

# THE PARISH PUMP



October 2022  
Edition 491



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



September 2022 was a very eventful and emotional month, in one way or another. The congregation of St Ives Methodist Chapel will have had an additional reason to be tearful as, on September 18th, just ten days after the queen passed away, they said goodbye to their much-loved chapel.  
(See page 7)

## 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

|  |              |                           |              |
|--|--------------|---------------------------|--------------|
| Alan Moss (chair)  | 01579 362064 | Marlene Carr (vice-chair) | 01579 362919 |
| James Bruce  | 07411 192645 | Martin Corney             | 01579 382450 |
| Sandra Doe   | 01579 363096 | Rosemary Farley           | 01579 384810 |
| Nigel Gisby  | 01579 363096 | Tony Hodson               | 07973 536964 |
| Nigel Libby  | 07968 891814 | Paul Mann                 | 01579 363757 |
| Ivor Vaughan   | 07979 934604 | 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 on the 2nd Monday of the month except August and December when no meetings are held. 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**

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## Police Community Neighbourhood Office

Your Community Support Officer is PCSO Steve Edser 30173.

email: CIOSNBMLLST@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 ADVERTISING COSTS

The prices for advertising in the Parish Pump are as follows:

The below prices include VAT at 20%:

**Quarter page: £10:00 per month or £100:00 for 12 months.**

**Half Page: £20:00 per month or £200:00 for 12 months.**

**Full Page: £33:00 per month or £330:00 for 12 months.**

## 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, or Millennium House reception.

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.

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

When I first took on the editorship of our newsletter, I had to learn quite fast what was expected of the Parish Pump. I thought long and hard about what the purpose was of a local newsletter and, in the end, the answer was a simple one: it's all about being local! Two or three General Elections ago, I had to be quite firm with a good friend: "Sorry, but I'm not including anything that just has to do with national politics. Parish Pump readers who are interested in all that have plenty of places to find all the information that they want (and a lot more that they don't want)." If there's a unique local angle on a national issue, then maybe, but not otherwise. So, when the late Queen's Platinum Jubilee came around, there was plenty in the Pump about the festivities that were taking place in our Parish, but barely a word about it otherwise. The Pump is for local people to read information that they might not find elsewhere.

Which is why there is almost nothing this month about the end-of-an-era stories that have dominated the national media since I last sat here typing my editorial. That does not mean in any way that I think the people of this Parish do not care about our late Queen, our new King, and everything else that is going on. I know that they do and I get the feeling that most of us, if not all, feel a bit different inside than we did a month ago. But that's as much as I feel I should say about it. I hope you'll agree. If you don't, let me know! It's always good to hear people's views. Keep well everybody - Joe

### St Ive Village Hall

|                     |                              |                       |
|---------------------|------------------------------|-----------------------|
| Gardening Club      | 1st Monday monthly 7:30pm    | 01579 382762          |
| St Ive Snooker Club | Monday & Thursday 7:00pm     | 01579 382315 R Bunkum |
| Yoga                | Tues 4:30-6.00 & 7:00-8:30pm | 07947 785554          |
| Post Office         | Wednesday 10:30 - 11:30 am   |                       |
| Coffee Morning      | Wednesday 10:30 - 12:00      |                       |
| Art Group           | Fridays 11:00am - 4:00pm     | 07772 639942          |
| Social Evening      | Fridays from 7:30pm          | 01579 384810 Rosemary |

**St Ive Village Hall is available for hire, £5.00 per hour. Includes use of the kitchen & electric (except wall heaters which are on a £1 coin meter). Ring Amanda Eveson on 01579 388782**

## Chairman's Report October 2022

The hot summer days are but a memory, however the cooling rain is much needed to replenish the reservoirs.

The sad news in September was the passing of our Queen of 70 years, Queen Elizabeth II. I walk pass the Commemorative Tree we planted back in June, for the Platinum Jubilee, and see how well its doing and that it has produced apples for the first time; the tree now has another relevance.

On the 26th September Millennium House was joined by a new Manager, Vanessa Stevenson-Webber, the first manager we've had for some time. Vanessa has provided a summary of her career experience on page 6. The Parish Council will give her all the help she requires in her role. I'm sure she'll be a great asset to the Parish.

Stay Safe

Alan Moss

Parish Chairman

### Opening times for the Mel Bar at Millennium House

|           |  |   |
|-----------|--|---|
| Tuesdays  | 7 -11 pm but only when Function Room is in use |   |
| Thursdays | 5 -11 pm                                       |   |
| Fridays   | 5 -11 pm                                       | Last orders always half an hour before closing. |
| Saturdays | 5 -11 pm                                       |   |
| Sundays   | 12 noon - 5 pm                                 |   |

### **Supporting Guiding & Scouting Activities in Pensilva 200 CLUB Draw Results for July 2022**

|                                      |                                     |                                   |
|--------------------------------------|-------------------------------------|-----------------------------------|
| <b>1st No. 74<br/>Mrs A Robinson</b> | <b>2nd No. 106<br/>Mrs L Wilday</b> | <b>3rd No. 2<br/>Mrs E Coniam</b> |
|--------------------------------------|-------------------------------------|-----------------------------------|

**Thank you for your support**

## **Millennium House Manager**

Hi Parish Pump Readers! My name is Vanessa and I am the new Manager for Millennium House.

I have vast experience and insight in retail management, business operations, and customer service across 11 stores throughout 15 years of my retail life. Out of those 11 stores, I successfully recruited, trained, developed and opened 5 new Central London stores, from space planning, stock logistics and the managing of a smooth, yet fast-paced, opening programme.

What brings me to the lovely village of Pensilva? I relocated to Cornwall in June 2020 with my partner, who wished to be back home and closer to his family. Of course, we are a package deal and I found myself starting out a new and very different life to that of London.

Why did I apply for Millennium House? I naturally continued my retail career in Cornwall. I love working with and managing teams of people, helping those around me reach their potential, and honing in on the strengths of others to help the business succeed. However, I felt a change in career was needed and a new exciting challenge! Which led me to Millennium House.

I am looking forward to helping Millennium House grow within the community, meeting new people and creating a buzzing, busy hub for all of Pensilva and more. A platform where locals and businesses alike can come together for social and business needs. I am delighted to be given this opportunity and excited to see what we will be able to achieve! I look forward to meeting and getting to know you all!

Vanessa

## **Keith Mutton on St Ive Methodist Chapel's farewell services.**

A big thank you to all who supported us on Sunday 18th September, for our final Services in the building.



The Cornish Language Service has become such a part of us over the last 49 years and many of you have become well known faces year in year out.

To those who filled the Old Girl of a Chapel in the evening and raised the roof with your singing and praise, thank you.

To Rev Jonathan for leading us, thank you.

To the ladies for decorating and organising the food, thank you.

To Paul who played for us in the afternoon, thank you.

To Gwen who has been our organist for many years, thank you for coming back one last time, it was great to see your smiling face at the organ.

To the St Ive boys who came together for one last sing from the Quartet in the building, thanks mates.

Thank you all for making it a special end of an era day. A new era has started and the Church lives on, meeting in the Village Hall.

