

# THE PARISH PUMP



April 2021  
Edition 473



**The Newsletter for the Parish of St Ives**

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



**The quiet before the storm?**

**A sheep enjoying the quiet and the early spring sunshine on Caradon Hill. What will the summer of 2021 bring?**

## 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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Kath Parkes	01579 362005	Craig Vaughnley	01579 364083
Sharon Daw (Cornwall Councillor) 07837 379305 slash.dash.daw@gmail.com			

## Meetings of St Ive Parish Council

Meetings are now being held when possible. Please see the Parish Council website for meeting dates, agendas and minutes.

<http://st-ive-parishcouncil.gov.uk/minutes-agendas/>



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](http://www.devon-cornwall.police.uk)

In an emergency call 999

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

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

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

Telephone: 01579 363096, email: [stiveparish@btconnect.com](mailto:stiveparish@btconnect.com)

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

Millennium House enquiries and reservations: 01579 363096  
email: [millenniumhouse@btconnect.com](mailto:millenniumhouse@btconnect.com).

On the web: Millennium House Website: [www.cornwallvenue.com](http://www.cornwallvenue.com)

Parish website: [st-ive-parishcouncil.gov.uk](http://st-ive-parishcouncil.gov.uk) Facebook: [facebook.com/stiveparishcouncil](https://facebook.com/stiveparishcouncil)

## Parish Pump Information and Contact Details

To contact the editor please email: [parishpump@btconnect.com](mailto: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**

## 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**



## From the Editor

I'm always on the lookout for interesting dates, and we are going through a period which is unusually rich in them. For example, I quite like dates in dd/mm/yyyy format, where the numbers read the same backwards and forwards, like 12th of February 2021 (12/02/2021) earlier this year. This was the 7th such date already since the millennium and we have another one to look forward to next year (before a gap till 03/02/2030). Then we will get three such dates per decade until nearly the end of the century and then again next century! But we shouldn't take them for granted, these dates, because before the millennium it was a different story! I make it that the last one before 10/02/2001 was 29/11/1192! (Please tell me if I'm wrong - parishpump@btconnect.com). That was a wait of more than 800 years, from a time when Richard the Lionheart was crusading around the Holy Land; 300 years before Columbus first landed in the Caribbean!

Given this interest of mine, I'm a little surprised that it took me until just the other day to realise that, from January 1st to April 5th this year, we have been living through a period where there is an unusual alignment of dates that occurs only once every 101 years. As far as I know it only applies in the UK. The next time it will happen will be in the year 2122, as long as nobody decides to adjust the Gregorian calendar or make any further changes to a particular and esoteric system that developed during the 18th century but was only formalised in 1900. Can you work out what this alignment is? It's not difficult, no complicated maths or anything, just a touch of general knowledge and a smidgeon of lateral thinking. See if you can work it out. If you can't get there, the answer is on pg 7. Keep well. Joe

## ALLOTMENTS ANYBODY?

We are investigating the possibility of providing allotments within the Parish for people who would like to grow their own fruit and veg but do not have enough space of their own.

If you think you might be interested, please call

Paul Wiscombe on 01579 382341 or email

pmwiscombe@hotmail.com

**Parish of Saint Ive Community Resilience Project**

## **CHAIRMAN'S REPORT**

Well, where did those four years go? In 2017 thirteen individuals worked together under 'Platform For Change' and were elected to form St Ive Parish Council, the first time in many years a full complement of thirteen was elected. I hope that we have served the people of the Parish well, and have made improvements.

On the 6th May you may have the opportunity to elect a new council who will serve the community for the next four years.

It's been twelve months since the first lockdown and now there is some light at the end of the tunnel with the easing of restrictions. You may have noticed that the vaccinations at Millennium House have slowed down, this is a temporary situation to allow the vaccinations at the care homes. Vaccinations will continue with the second doses soon.

If you have any stories, achievements or comments you'd like to share with the community, please send them into the Parish Pump Editor.

Stay safe

Alan Moss

**These traineeships are also available to young people in the Parish of St Ive.**  
Contact details in the blue box (bottom right) below.

## Traineeships for 19-24 year olds in Looe



Finding it hard to secure a job or an Apprenticeship, but feel you need more guidance and experience? Have you thought of doing a Traineeship?

A Traineeship is a great opportunity for you to build up your skills and experience through a work placement to make you more employable.

Traineeships include Maths and English Functional Skills, Employability Skills and 70 hours voluntary work placement.

