFETY OF BOTH
CUSTOMERS AND STAFF.

BT SPORT WILL BE AVAILABLE

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

Could you or someone you know benefit from this Electric Vehicle?



Age UK Cornwall and the Isles of Scilly has generously provided an Electric Vehicle for use by people in South East Cornwall who have trouble getting around. The vehicle can be used by the public, not just for essential trips to doctors or hospitals, but also for shopping trips or even just for a day out.

This is how the scheme works.

The electric vehicle (pictured) is based at Millennium House, Pensilva, where charging points have been installed, powered by Millennium House's photovoltaic roof panels. The vehicle is wheelchair friendly.

The vehicle can be used by individuals or by groups, such as doctors' surgeries, churches, charities, clubs or societies. Prospective users would need to register with Age UK: this costs £18 per year for individuals and £36 per year for groups.

Once registered, the group or individual can book the vehicle at very reasonable rates: £40 for a full day (9 hours). £25 for half a day (4 hours). Or 50p per mile for short trips, like visits to the doctor or dentist or local shopping trips. These contributions are donations to support the running and ongoing maintenance of the electric vehicle. The rates compare very favourably with the cost of taking a taxi. Users will not even need to pay for fuel and the range of the vehicle is such that recharging would not be necessary except for a very long trip. You just need to make sure that you plug back into the charging point on your return.

The person driving the vehicle on behalf of the registered individual or group must hold a valid UK driving licence. Age UK will provide a short training exercise covering wheelchair accessibility and vehicle familiarisation at a location to suit the volunteer. Electric vehicles are very easy and safe to drive. Five similar vehicles are based elsewhere in Cornwall.

More information, including terms and conditions and registration forms, can be obtained from Age UK on 01872 266388 or email@ageukcornwall.org.uk; ask to speak to Lee Davies or Ann Lewis.



Millennium House itself will be registering as a group and is looking for volunteer drivers who could spare some time to help others. Other parish or town councils in the area can do the same. To join the Millennium House volunteer drivers group, contact Millennium House on 01579 363096 or stiveparish@btconnect.com

Burntwood Eco House

Highly Commended for Sustainability in the Royal Institute of Chartered Surveyors SW Awards 2010. Shortlisted for the Cornwall Sustainability Awards.

We designed this house in Cornwall in collaboration with Bodmin architects ARCO2 and we managed the building project ourselves. The running costs are very low thanks to energy saving devices such as the photovoltaic panels and sewage going to a septic tank and the water supply coming from a spring on the property. We have enjoyed living in the house for 10 years now and, apart from some minor maintenance, it continues to perform well. You can see a film of the project here <https://vimeo.com/202305373> and below is a technical description.

Introduction

Built with the help of friends, family and local small business contractors, the building makes good use of natural heating and lighting. The house is designed for low impact through choice of materials, energy efficiency and renewable energy technologies.

Passive Performance

On the South corner of the house is a 2 storey glazed 'sunspace' with stone faced walls inside, this area collects solar heat which can be distributed through the house by a heat recovery ventilation system. Pre-warmed fresh air is drawn from the top of the space during winter months. In the summer the fresh air intake is diverted to draw from outside the sunspace. Windows at the top can be opened to let out excess heat. Concrete raft floors insulated underneath and block retaining walls insulated on the outside provide thermal mass to store internal heat and balance temperature fluctuations. Argon filled double glazing is used throughout.

Low Impact Materials

The construction is about ninety percent Cornish timber, much of which was sourced from an adjoining forest, milled and air dried on site. The structure is Douglas Fir post and beam frame with Western Red Cedar roof shingles and cladding boards. Western Red Cedar does not require treatment or painting which reduces pollution and maintenance costs. Sheep's wool, a by-product of carpet making, gives 225mm insulation in the walls and 300mm in the roof. A poor quality existing building was demolished providing aggregate for the driveway and windows for a greenhouse. The kitchen worktops were cut from the slate of a reclaimed billiard table.