Please see another page for dates and times. All are welcome to come and share with us.



**Positive + Resilient + Together**

**Two events to help you combat the energy crisis AND global warming.**

Parish of St Ives Community Resilience Project (POSICRP) has teamed up with Cornwall-based social enterprise, Community Energy Plus, to offer two events explaining how you can improve the energy efficiency of your home and what support is available to help with energy costs.

Focusing on practical, simple ways to improve your home's energy efficiency, as well as options for generating your own renewable energy, the first event will be held on the **13th of October from 7pm to 9pm in Millennium House**. Dr Tim Jones, Chief Executive of Community Energy Plus, will provide a presentation and Q&A session. Local householders who have upgraded their homes with retrofitted insulation and renewable energy systems will also be sharing their practical experiences.

At the second event on the **20th October at 10.30am at Millennium House**, a Community Energy Plus Energy Advisor will be available to explain the grants and other help available to householders.

**Both events are open to everyone.**

POSICRP Trustee Fiona Wood said "In these shocking times of rising energy costs and increasing world uncertainty, we want to provide some support to the community by offering two useful events in partnership with local experts, Community Energy Plus."

Dr Tim Jones, Chief Executive Community Energy Plus said " Many households are rightly concerned about the affordability of keeping warm, and we are here to provide advice and guidance. We can help direct households to the practical and financial help that is available, and also guide them on how to make themselves and their homes more resilient. Investing in energy efficiency makes sense in saving money and energy AND will help in the longer term, but it is important to understand what actions to take to make sure you make the right decisions."

Community Energy Plus is an award-winning social enterprise that provides complete energy answers to help householders in Cornwall enjoy warmer, energy efficient homes as part of a more sustainable future.





## Parish Swap & Share

On Saturday, September 10th, The Together Project held a 'Homegrown Food, Plant & Seed swap' alongside the W.I's Annual Horticultural Show. We were very impressed with the range of donations offered to support the event. Lots of people from the parish came to swap and share, as well as discuss their own experiences with growing food within the parish. We want to extend a wholehearted 'Thank you' to everyone who got involved, it is wonderful to see people getting involved and sharing the successes of the season.

## Travelling Blackboards

The Together Project will be sending out blackboards with questions for the people of the parish, these will be hosted by local groups and businesses in the area. The idea is to gain an insight into what people feel is working well within the parish and what they think would help to create a more positive and sustainable future.

## POWER OF THE PARISH - Nominations.....

The Together Project aims not only to improve our local environment, but also to help strengthen our community. Part of this aim is to recognise and celebrate our already existing strengths. So with this in mind, we would like to hear from you! Please get in touch if you know someone within our community who is making a positive difference to our parish, whether it be social or environmental. We want to hear from you and celebrate the great things that are happening in our Parish.

## WELCOME BACK

After a three-year absence It was a 'welcome back' to the Pensilva WI Horticultural Show on a beautiful September day. Hopes were high that the long break would not have put people off entering, and we were not disappointed. The standard of entries was once again outstanding and all the hard work in creating the Show paid off. The judges all commented on the lovely items they were there to judge and, because all the entries were wonderful, it was sometimes difficult to pick the winners.

However, the winners were chosen and these were:

Pensilva WI Committee Cup for most points in vegetables: William Hicks. The Tessa Cup for Pot plants: Cherry Woodhouse. The F.French-Blake Cup for flowers: Brian Arthur. The Albert Moore Cup for Domestic entries: Verna Dawe. the Nicholls Cup for Handicrafts – Frances Tucker, the Les Morcom Cup for Best Photo: Verna Dawe. The Barnard Cup for Most Points in Photography: Verna Dawe. The Photography Shield (under 15): Thomas Jenkins, the Miss Lennon Cup, children under 7: Megan Rance. The Parfitt Cup, children 8-11, William Hicks. The Pensilva WI Committee Cup for Overall winner (omitting vegetables): Verna Dawe. The Dr.Tregarthen Cup for most points in vegetable section: William Hicks. The Smerdon trowel for most outstanding exhibit in pot plants: Mary Yates. The Opener's choice: Brian Arthur. The Coombes Cup (Judges choice): Cherry Woodhouse. The Members photography shield: Verna Dawe. The Gordon Bennett Trophy for most points in preserves: Verna Dawe. And the Mary Gilbert Cup for Flower arrangement: Cherry Woodhouse and Verna Dawe jointly.

Well done to everybody and here's to an even bigger and better Show in 2023 when everybody is encouraged to enter, whether it be a prize leek or a lovely crocheted item.



Photograph of winners with CFWI Chair Helen Kestle.

## Pensilva Film Club

Well, a very small, select audience for our September movie, Ali and Ava. We took a bit of “a punt” with this as it wasn’t that well known but was shown as part of The British Film Industry promotion. Unfortunately I think it rather missed the mark with most of us, which was disappointing. Anyway, onward to better things and October’s offering (on the 21st) is *The Last Bus*, starring Timothy Spall. Many will remember him from *Auf Wiedersehen Pet* many years ago, and more recently as the artist Turner and as Winston Churchill in *The King’s Speech*. In this movie he plays the part of a pensioner who uses his free bus pass to travel from John O’Groats to Land’s End and who, by the end of the trip, has unwittingly become famous on social media.



In October we will have been operating for a full year since restarting post-pandemic and I would like to remind folk that yearly subscriptions of £6 will be payable on the anniversary of joining (which hopefully will be shown on your membership cards).

Hoping for return of current members and perhaps some new ones on the 21st.

Doors open at 7pm for a 7.30 start. The charge for C-fylm members is just £3 with £6 for new members which includes membership for one year. The Mel Bar will be open both before and after the showing.

Pensilva Film Club - In association with C-fylm, part of Creative Kernow

# St Ive Parish Church



## Harvest Festival

# 2022

Sunday 16<sup>th</sup> October

Service at 11:15am



There will be a collection point for donations of non-perishable food for the Liskeard & Looe Food Bank. All donations to support those in need in the local community will be gratefully received.

## Pensilva W.I report of the September meeting.

We were all very saddened by the passing of our beloved Queen who had been a member of the W.I for nearly 70 years. A minutes silence followed as we showed our respect.

Our horticultural show was well attended this year but entries were down on other years. We felt a dry summer being one of the factors. Thanks to all who supported the show or helped in any way.

The August meeting took the form of our summer outing which this year was a mystery trip organised by our president Verna. All were in suspense wondering where this would be, this happened to be Padstow. It was a lovely evening, so a few of the ladies braved the seagulls and had their fish and chip supper outside. Thanks to Verna for a lovely evening.

Six of our members also enjoyed a CFWI trip to Dartmouth.

Lots of interesting things coming up in our forthcoming calendar including the Helford walk 29th Sept. Kernow Mills Fashion Show and supper 13th October. (Volunteers to be models requested.) Also, a Craft taster day at Marshgate 22nd November and Christmas sewing afternoon at Cowslip workshops 30th November. Members are reminded of the Macmillan coffee and cake morning at St Johns Church, Pensilva on Saturday 1st October. 10.30 to 12.30pm. There will also be a bring and buy stall and raffle.