You will spend three days a week in our centre with two days per week on a work placement with a local employer.

The programme is delivered in small groups of up to 6 people in our central Looe learning centre.

To be eligible your highest existing qualifications must be at Level 3 or below.

**New for 2021!**  
Opportunity for a 2 week work placement in Malaga, Spain.

For further information contact us on 01503 770752 or e-mail [cornwallskills@wrecitd.co.uk](mailto:cornwallskills@wrecitd.co.uk)

## PENSILVA WILDLIFE GROUP

You are invited to join an Extraordinary General Meeting on Zoom of the Pensilva Wildlife Group on Monday 19<sup>th</sup> April at 7.30.

The purpose of the meeting will be to:

...agree the following amendment to our constitution:-

8c) In the event of dissolution, any assets held by the group shall be passed to The Cornwall Wildlife Trust, or any local group affiliated to it.

...agree a motion to dissolve the group in order to facilitate a merger with LAPWG (Launceston Area Parish Wildlife Group)

This group already stretches down to Caradon Hill and will be able to offer the people of Pensilva a wider range of activities.

We will also have the freedom to act as a sub group within LAPWG to meet and explore the local area and its wildlife as we see fit.

To join us on the 19<sup>th</sup> April, please email Hilary at [hdjtaylor@excite.com](mailto:hdjtaylor@excite.com) and we will send you the agenda and a link to the meeting.

The unusual alignment of dates. Answer to the question posed by the editor on pg 4.

April 5th every year is the day the tax year ends. So from Jan 1st to April 5th of this year we were in calendar year 2021 and tax year 20-21. The next time this alignment of dates will happen is 2122 / 21-22.

Have you ever wondered why the tax year runs from April 6th to April 5th?  
[www.countrylife.co.uk/comment-opinion/curious-question-why-does-our-tax-year-start-on-april-6th-224554](http://www.countrylife.co.uk/comment-opinion/curious-question-why-does-our-tax-year-start-on-april-6th-224554)



*Open to all*

*Permaculture*

*Regenerative agriculture*

*Nurture*

*Inspiring*

*Wildlife*

*Education*

*Connection*

*Earth Care*

# Pensilva Community

*Local resilience*

*Future Generations*

# Farm

*Everyone is valued*

*Whole Community*

*(Temporary name)*

*Improved Wellbeing*

## Would you like to see the creation of a community owned and community run smallholding?

**Why?** Over the past year an idea for a new project has been forming to grow more local food, local opportunities and a stronger community, with care for each other and our environment at its heart.

**Where?** Pasadena (Next to Pentiddy Community Woodland at the top of Attwood lane) thanks to kind support from Geoff and Carolyn Cox.

**How?** Co-creating with individuals and existing community groups, progress being guided at all times by local needs.

There will be plenty of opportunities for discussion and conversation when we are able to gather together, until then you can contact:

**[pensilvacommunityfarm@gmail.com](mailto:pensilvacommunityfarm@gmail.com)**



# THE Growing Project

PENSILVA

The end of pandemic restrictions is just round the corner and we look forward to working side by side as a team again.

We have kept busy: beds have been weeded to welcome their new growth, seeds have been sown (kale & sprouts), and seedlings planted (leeks & peas). All very exciting!

**The Growing Project is still keen to recruit, especially now, with Spring and the end of lockdown just round the corner.**

Want to know more? Contact details opposite.



## Interested in our organic vegetables?

Everything is either grown at The Growing Project or supplied by local organic growers.

You can buy directly from our outside stall, 7 days a week 24 hours a day - money in the letter box.

Or order a box from us: large box £11, or smaller box £8.50.



## To order, or for more information:

Call us on 07854 353865

Or send us a message via our Facebook page

@thegrowingprojectpensilva

If ordering, please place your order by midday

Monday. Collect your box on Wednesdays, 1 pm to

1.30 pm, or we can deliver within 5 miles,

£2 donation appreciated.

You can find the Growing Project on Higher Road, Pensilva, PL14 5NH. On the right going up, about halfway between the shop and the Glen Park junction.



## TEN YEARS PLUS OF WILDLIFE WATCHING IN THE PARISH OF ST. IVE

Since moving to the Parish at the end of 2009, I have been photographing and recording the wildlife I see on a daily basis. This month I thought I would talk about one of my favourite frequent visitors.

### LONG TAILED TITS



Firstly, these charming birds are not typical members of the tit family. The difference shows up most clearly in their lifestyle. They move around in extended family groups throughout the year. In winter they will gather at dusk on a favourite branch and huddle up together to keep each other warm.