Energy

A MORSØ 8kW log stove is fuelled with wood coppiced from woodland on the property. Heat is distributed through the building by the heat recovery ventilation system so radiators are not required. Roof mounted solar photovoltaic panels with Growatt grid tied inverter have a 4.2 kW installed capacity, generating around 4,000 kWh per year which is the majority of the yearly consumption of this three bedroom house. Between the inverter and the panels is a 5KWh battery which stores energy during the day to be used at night. A roof mounted, 4 square metre, flat plate solar thermal collector reduces the demand on electricity for hot water heating. Electricity is also conserved by using energy efficient lighting and appliances, including an induction hob.





Remember loved ones by moonlight and support Children's Hospice SW.

Children's Hospice South West (CHSW) has had to adapt many things over the last few months including the care and support it offers to children, as well as its fundraising events which help to fund the vital support it offers to local families.

CHSW's 11th annual Moonlight Memory Walk was due to take place in Falmouth in March and would have seen hundreds of people completing the 5 mile sponsored walk around the town in memory of loved ones. The event was postponed to 26th September however the charity has decided to use this opportunity to adapt the event and open it up to people across the south west and beyond.

The charity is inviting people to remember and celebrate the life of a loved one and raise vital funds through its new Memories by Moonlight event which will include some elements of the annual Moonlight Memory Walk but with the flexibility for people to be involved however they wish.

Instead of being held on the Moor a Memories by Moonlight ceremony will be broadcast live on Facebook from CHSW's Little Harbour children's hospice in St Austell at 9pm on Saturday, September 26, giving people the opportunity to light a candle and join together virtually for a special evening of reflection.

The poignant and uplifting ceremony will feature readings from all three of the charity's children's hospices – Little Harbour, Charlton Farm near Bristol and Little Bridge House near Barnstaple. It will also include music, poems and a two-minute applause to celebrate loved ones whose names will appear on the screen.

Kiley Pearce, Events Fundraiser for CHSW said: "We are obviously sad not to be able to bring the Moonlight Memory Walk to Falmouth this year as it is such a special evening, however we are delighted to have this alternative option."

To register to join the Memories by Moonlight ceremony simply visit www.chsw.org.uk/moonlight. Registration is just £10 and a memory pack, along with details of how to access the Memory Ceremony, will be sent in the post. For more information about the event, call the CHSW Fundraising Team on 01726 871800.



Making the most of short and precious lives across the South West

www.chsw.org.uk

Registered Charity No. 1003314



BY THE RIVERS OF BABYLON

Those of us of a certain age may remember the group Boney M and their recording of the song “By the Rivers of Babylon” recorded on cassette tape, yes cassette tape! The reason this came to mind was that Psalm 137 appeared on the daily lectionary readings.

1. By the rivers of Babylon – there we sat down and there we wept when we remembered Zion. (*Zion was a holy hill in Jerusalem that had been destroyed along with the temple.*)
2. On the willows there we hung up our harps.
3. For there our captors asked us for songs
And our tormentors asked for mirth, saying “sing us one of the songs of Zion”.
4. How could we sing the Lord’s song in a foreign land?

The Israelites were taken into a foreign land against their will. The temple where their God resided and where they met their God was destroyed and this could have meant that the relationship with God was broken. Out of this disaster came the Synagogue movement, meeting first in their homes, and then the establishment of synagogues, so that in every country that the Jewish diaspora exists they still find God.

Through Covid 19 we find ourselves in a foreign land, a country very different from the one we knew a few short months ago. Our freedom to travel anywhere in the world has been curtailed, greeting our friends with a hug, even visiting our families is restricted. Masks have to be worn when we travel on trains and buses and when we go into our local shops. The land is very different from the one before Covid 19.

Let us use this disaster to find new ways to find God, remembering the old, the frail, the vulnerable need to be carried with us and not left behind to starve as they were after the destruction of Jerusalem.

Psalm 137 v 4. How can we sing the Lord’s song in a foreign land?

Geoff.



An update from the woods

This is a joint piece about Pentiddy Woods (predominantly the coppice and mature woodland) and Pentiddy Community Woodland (the charity).