Four birthday girls this month. Posies and cards were presented to Rachael Palmer, Irene Elliot, Jenny Kelly & Mary Lake.

Now for the highlight of the evening! The Pillaton and St Mellion ladies handbell ringers entertained us with a wide range of music starting with the national anthem. Members even had a chance to have a go themselves.



A delightful and entertaining evening. A big thank you to them all.

We are reminded that our next meeting on the 12th October 7.15pm at Millennium House will be our Harvest Bring and Share supper and auction of produce etc. Friends and family are very welcome to join us.

## TWELVE YEARS 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 which I see at my home on the edge of Pensilva on a daily basis. This month I will tell you a bit about what must be one of the most colourful and striking of British birds...

### THE BULLFINCH



As so often with birds, it is the male which really takes this accolade. With his black head, grey and black wings and bright pinky-red breast and neck, he shines out from the bushes. (It is worth going to the online version of *The Pump* to see the colours) The female has similar, but much more subdued markings. Both sexes have a white rump which is visible as they fly away. They are slightly larger than a robin and have the short powerful beak typical of finches. The colour difference between the sexes is a sure indication that it is the female which sits on the nest to incubate the eggs and brood the young while he looks for food. Sitting in one place for such a bright bird would not be a wise move with predators about! For this reason, their nests are situated in dense undergrowth.

Although (or perhaps because) they are bright, they are shy birds and will tend to fly off when they see you. To spot one, you either need to sit quietly for a while or place a garden seed feeder in sight of a window so that you can watch them from inside. It helps if you have dense trees or bushes nearby.

Bullfinches have a varied diet. In spring they focus on buds, shoots and flowers, whilst in summer through to winter they eat mainly seeds. The young in the nest are fed on invertebrates to allow them to grow quickly.

Bullfinches breed from May through to July, usually laying four or five eggs in a nest made from twigs, moss and lichen. Hidden in dense vegetation, the chicks will fledge when they are about fifteen to seventeen days old. The fledgelings have similar wing markings to their

parents, but lack the black cap and bright colours. The endearing juveniles below, were photographed on our feeders in 2017.



The bullfinch is found throughout the UK. It favours woodland, but can also be seen in other areas as long as there are trees to feed on and dense areas where they can nest.

They are a frequent visitor to our garden if a bit spasmodic in their appearances. They come regularly for a while and then may disappear for a few weeks. The chart below shows their average sightings per month from 2010 - 2019 as compared to the first two years of this decade. This would seem to indicate that they are doing well locally and this year looks like being another good one for them.

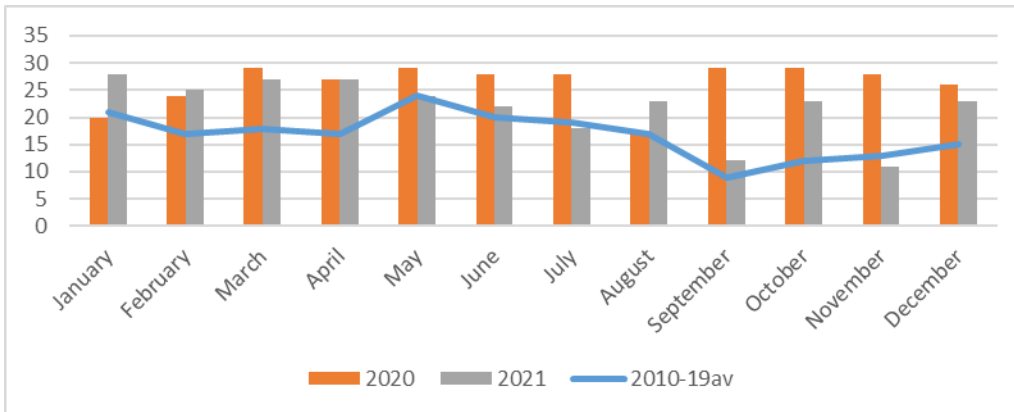


Chart showing changes in monthly sightings of bullfinches from 2010 - 2021

Historically, bullfinches were regarded as a pest due to their eating of buds on fruit trees and thousands were killed annually. More recently,



bullfinches are in decline, with an estimated drop of 40% since 1970. Loss of habitat is thought to be the major reason with fewer woodlands, orchards and hedgerows available to them.

Hopefully, changes to land management practices may eventually manage to stem the decline of this handsome bird.

HAPPY WILDLIFE WATCHING! Hilary

## St. Ive Village Show 2022

The show this year was the first since Covid. Although entries were lower than previous shows the judges were all impressed with the high standard of the entries. Particular mention must be given to Sue Turpin who had a great day and won lots of trophies.



After the public arrived for viewing, with tea and cake available for all there was the presentation of rosettes, cards and the trophies. Followed of course with the raffle. Competitors and organisers had an enjoyable day and are looking forward to next year.

### Millennium House Community Transport

**Do you need transport to and from the doctor or hospital?**

Millennium House Community Transport's aim is to connect local communities and reduce social isolation.



If you need transport to Hospital, doctors or vaccination and have mobility issues, or are unable to drive to your appointment, please contact Millennium House on:

**01579 362919 or 01579 363096** and we will try to help.

To volunteer as a driver please call Millennium House on **01579 363096**.



## St Ive & District Gardening Club Report - September 2022

On Monday 5th September we had our first indoor meeting of the year. The speaker was Jeremy Wilson on the topic of The Scented Garden. For me this was going to be interesting, especially as my sense of smell is almost non-existent!

Jeremy started his talk by explaining that plants, flowers, leaves, the nature world is for enjoying & a way we remember experiences is through the sense of smell. He told us the first smell was frankincense (a resin from the bark of trees of genus *Boswellia*) & myrrh (a gum-resin from the genus *Commiphora*). It is believed that burning of these was used to mask the smell of death.

Jeremy explained that there is competition in the natural world to win the interest of pollinators, which are needed to move pollen between flowers, allowing them to produce seeds & reproduce. Scent is one way to attract pollinators - they become intrigued. The flower is saying 'see what I have for you'. The more pollinators it attracts, the more the flower can reproduce.

Creating a scent can also help with survival for flowers/plants/trees. A scent can attract predators like wasps, to get rid of pests. Trees use a type of scent to communicate with other trees. They produce a pheromone (a scent) when animals / insects are eating their leaves / flowers to warn other trees. Other trees can then make the leaves taste bitter so the animals leave them alone.

Jeremy informed us that some plants choose between having a scent or colour. It can take a lot of energy to create a 'look at me' colour so lots of flowers can be pale (white, pale pink) but have the strongest scent. This is because they have put all their energy into scent instead of colour.

We usually associate wonderful smelling flowers with a bright blue sky, sun shining day. However, Jeremy added another dimension to this: night time scent. There are flowers such as, *Akebia* which have a chocolate scent & this musky smell continues in the darkness of night time when bees, butterflies, beetles etc are fast asleep. So, why would the flower use its energy to do this? The answer is to win the competition in attracting the most pollinators as there are fewer competitors. Overnight moths are very active & are good pollinators. In fact, there are some plants which only have a scent at night time.