When they come to garden feeders, it is rare to see only one and they often appear in a group of twelve or more.

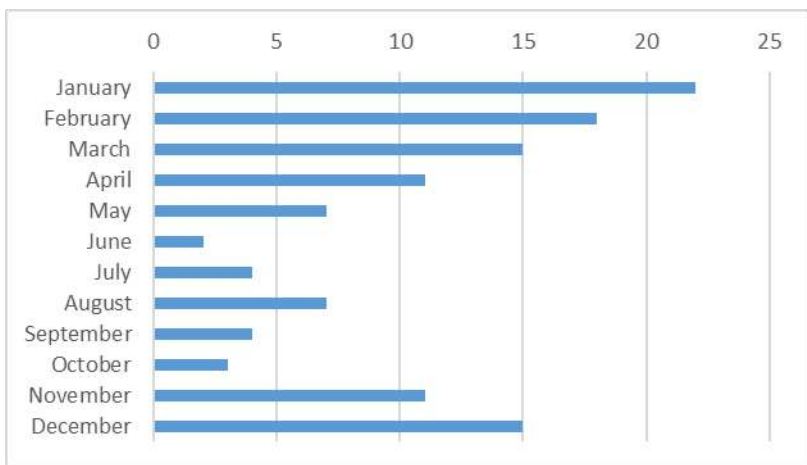
They are peaceable birds which get on with the business of eating without squabbling. At first glance they appear to be black and white, but a closer look reveals a hint of pink on their underparts and a pinkish buff area on their backs. Their most distinctive feature is, of course, their long tails.



It is their breeding behaviour which is unusual and sets them apart from the other tits and is an unusual strategy amongst species in general. Pairs of birds will make an amazing sock-like nest of lichens and mosses glued together entirely with spider web. This is then stuffed with an average of 1,500 feathers, making it very soft and warm. Into this, up to 12 eggs can be laid. The nest is very stretchy so that it can expand to accommodate the growing brood. The photo to the left shows one I found on the ground several years ago and is now getting a bit tatty! The top of this one is quite wide open, so hopefully, the young were big enough to fledge

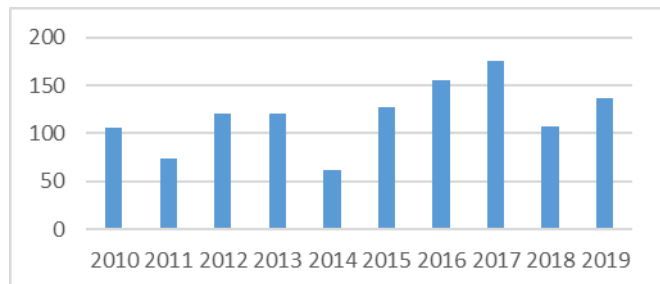
However, if the pair had failed to raise their brood, unlike most bird species which will either start again or give up for that year, long tailed tits will help raise the young of another pair from their extended family. Because they are closely related, this strategy still ensures that their genes are inherited by the young they support and increases their chance of fledging successfully.

For my first few years in Pensilva, long tailed tits were frequent visitors in winter, but rarely seen at the feeders in summer, though I occasionally saw them nearby. In the latter half of the decade, this gradually changed. As the chart below shows, there is on average still a dip in summer, but this is becoming less and less pronounced.



Average number of sightings per month from 2009-10 (Averages rounded to nearest whole number)

This increasing dependence on bird tables is seen throughout the country. It may be that this is simply because long tailed tits have found an easy source of food which is important for such a small bird, particularly when the weather is bad. However, their natural main source of food is insects and that leads me to wonder whether their changing habits might be a reflection of reduced numbers of insects? Those of you who are old enough, may remember car journeys in summer when the windscreen would become covered covered with dead insects. That no longer happens to nearly the same extent and is indicative of a reduction in overall insect numbers caused by climate change and habitat loss.



Total number of days sighted per year from 2010 - 2019

Long tailed tit in winter, with feather fluffed out to keep it warm.

Overall, the above chart shows that this delightful little bird seems to be doing well, so there is a good chance that you will see one (if you haven't already done so).

**HAPPY WILDLIFE WATCHING!**

Hilary







## **No Mow May**

**Join legions of gardeners and say “no” to the mow this May to help our bees, butterflies, wildlife and us!**

Plantlife’s #NoMowMay campaign doesn’t ask you to do much. In fact, it asks you to not do anything at all...