Never have the woods been so delightfully appreciated as they have been in the last few months. We hadn't realised quite how many people didn't even know Pentiddy existed! Despite all the hardships, lockdown has helped so many of us to discover parts of the local area we'd not really noticed before. It's been such a joy to see families harvesting cherries and raspberries, having picnics by the roundhouse, playing games in the glade, watching beetles in the grass and just generally soaking up the magic of the woods.

Add to that the fact that, after a few years of quiet since the last forest school stopped, children have once again become part of the ecosystem here. Gemma's sessions have been fully booked all Summer. It's heartening to know that children are being given the opportunity to reconnect with nature at a time when it's particularly important for them to feel nurtured and safe. Many thanks to Gemma for all her hard work in pulling this together and for the parents who make the effort to bring their children along.

Then there's the Bootcamp which started here a few months ago with Amy. This too has gone from strength to strength (as have the women who attend!). I haven't been brave enough yet but I'm benefiting from hearing happy, healthy voices working out from 6:30 in the morning! This has now moved slightly from outside the roundhouse to the small glade just above. The idea being that other visitors can choose to use the roundhouse for quiet contemplation which seems to be what it's most valued for.

Many have been enjoying the beauty of the wildflower meadow burial site. It's been the first year of full flowering and it's been stunning! White oxeye daisies, purple knapweed and yellow trefoil have been a treat to walkers, burial attendees and insects alike. The sheep will be let in there to graze once the flowers have seeded. They're in for a treat!

The Community Woodland is holding a gathering in the roundhouse (Covid-19 permitting) on October 4th, 3–5pm, to discuss plans for the woods and to set dates for the community work parties for the Winter. We are always on the look-out for anyone who uses the woods who would like to come along to offer suggestions and support.

We had hoped to hold an open day at Pentiddy this Summer to show people all aspects of the land, work and life here, but it will sadly have to wait until next year. However, if you would like to book in for a smaller group to have a tour please get in touch. We do what we do here because we want to inspire people to relate each other, to land and to resources in a regenerative way, so we're very happy to share what we've learnt so far.

Gratitude to you all for your continued care and appreciation of the woods and all they share with us. Ele.

For Forest School Gemma: 07983626869. For Boot-camp Amy: 07432878045.

For all other enquiries including the burial site, roundhouse, coppice and educational tours contact Ele and Anthony: 07421813976

ST JOHN'S CHURCH, PENSILVA

Services for September 2020

Anglicans and Methodists share services at 11 am each Sunday,

From Sunday 6th September there will be a weekly short service on screen (no singing!) at 11am.

On Sunday 27th September at 11am it will be a Harvest Service and at 3pm on Sunday 27th there will be an open air Barn Harvest at Pasadena, Attwood Lane, Pensilva, the home of Geoff and Carolyn Cox (in the barn if wet), followed by a picnic tea.

From Wednesday 9th September St. John's Church will be open from 2pm to 4pm for private prayer.

Everyone very welcome

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, Frances Tucker -363718

All Being Well

Your local, friendly gym.

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

We are now open!

Mon & Fri: 9am-2:20pm and 5pm-9pm

Tue & Thu: 9am-1pm Wed: 9am-2:20pm Sat 10am-1pm

Please note new protocols in place during the pandemic:-

Maximum 4 members at a time - advance booking essential.

Please observe government social distancing guidelines.

Other protocols will be explained when you arrive.

Call 01579 363890 for more information or to book yourself in.

For more info email abwgym@gmail.com or visit our website

www.abwgym.co.uk



SHARE will be collecting your
Recycling for Charity items
sorted into the different programmes.

From the
Linkinhorne Parish hall car park
Upton Cross

Thursday September 3rd
for one hour 8:30 – 9:30am

Do not leave anything outside of these times as it will be thrown out.