Some scented plants/flowers:

**Lavender:** One of the most known scented plants. Jeremy explained that the lavender scent can be made stronger by planting on rubble to allow it to drain easier. Also it can't spread on rubble so easily therefore the essential oils are more compact giving a stronger scent.

**Hoya carnosa:** A wax plant with clusters of small flowers. This plant makes the pollen drop to extend the scent to pollinators.

**Wintersweet:** The flowers on this flowering plant have a 'runway' of red to guide the insects in to find the pollen after they have been attracted by a sweet smell.

As humans, we expect all scents from plants/flowers to be nice, pleasant, that is what would attract us so we think that is what would attract pollinators. A bad scent would repel us therefore it is logical to think it would have the same affect on pollinators. However, Jeremy dispelled this belief. There is a 91kg bulb in Kew Gardens belonging to an *Amorphophallus titanum* plant. The scent from this flower is a rotting odour that mimics a corpse! The smell attracts beetles & flies (from afar) they believe it to be a dead animal. While it is a bad smell the outcome for the plant is the same as the nice smelling plants: pollinators come to see what it has for them.

Jeremy spoke about a variety of plants/flowers & trees and their scents. It broadened our minds hearing about the importance to the natural world.

Next meeting – first indoors one of the year: Monday 3rd October, 7:30pm

Speaker: Rickard Westacott-Jones      Topic: 'Talking Rubbish'

St Ive Village Hall – PL14 3LZ

Refreshments (tea/coffee & biscuits): £1

We are a friendly bunch who would love to have new members. Feel free to come along to the meeting with no obligation to join – we'd be pleased to welcome you.

**St. Ive Village Hall, The Cross, PL14 3LZ**  
**Monthly Hall Programme October to December 2022**

**Indoor Boot/Craft Fair -Saturday 15<sup>th</sup> October 11am until 1.30pm**

Craft stalls, local produce and Tabletop sale.

Refreshments available - Raffle - Tuck Shop

£5.00 a table. Bookings: **07703 393070**

**Skittles and Supper – 19<sup>th</sup> November 7pm**

Game of skittles, Raffle, Pasty supper, Refreshments

Cost Adults £5.00 Children £2.00 Concessions for large families

Numbers will be limited. For tickets contact Amanda **07703 393070**

**Christmas Wreath Making – Saturday 3<sup>rd</sup> December 10am until 12.30pm**

Workshop run by Beth Sheldrake (qualified florist). Materials will be supplied.

Numbers will be limited, so must be booked in advance. Cost £15

Book direct: Mobile: **07708 023750**

Refreshments available - Raffle

**Tea with Santa – Saturday 10<sup>th</sup> December 4pm until 6pm**

Children's buffet tea in a box - Selection box for every child from Santa

Raffle - Story with Santa

Refreshments available for adults

Cost £5 per child. Concessions for large families

Maximum 50 - To book tickets Amanda **07703 393070**

**HALL HIRE - £5 and hour**

**Includes use of the kitchen and electric  
(except wall heaters which are on a coin meter)**

**For bookings ring Amanda: 07703 393070**

**Regular Group and Activity Timetable**

|                          |   |                                      |
|--------------------------|---|--------------------------------------|
| Gardening Club           | 1 <sup>st</sup> Monday monthly 7.30pm   | 01579 382762                         |
| St. Ive Snooker Club     | Mondays and Thursdays 7pm               | 01579 382315<br>R. Bunkum            |
| Yoga                     | Tues 4.30pm – 6.00pm<br>7.00pm – 8.30pm | 07947785554                          |
| Mobile Post Office       | Wednesday 10.30am – 11.30am             |                                      |
| Coffee Morning           | Wednesday 10.30am – 12md                |                                      |
| Social Hub               | Fridays 7.30pm – 9.30pm                 | 07703393070<br>Amanda                |
| Methodist Sunday Service | Check timetable for detail              | Kath or Keith Mutton<br>07854 701693 |

## **My name is Emily Welch.**

I've recently qualified as a level 2 hairdresser and I'm looking to build up my clientele.

I specialise in hair-ups, braiding, blow-dry cuts & perms. I'm starting work on Mondays at Wellies in St Cleer from October. As I'm just starting up, all services will be at 30% discounted rates.

**Please contact me on 07939 509643**

**Interested in  
joining a group of  
birdwatchers?**



**Join the  
EAST CORNWALL  
BIRDERS**

All levels of experience welcome, beginners to experts. We learn from each other. Bird Outings on the first Thursday of each month, to coast, estuary or moor etc. We focus on east Cornwall and west Devon, with occasional trips further afield.

**Interested?      Want more information?      Contact: Angus Parker**  
**E-mail: [angusmmparker@gmail.com](mailto:angusmmparker@gmail.com)      Mobile: 07860 109586**

Organisations offering speedy support for people in financial hardship:  
<https://www.lightningreach.org/> (Thanks to Fiona Wood for this.)

Did you know that your medication blister packs can now be recycled at Superdrug in Liskeard. Just collect at home and drop off when in town doing other things. Easy-peasy! (Thanks to Judy Ransley for this.)

## **CALLING ALL COUNTRY DANCERS AND CALLERS**

Pensilva Country Dancing Club would like to start up again in September, and would welcome new members. We also need one or two more people who would be willing to take a turn at calling for the dances. We meet fortnightly in the Art Room at Millennium House, Pensilva for a couple of hours, usually on a Thursday evening, and would suggest 7.30 to 9.30pm. If you are interested in joining or calling would you please ring Carolyn on 01579 362698. We look forward to hearing from you.



Action for  
Children



# NEW YOUTH GROUP FOR 11-19 YEAR OLDS

UP TO 25 YEAR OLD WITH SEND

EVERY FRIDAY 5.00-7.00PM

*FREE OF CHARGE & OPEN TO ALL.*

VENUE: MILLENNIUM HOUSE, PRINCESS RD, PENSILVA,  
LISKEARD PL14 5NF

ACTIVITIES, DRINKS/SNACKS & A CHANCE TO HELP BUILD A  
YOUTH LEAD GROUP IN YOUR AREA.

FIND OUT ABOUT US @:

[WWW.SERVICES.ACTIONFORCHILDREN.ORG.UK/KERNOW-CONNECT](http://WWW.SERVICES.ACTIONFORCHILDREN.ORG.UK/KERNOW-CONNECT)

# COMMUNITY SPEED WATCH

Community Speed Watch aims to encourage safe driving, to reduce accidents.

The Liskeard CSW Group operates at a number of sites in South East Cornwall - East Taphouse, Doublebois, Dobwalls, Liskeard, two locations on the A390 in St Ive, and at two locations on Foredown.

Three new sites in Pensilva have recently been added.

To cover the additional sites, and to increase the frequency of observations at other sites, there is a need for additional team members.

Full details of how Community Speed Watch operates can be found at:

<https://www.communityspeedwatch.org>

Registration is simple, and there is online theory training. Following successful completion of the online training, new members will be contacted to take part in equipment training then practical activity (speed monitoring).