Just lock up your lawnmower on May 1st and let the wild flowers in your lawn bloom, providing a feast of nectar for our hungry pollinators.

Then, at the end of the month, over the Bank Holiday Weekend, you can join in with a nationwide “Every Flower Counts” survey to discover how many bees the UK’s lawns can feed. Learn more from Plantlife’s website at

<https://www.plantlife.org.uk/uk/discover-wild-plants-nature/nomowmay>

<https://www.plantlife.org.uk/everyflowercounts/>

Plantlife is a British conservation charity working nationally and internationally to save threatened wild flowers, plants and fungi . It owns nearly 4,500 acres of nature reserve across England, Scotland and Wales. It has 11,000 members and supporters. HRH The Prince of Wales is its patron.

A team of dedicated conservation experts work with landowners, businesses, conservation organisations, community groups and governments, to save our rarest flora and ensure familiar flowers and plants continue to thrive.

# News from The Growing Project

The Growing Project is already very well-known to many in our parish, if nothing else from the many articles it has contributed to the Parish Pump over the years. For those who are not so familiar with it, it is a Community Interest Company, founded in 2011 by the late Ruth Wilson, where local volunteers grow and sell organic fruit and veg for the local community. At the same time it provides a safe space for the helpers to enjoy a beautiful, peaceful and healing environment.

About three or four years ago, The Growing Project inherited the one-acre site in Pensilva where it is located, but while the facilities there for growing produce are first class, the facilities for the people involved are very basic. So, The Growing Project has launched a crowdfunding initiative to help to finance the provision of electricity, running water, and some toilets. To find out more go to

<https://chuffed.org/project/the-growing-project-fundraiser>



Please help this 🛠️ ground-breaking 🛠️ local project!

**Update: We have so far raised £700 towards our target of £10,000. Thank you to all who have supported us so far!**



## **LET'S MAKE OUR PARISH RESILIENT!**

Resilience means being more adaptable to a changing World, living in harmony with our environment, making our lives better and our area a better place to live and work!

Here we are at the start of 2021 and all of us wishing for better times ahead. Alongside the difficulties we have experienced and, for some, the suffering, 2020 has also made many of us think differently about various aspects of our daily lives...

### **About our Community**

Perhaps we value people in our community more now and have a different view about the kind of community we want to live in.

### **About our environment**

Many of us have spent more time outdoors, discovering more about nature, growing our own food, enjoying the wildlife, the relative quiet and the spectacular skies.

### **About Our Lifestyle**

Perhaps in some ways our lives have changed for ever. Many of us have taken time to repair instead of buying new, or to shop more locally. Others have worked from home or home-schooled their children - and enjoyed it! For many of us, our long-term priorities have changed.

## **Building a stronger future for our community**

How can we use what we have learnt about ourselves and our community to create a more positive future?

A small group of us have been working quietly for about two years, thinking about how our Parish can adapt for the better, and about how we can do our little bit to help to solve the problems that confront our planet, particularly climate change. Some of the things we have done are:

To take forward small projects such as tree planting, a community garden, more footpaths.

To raise awareness about environmental issues such as waste reduction and recycling, and greenhouse gas emissions.

To publish advice about carbon footprint reduction methods we can all adopt, home insulation, low-carbon heating, green energy, and electric cars.

To run a permaculture design course (free for St Ive Parish residents). The people who took the course have produced an exciting plan, listing specific projects that would help our Parish to thrive in an uncertain World.

All of that was done while the group was known as the St Ive Parish Climate Action Group, but we have now decided to become a Charitable Incorporated



## **LET'S MAKE OUR PARISH RESILIENT!**

...Continued from the previous page.

Parish of St Ive Community Resilience Project was set up on the 8<sup>th</sup> of January 2021 and a submission has been made to register as a charity, at which point we would become a CIO.

**We are run entirely on volunteer power.**

Our aim is to build resilience, sustainability and a greater sense of community to improve all of our lives, whatever problems are thrown our way. That includes problems that we know about already, such as climate change, and the inevitable changes that this will bring to our lives, but also any new problems that may emerge. Building resilience is about improving our ability to adapt.

**We need YOU!**

We need many more people to join in so we can get more done, more quickly. **Everyone who shares our aim is welcome.**

**No specific skills or experience are required. Anything you can do to help will be very welcome.**

**To get involved, please email [fionajane.wood@gmail.com](mailto:fionajane.wood@gmail.com) or phone 07768 130520**

Thank you!