To see all the local locations and times visit
www.south-hill.co.uk/charity-recycling

If you have a stash and want to offload contact me to arrange
SHARE@south-hill.co.uk or phone/text Ali 07305 044049

1. Empty Crisps and snack packets, include multipacks, keep flat, no knots
2. Popcorn, pretzels, scratchings, nuts, Bombay mix any snacks that aren't crisps
3. Pringles tubes, can be flattened, with the lids and foil.
4. Sweets and chocolate wrappers include Kit Kat, Twix, Haribo, Werthers, plus individual and multipacks. No foil, paper or trays
5. Biscuit, crackers & cake wrappers Mini Cheddars, Soreen, Ryvita, Ritz, Mini Rolls, Jaffa Cakes. Include multipacks and non branded packs. No cardboard
6. Baby Food pouches, squeezed empty + lids and baby snack packets
7. **New!** All brands of cheese packets. Bread bags only those that are stretchy
8. Used toothbrushes, plus electric heads, toothpaste tubes & dental floss packs
9. Triggers, handpumps, roll on deodorants, dishwasher & cleaning wipes packs, soft tubes from creams, lipsticks, mascaras and empty eye shadow compacts.
10. Pet food plastic bags, all pets. Pouches **MUST BE** clean and dry and bagged.

THANK YOU for your SUPPORT

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 self-isolating. 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 self-isolation.

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

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



CORONAVIRUS

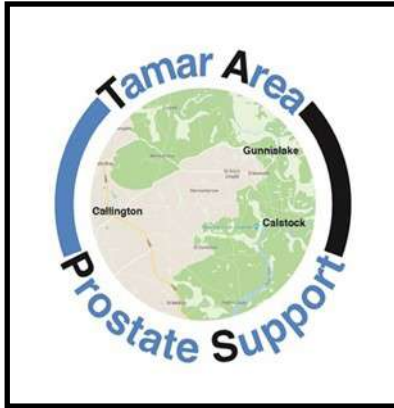
We at PENSILVA STORES are very concerned for some villagers that may have to “self-isolate” and the plight and vulnerability of the more mature villager that cannot get to the shop for their needs. We will endeavour to get a FREE DELIVERY system operating so that we can try to alleviate the situation.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

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 tapsinfo555@gmail.com.

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>

Pensilva Post Office

Located through the Café on the 1st 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 Ives Institute is open on Wednesdays, 10:30-12 noon.

Saint Ives 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 Ives 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.**
All in working order. **01579 363200**

Set of 3 **suitcases**, red, vgc, Antler, **£40** ono. **07770 747353.** Pensilva area

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

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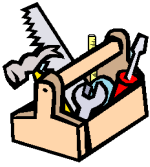


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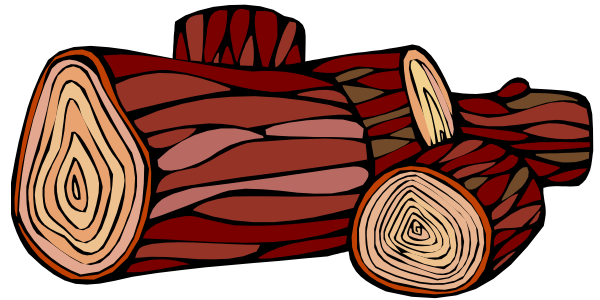
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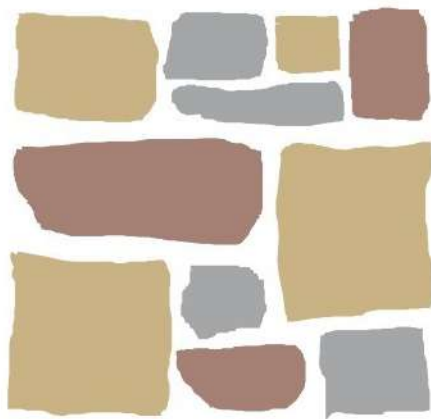
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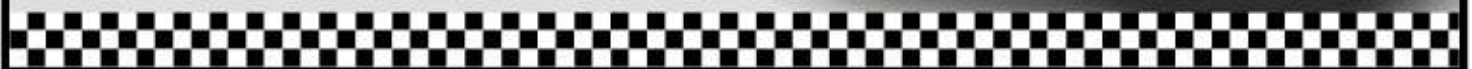
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