Each activity lasts no more than two hours, including travel to site, setting up equipment, team briefing, observation for one hour, taking equipment down, with team debrief, and agreement on next activity date and time.

Teams are made up of a minimum of two members (ideally three, and no more than four).

This is an opportunity for individuals living in Pensilva and St Ive to contribute to the safety of the community.

# COMMUNITY SPEED WATCH

## SHARE Recycling for Charity project

Why did the bread roll?

Because it saw the butter fly!

Save your bread bags and your burger buns, hot dog rolls, wraps, naans, pita, thins, flat bread and crumpets packets.



We send them to Terracycle and they end up as garden furniture!

The manufacturers give money to our charity, Kicks Count, who help reduce UK still-births. It's a win, win, win.

Bring your items to a drop off point near you.

Due to my accident (I fell off a horse) there will be no collection at St. Johns church in September, but there are 2 blue bins in Upton Cross hall car park, or you can drop to Horizon Farm Shop Tremar.

YOU HAVE HELPED US RAISE OVER **£8000** FOR OUR CHARITIES NOW AND SAVED TONNES OF VALUABLE RESOURCES FROM BEING WASTED, WHICH HAVE BEEN MADE INTO NEW PRODUCTS. Thank you.

### **Want to be more involved?**

Arrange to bring people's items to Golberdon.

Contact the local pubs and collect their bread and cheese packages and empty crisps, snacks & nuts packets.

Ask your local groups to save their biscuit wrappers.

Arrange to collect everyone's Blister Packs and take to Superdrug.

**Lets stop throwing stuff away that can be easily recycled.**

You can contact me by email [iamalihumphreys@yahoo.com](mailto:iamalihumphreys@yahoo.com)

or text if possible or call 07305 044049 Thank You Ali.

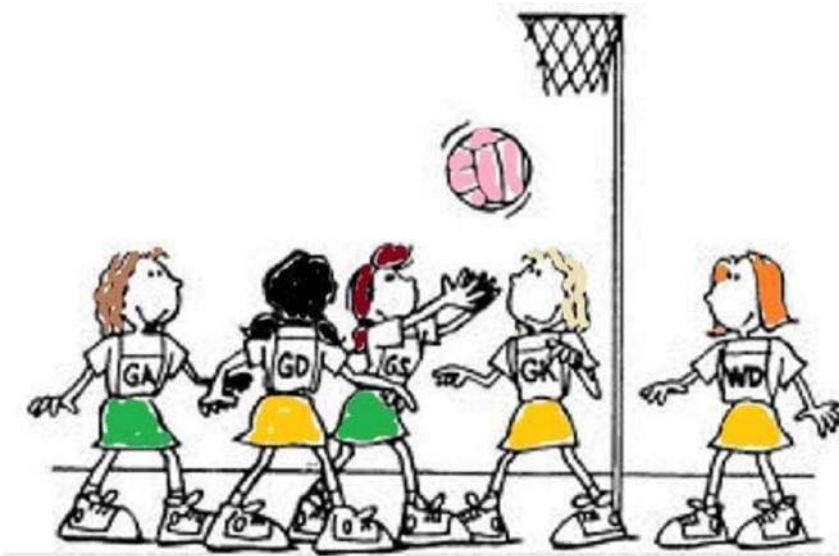
For more information about drop off points and an updated list of accepted items go to [www.south-hill.co.uk/charity-recycling](http://www.south-hill.co.uk/charity-recycling)

**Thank you for your continued support.**

**Ever tried...**

# **Ladies Walking Netball?**

**Come along to Millennium House, Pensilva**

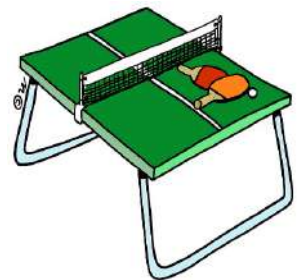


**Thursdays  
4.00pm - 5.00pm**

**£2 per session**

**For further info contact [rosemaryfarley@gmail.com](mailto:rosemaryfarley@gmail.com)  
or Tel. No. 01579 384810**

## **ST. IVE COMMUNITY SOCIAL EVENING**



**VILLAGE HALL  
FRIDAY NIGHTS 7.30PM**

# MILLENNIUM HOUSE

COMMUNITY CENTRE, AND DYNAMIC EVENT  
VENUE IN THE HEART OF EAST CORNWALL



#### Conferencing

We have four meeting rooms for all your corporate needs.



#### Function Room

For parties, discos, or just larger events; with adjoining kitchen and bar.

### Our Facilities

#### Sports Hall

For sports or larger events requiring a stage, the sports hall is our biggest venue.



#### Coffee Shop

Providing tea, coffee and cake. And for something stronger, there's the Mel, a licensed bar.



**Enquire today:**  
**01579 363096**

[www.millenniumhouse.org.uk](http://www.millenniumhouse.org.uk)  
PRINCESS ROAD, PENSILVA, PL14 5NF

## What Do We Do?

From wedding to wakes, kids or adults, corporate or community, we can host and cater your event. If you have an idea that's not covered here, get in touch and see if we're the right venue for you.

#### We're also home to:

- ✓ The Mel bar
- ✓ All Being Well Fitness Centre
- ✓ Post Office
- ✓ Sunflower Park kids playground
- ✓ Extensive playing fields
- ✓ Community Library



# ST JOHN'S CHURCH, PENSILVA

A united congregation of the Church of England & the Methodist Church

## **Services for October 2022**

- Sunday 2<sup>nd</sup> 11.00 am Mr Norman Rowe
- Sunday 9<sup>th</sup> 11.00 am Harvest Festival A celebration of the life of Harry Hollingsworth
- Sunday 16<sup>th</sup> No service at St John's  
11.15 am United Parish Harvest Festival at St Ive Parish Church
- Sunday 23<sup>rd</sup> 11.00 am Mr David Wenmoth  
5.00 pm Food for Thought
- Sunday 30<sup>th</sup> No service at St John's  
10.30 am United Cluster service at St Ive Parish Church  
11.00 am United Circuit service at Pelynt Methodist Church
- Thursdays** 10.00 am Morning Prayer Fellowship

## **OCTOBER EVENTS** Please see posters for full details

- Thursday 6<sup>th</sup> 12.00 - 1.30 pm Baked Potato Lunch
- Sunday 16<sup>th</sup> 3.45 - 5.00 pm Tea Time Church for children & their families
- Wednesday 19<sup>th</sup> 3.00 - 5.00 pm Good Grief Café
- Tuesday 25<sup>th</sup> 2.00 - 4.00 pm Knit & Natter
- Thursday 27<sup>th</sup> 2.00 - 4.00 pm Memory Café
- Monday 31<sup>st</sup> 5.00 - 7.00 pm Light Party

*For further details or if you know of any illness or need in the village, please call Geoff, 362698 or Frances, 363718*

## **Unity Methodist Church at St Ive Village Hall**

### ***Services for October 2022***

|                                 |                |  |
|---------------------------------|----------------|--|
| <b>Sun 2nd Oct.</b>             | 11.00 am       | United Service at St John's Pensilva   |
| <b>Sun 9<sup>th</sup> Oct.</b>  | 10.30 am       | Mr Geoff Williams  |
| <b>Sun 16<sup>th</sup> Oct.</b> | 11.15am<br>6pm | United Service at St Ive Parish Church.<br>Greenshoots United Service at Bealbury. |
| <b>Sun 23<sup>rd</sup> Oct.</b> | 11 am          | United Service at St John's Pensilva   |
| <b>Sun 30<sup>th</sup> Oct.</b> | 10.30 am       | Rev Jonathan Budd, with Communion  |

Thank you for supporting us at our final Service in the Chapel last month it meant so much to the members of the congregation. We thank the Village Hall committee for letting us use the hall for our Services going forward.