## ***ST JOHN'S CHURCH, PENSILVA***

*Services for April 2021*

Sunday 4th      11am      **Easter Sunday** Anglican Service with Rev Becca Bell. Holy Communion.

Sunday 11th      11am      United Service

Sunday 18th      11 am      Anglican Service

Sunday 25th      11am      Methodist Service

Thursdays at 10am there will be an informal time of worship and prayer. All welcome.

**Masks must be worn and social distancing observed at all services.**

For further details of the services held in St John's, or if you know of any illness or need in the village, please ring Geoff Cox on 362698 or Frances Tucker on 363718.

## 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](mailto: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](mailto:stiveparish@btconnect.com)

## PENSILVA MEMORY CAFE

Like many village organisations, Pensilva Memory Cafe is unable to meet at present because of the Covid 19 precautions. We do, however, try to keep in contact with our members through the Sparkle, a news sheet telling of events in the past that happened during that month. It is entertaining and informative and guides thoughts back to those previous years, thus stimulating memories. We deliver a copy each fortnight.

If you have memory problems, or are looking after someone who does, and would like to make contact with this friendly group, call Geoff on 362698.



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](mailto: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)



# 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](mailto: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\*\*\***

## \*\*\*\*\* NEW ITEMS \*\*\*\*\*

**Petrol lawn mower**, approx 19 ins, in working order. **£30**

**Crockpot slow cooker**, hardly used, excellent condition. **£10**

**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 collectable **Meerkats**. VGC with certificates. **£30** the set of 5 or **£10** each.

2 large size lightweight camouflage military jackets **£5** each. **Tel 01579-384658**

**Wheel & Tyre**. New. Size 195/50 R15. **£50. 01579 383054**.

Canon IP2700 **Printer**. **£20**

**Computer screen** 19" **£20**.

Epson Perfection v350**Scanner** 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

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

Pensilva **01579 362207**

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

Maximuscle **home gym** system **£100** ono.  
Black leather **chaise longue**. Excellent condition. **£100** ono.

**Scelextric** Sport Le Mans set. Still in box. Great condition. **£100**.

**Plastering gear**: 110v paddle mix with transformer, various trowels, hawk and other bits. Good for DIY etc. **£70** ono.

Easycamp Tour Ligata **6 berth tent**. Used only 3 times. **£100** or offers.

Dark brown **leather chair**. **£50**

**07980 380224 - Pensilva area**.

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

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

**The County Mobile Library is back.** It visits our area once a month on Fridays of "week 3" (not necessarily the 3rd Friday of the month).

Next visits: **9th Apr**

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



## **Struggling with Sight Loss?**



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

Low Vision: Advice for low vision aids

Assistive Technology: Advice on products

Benefits Advice: Assistance to claim entitlements

Equipment Demonstration: Advice on gadgets

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

For more details Telephone 01872 261110 or visit

[www.isightcornwall.org.uk](http://www.isightcornwall.org.uk)



# ADVERTISING SECTION

## Please support our advertisers!

### Advertisers please note:

Due to restrictions in place as a result of the COVID19 outbreak, the Parish Pump is currently being published online only. For as long as this situation persists, we will continue to run the ads placed by our regular advertisers FREE OF CHARGE. For those of you that have paid in advance, the end date of your advertising run will be extended accordingly.

New and occasional advertisers, please call the editor on 01579 364016 to discuss. Many thanks.

### **TRADITIONAL STONE SERVICES**

**CLASSIC & TIMELESS STONE MASONRY AND LETTERING**

**MEMORIAL CLEANING**

**COMMISSIONS TAKEN**

**01579 363693 OR 07507 782282**

### **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](http://www.debbiehickscounselling.co.uk)**

**Email: [debbiehicks10@gmail.com](mailto:debbiehicks10@gmail.com)**

**07851 133782**





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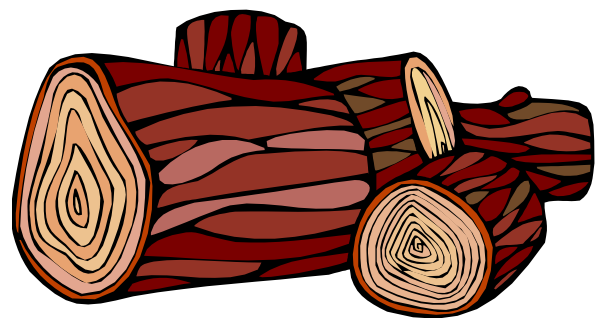
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