Thank you also for the help and support at the Macmillan Coffee afternoon at the end of the month. More details on how much was raised next month.

As you will see, this month is a month of United Services for one reason or another, but through it we have the chance to show the Unity of the Church of God is stronger than ever.

# Millennium House Coffee Shop Opening Hours

We are open Tuesdays, Wednesdays and Fridays, 9am to 1pm  
(to coincide with Post Office days).

Our intention is to open more days and for more hours as soon as Covid regulations allow.

Covid precautions are in place at all times, providing a safe environment for our customers.

## *All Being Well*

We are still open for three mornings a week. A maximum of six members can now attend at one time.

### Opening hours:

Monday, Wednesday and Saturday, 9am to 1pm.

Maximum six members at a time for each of three slots within each session: 9:00 to 10:20, 10:20 to 11:40 and 11:40 to 13:00

### **Prior booking is essential**

To book yourself in or for any enquiries, call in at the gym or telephone on **01579 363890**, during the opening hours listed above.

**22 years working in our local community to improve health, fitness and well being.**

## **Badminton has restarted at Millennium House**

Come and join our relaxed and friendly group.

**Mon & Tue 7:30 - 9:30pm**

For further info phone Nigel or Carol on 01579 363594 or 07885 798370

Victoria



Inn

### **Opening Hours**

**Wednesday - Saturday From 5pm- Close**  
**Food served from 5pm-8:30pm**  
**Sunday 12-6pm**  
**Carvery 12-4pm**

Take-away available for collection only.

Call 01579 363933 for bookings.

### **Upcoming Events**

#### **Thursday 6th October**

Curry Night;

A Choice of curries with rice, popadoms, chutneys & Naan bread **£10.95 P.P**

#### **Thursday 20th October**

Italian Night;

A choice of Italian dishes with Garlic bread **£ 12.00 P.P**

#### **Thursday 27th October**

Pie & Pint Night;

A choice of pie served with chips and peas to with a pint or small glass of wine. **£12.00 P.P**

**Booking only for any events. T&C's apply**

**Gorfenna Community**  
**Welcomes You to**  
**Tea at the Farm**

**FREE Refreshments and**  
**Entertainment for ALL**

**Every Wednesday until Sept.28<sup>th</sup>**



**1.30-4.00pm**



**01579 384810**

(Gorfenna, St Ive, Liskeard, PL14 3LX)

Visit our website [www.gorfenna.co.uk](http://www.gorfenna.co.uk) or email:  
[community@gorfenna.co.uk](mailto:community@gorfenna.co.uk) for more information

**Those living with Dementia are especially Welcome**

Supported by



**McCARTHY STONE**  
FOUNDATION



# Gorfenna Community Welcomes You to Join us



## Gardening!



**NO COST** – improve your mental health by planting fruits, vegetables, hanging baskets and take some home **FOR FREE!**

**Every FRIDAY until September 30th**

**10.30am–12.30pm**

**01579 384810**

(Gorfenna, St Ive, Liskeard, PL14 3LX)

Visit our website [www.gorfenna.co.uk](http://www.gorfenna.co.uk) or email: [community@gorfenna.co.uk](mailto:community@gorfenna.co.uk) for more information

Supported by



Gardening with  
Disabilities Trust



**WESTERN POWER  
DISTRIBUTION**  
*Part of Alstom's South Western ASLs*



# CALLINGTON TOWN MARKET

**2nd October 2022**

**Come and Support Your Local Traders**

**10.00am until 2.00pm**

**Pitches start from only £10 each!**

**Town Hall, Callington**

**Car parking is FREE in all car parks on Sundays**

**Access to the market can be gained through the Town Hall**

**For more information, or if you are a trader wanting to book a  
pitch, please call 01579 384039**

**or email [market@callington-tc.gov.uk](mailto:market@callington-tc.gov.uk)**

**Future 2022 Markets held on - 6th Nov, 4th Dec**

**2023 Markets - 5th Feb, 5th March, 2nd April, 7th May, 4th June, 2nd July,  
6th Aug, 3rd Sept, 1st Oct, 5th Nov, 3rd Dec**

# BAKED POTATO



## LUNCH

BRING and BUY STALL

St John's Church

Pensilva

Thursday 6<sup>th</sup> October

12.00 to 1.30 pm

Donations in aid of church funds

# Teatime Church



For children and their families

Sunday 16<sup>th</sup> October

3.45pm

St John's Church

Pensilva

Sharing a Bible Story

Playing Games

Singing and Praying Together

Eating Tea



For more information contact: Rev Becca Bell  
Rev Li Selman

[revbeccabell@gmail.com](mailto:revbeccabell@gmail.com)  
[revliselman@icloud.com](mailto:revliselman@icloud.com)



# Good Grief Cafe

We can grieve for many reasons:  
the death of a friend or relative;  
the diagnosis of a friend or relative  
with dementia or a terminal illness;  
the loss or illness of a pet;  
the loss of a job;  
homelessness;  
loss of mobility or driving licence;  
closure of your Church or Chapel;  
loss of freedom;  
the closing of a support group;  
the loss of stability in society.  
Any of these can cause us to  
grieve, so the Good Grief Cafe is  
for anyone who is grieving in any  
of these ways and no doubt  
there are others too.  
So please feel free to come along  
and eat our cake, drink our tea  
and just chat if you want to,  
or just listen if you don't.  
All are welcome.  
Please use this as an opportunity  
to invite someone to  
come with you.



## St John's Church

Wednesday 19<sup>th</sup> October 3.00 to 5.00 pm

Contact Geoff on 01579 362698

FOOD for  
THOUGHT



SUNDAY

23<sup>rd</sup>

October  
5.00 PM

St John's Church  
Pensilva

A time of fellowship  
and informal worship  
with a shared afternoon tea



For further information  
& to arrange transport:  
Geoff 01579 362698



# knit and natter

Do you enjoy stitching, knitting, crocheting?

Join our friendly knit and natter group. Come and meet new friends and swap tips and ideas - all ages and abilities welcome!

Drop-in!

There is no charge for this activity but there is a Donation Box if you would like to make a cash contribution.

**Tuesday  
25<sup>th</sup>  
October**

**St John's  
Church  
Pensilva  
on the  
last Tuesday  
of the month  
2.00  
to  
4.00 pm  
Contact Kathleen  
01579 363686**

# Pensilva



# MemoryCafé

**Thursday 27<sup>th</sup> October  
2.00 to 4.00 pm**

If you have memory problems or you are a carer for somebody who does and would like to meet others who understand your situation then join us at St John's Church

**Contact Geoff 01579 362698**

**NOT A TRICK  
DROP IN  
FOR A  
TAKEAWAY  
JUST A TREAT**



**A  
takeaway  
Bag of Hope  
for  
every child**

**Hot chocolate drinks  
and marshmallows**

**Celebrate God's  
light in our lives**

**Everyone  
welcome**



## **PENSILVA VILLAGE HALL**

**We are now open and back in business!**

Anyone wishing to book the hall for meetings, birthday parties or fundraisers, please contact Peter or Jackie Browning on **01579 363212** or email **[peterpensilva@gmail.com](mailto:peterpensilva@gmail.com)**

Please note that as well as hall rent there is a coin meter for



## **MOBILE LIBRARY**



**The County Mobile Library** visits our area every four weeks, always on a Friday. You can now browse the shelves again, but you can still pre-order books if you prefer.

Next visits: **Sep 23, Oct 21, Nov 18, Dec 16.**

Stops at The Victoria Inn, Pensilva from 10.25 to 10.45am; and Quethiock bus stop from 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)

## **CITIZENS ADVICE CORNWALL - APPEAL FOR VOLUNTEERS.**

Citizens Advice Cornwall is appealing for people to come forward as volunteers, to not only help with providing advice and support, but to also help with fundraising and raising awareness.

Like many charities, Citizens Advice Cornwall relies heavily on volunteers to be able to continue its work. As the cost of living and energy crisis deepens, the demand for the charities services across the county is increasing.

Fundraising Ambassadors are needed for a variety of roles including organising and attending fundraising events, talking to groups and organisations, organising collection tins etc. We also need volunteer advisors and administrators.

Last year, Citizens Advice Cornwall helped more than 9,000 people, with almost 40,000 issues, write-off debt worth a total of over £1 million and gain income worth more than £8.1 million.

It costs Citizens Advice Cornwall around £1.5m to run the service each year, a figure that is set to rise as the need for help increases.

Citizens Advice Cornwall provides free, independent, confidential advice on a range of subjects for everyone, including benefits, debt, housing, relationship issues, employment and redundancy, consumer, legal issues and more.

To find out more please email [tamsin@citizensadvicecornwall.org.uk](mailto:tamsin@citizensadvicecornwall.org.uk)

Sponsored by:

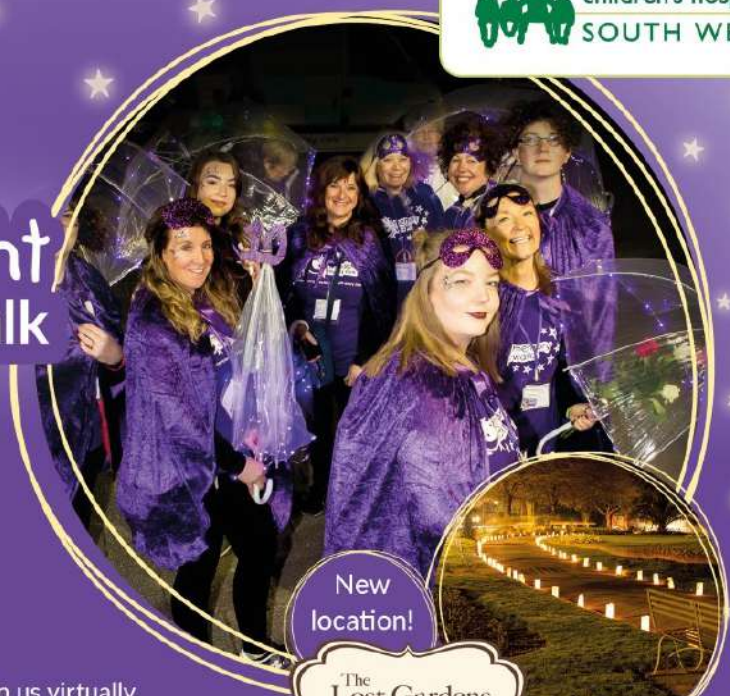


Walk in memory  
of your loved one

**Saturday 12 November 2022**

Walk in the calm and beauty of Heligan's lit paths, or join us virtually,  
for an uplifting evening whilst supporting local families with every step

Register today [www.chsw.org.uk/moonlight](http://www.chsw.org.uk/moonlight)



New  
location!

The  
Lost Gardens  
of  
Heligan



## **Heligan's lit paths new location for memory walk**

Children's Hospice South West (CHSW) is excited to announce a new location for its annual Moonlight Memory Walk.

The event, usually held annually in Falmouth, is this year taking place at The Lost Gardens of Heligan, which is supporting CHSW as its charity of the year, on Sat. 12 Nov. from 6pm.

The Moonlight Memory Walk will give people the opportunity to remember and celebrate the lives of their loved ones by participating in an uplifting memory ceremony before walking 5km in the calm and beauty of Heligan's lit paths. There is also a virtual option for those wishing to take part in their own time and location.

Kiley Pearce, Events Fundraiser for CHSW is excited to be bringing the event to Heligan; "We feel very fortunate to have the opportunity to hold our Moonlight Memory Walk at Heligan this year. It is a very poignant event for everyone who takes part and this incredible location is going to make the evening all the more special."

Walkers are encouraged to raise sponsorship in memory of their loved ones, helping to raise funds to ensure children and young people from across Cornwall can access the care and support offered by Little Harbour children's hospice located just a few miles from Heligan in St Austell.

Sam Dickenson from St Austell, whose son Seth died in May 2021 aged 7 following a three year battle with a brain tumour, describes the impact that Little Harbour had on her family:

"People see hospices as very medical but Little Harbour was so much more than that to us. They are an extended family, a security blanket, there was never any judgement, they let us do what we needed to do but were there for us all."

Anyone over the age of 12 can take part and dogs on leads are welcome.

Ticket tiers:

- £10.50 super early-bird 25% discount price running until 5 September
- £12.60 early-bird 10% discount price from 5 - 30 September
- £14 full price ticket from 30 September – 10 November

To get your ticket simply visit [www.chsw.org.uk/moonlight](http://www.chsw.org.uk/moonlight) or call 01726 871 800 for enquiries.

This year's event is being generously sponsored by Surf Bay Leisure.

See poster on opposite page, top.



## Tamar Area Prostate Support (TAPS)



### DON'T IGNORE THE SIGNS

- A need to urinate frequently especially at night
- Difficulty in starting to pee
- Weak flow
- Feeling that your bladder has not emptied fully

If you would like to know more about us please contact one of the steering group listed below or email [tapsinfo555@gmail.com](mailto:tapsinfo555@gmail.com)

**Come and join us on the first Tuesday of the Month  
10.00 at the Compton Park Engine House Callington  
for a friendly chat and a coffee.**



**Paul Mansell 01822 832179 - Harry Lawson 01579 383258**

**John Stewart 01822 833343 - Stephen Williams 07735 389883**

**Albert Doidge - 01822 832471**

**Prostate Cancer UK is a registered charity in England and Wales (1005541)  
and in Scotland (SC039332). Registered company 02653887.**

# Bargain Corner Free Ads up to £50

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

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

Computer desk **£20**. Drop-leaf table **£30**.  
2-seat sofa with footstool **£45**. All VGC.  
**07861 1083081** (Pensilva)

Electric **Cement Mixer** GWO **£50**  
Elec. **Towel Radiator** 600w x 750h **£40**  
Karcher **hard floor cleaner** **£40**  
**01579 346893**

**Bosch Hedge Trimmer** **£20**.  
**Mitre Saw** **£20**. **Table Saw** **£20**.  
**Circular Saw** **£15**. **Bosch Plainer** **£15**.  
**Angle Grinder** **£15**. **Mult-tool** **£15**.  
**Elec Sander** **£10**. All in perfect condition.  
**07926 627291** (Pensilva)

Scandinova **Chest Freezer** gwc. **£30**.  
**Chest of drawers** for boy's bedroom. 3  
drawers. Industrial-style design. **£10**.  
Pine single **wardrobe**. **£20**.  
2 **single mattress** gc. **£15 each**.  
**07976 790825** or **01579 673123** Pensilva

**Four motor biker jackets at £10 each**  
1. Red/Black, Frank Thomas, Size 44.  
2. Black leather, ladies, Size 12-14.  
3. Black leather, Size medium.  
4. Black/Red, Size XL.  
**All in good condition**  
**01579 346986**.

Prestige 5 ltr high dome **pressure  
cooker**. As new. **£25**.  
Delux Gourmet **stove top grill**. **£10**. As  
new. **01579 363281**.

**Car roof box**. Opens both sides. Only  
used once. Full instr's. L 2300mm W  
820mm H 360mm. **£50**. **01579 362217**.

Axminster 2 speed forward and reverse  
**drill**, in GWO **£10** and a **Power Planer**  
PPL800 - 800W in GWO requires a new  
blade **£10** or **£15** for the two items.

**2 Empty Dewalt Tool Cases**, 1 general  
tool box with free Dewalt cordless drill no  
battery. **£30**.

10 wooden **moulding planes** Usable  
cond. 1 wooden spirit level & scribe. **£50**.

Six coils of **industrial steel cable** now  
surplus to requirements **£35** the lot.

New 12'x3'1" good quality hard **vinyl  
flooring**, light/med brown wood effect **£15**.  
**01579 384658** (Safe Distancing if reqd.)

**Single bed** & headboard. Never used.  
St. Ive area. **£15 ono**. **07522 484979**.

Ladies Rocketdog wedge **flipflops** black  
with red and mixed colour beads on  
material, size 5. still in box as new paid **£10**.  
**Upton Cross/Minions area**  
**07368 528398**.

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



# Colin Swinburne Electrical Services



All aspects of domestic and commercial electrical work.

Inspection and testing (EICRs), fault finding, new installations, rewires, consumer unit replacement, additional sockets, lighting upgrades, garden power and lighting, extractor fans and more.

Electrician in Pensilva. Free advice and quotes.



CSES@btinternet.com 07974499138



## 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.*

**www.debbiehickscounselling.co.uk**

**Email: debbiehicks10@gmail.com**

**07851 133782**

*More info on my website or by contacting me.*



## Naomi's Footcare Service

I provide a personal toenail-cutting service within the comfort of your own home.

To include removal of calluses, corns, hard skin, and reduction in thickening nails.

- ✓ Trained foot health practitioner.
- ✓ Fully insured
- ✓ DBS checked.

**naomiturner84@gmail.com**

**07809 690385**

# Trystan Phillips



## Carpentry/Joinery & Property Maintenance



### 35 Years' Experience

Fully Insured Including Public and Product Liability

All aspects of Carpentry undertaken including:

Bespoke Carpentry & Joinery , Kitchen Installations, Doors, Partitions, Skirtings, Architraves, Shelving, Timber Floors renewed & repaired, Laminate Floors fitted, Timber Windows repaired including 'Sliding Sash'. Plus General Property Maintenance, including Painting/Tiling & much more!

07397 153792    [trystanphillips carpentry@gmail.com](mailto:trystanphillips carpentry@gmail.com)    01579 363150

### Debbie's Care Services

**Tel. 0777 948 3230**

Hello, my name is Debbie. I am a local lady who has been working in the community for over 30 years.

I provide the following services and more!

- Assisting bathing / showering
- Preparation of meals
- Cleaning / Shopping / Ironing
- Companionship / Friendship and emotional support
- Assisting with mobility
- Day, Evening and Night Care

New, High-Quality, Local  
Decorating Service

### EDEN SERVICES



Interior / exterior decorating, including spraying

All work fully insured and guaranteed

References available

High quality work at sensible prices

Over 25 years experience

Call Julian for a free, no obligation quote

**Mobile 07775 515036    Office 01579 641129**

Find us online:  
fresh\_prop.co.uk



Top quality carpet, upholstery & hard floor  
cleaning services based in Callington

Long-established cleaning professional

Domestic & commercial

NCCA qualified & member

Steam cleaning & dry carpet cleaning

Tile & grout + natural stone clean & seal

Vinyl & LVT including Amtico & Karndean

Call 0800 3893393 or 07905 188459

Or email [nevil\\_fresh@msn.com](mailto:nevil_fresh@msn.com)

## TRADITIONAL STONE SERVICES

CLASSIC & TIMELESS  
STONE MASONRY  
AND LETTERING

MEMORIAL CLEANING

COMMISSIONS TAKEN

**01579 363693**

OR

**07507 782282**



Domestic Electrical  
Property Maintenance  
Interior & Exterior Work  
Carpentry :: Decking  
Kitchens :: Bathrooms  
Wall & Floor Tiling  
General Plumbing

**MCCARTHY PROPERTY MAINTENANCE**

**Electrical Safety  
Register**

incorporating  
ELECTSA + ECA  
Certification Ltd

HIGHLY REGARDED LOCAL BUILDER  
COMPETITIVELY PRICED  
COVERING THE SOUTH WEST

Contact Dominic

07968 599 675

01579 362 945

[info@mccarthypropertymaintenance.co.uk](mailto:info@mccarthypropertymaintenance.co.uk)

[www.mccarthypropertymaintenance.co.uk](http://www.mccarthypropertymaintenance.co.uk)



Maintaining and preserving our  
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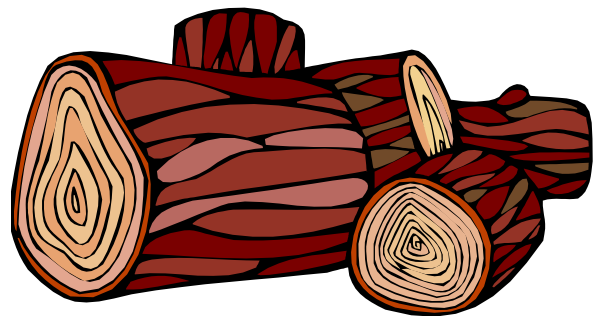
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