

MARCH, 2024

# THE PARISH PUMP

Newsletter for the Parish of Pensilva and St Ive



Spring is in the air in Pensilva!

## DISCLAIMER

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

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Your Cornwall Councillor is **Sharon Daw** - 078 3737 9305 [cll.sharon.daw@cornwall.gov.uk](mailto:cll.sharon.daw@cornwall.gov.uk)

### Meetings of St Ive Parish Council

Meetings are held on the second Monday of every month, except August and December when no meeting is held. Please see the website for meeting dates, agendas, and minutes.

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



## Police Community Neighbourhood Office

Your Community Support Officer is PCSO Steve Edser 30173  
Email: **[CIOSNBMLLST@devonandcornwall.pnn.police.uk](mailto: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 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  
01579 363096, email: **stiveparish@btconnect.com**

For finance matters for the Parish and Millennium House, contact  
John Body  
01579 362102, email: **millenniumhouseadmin@btconnect.com**

Millennium House enquiries and reservations to Vanessa  
01579 363096 email: **ness.mhouse@gmail.com**

## Parish Pump Submissions

Via email only to **stiveparishpump@gmail.com**

The deadline for submissions is the 18th of the month. Please email your text submissions directly in the email body, and attach any images. Full, half, or quarter page designs can be sent as JPG, PNG, or PDF files.

## Advertising Costs

Please note that all advertising must be paid for prior to publication.

Two months free when purchasing for a year.

Quarter page: £10 per month, or £100 for 12 months

Half page: £20 per month, or £200 for 12 months

Full page: £33 per month, or £330 for 12 months

*(All prices are inclusive of VAT)*

# Letter from the Editor

Firstly, thank you for all the wonderful comments about last month's column—I'm so glad you enjoyed it. But since we talked about some the positives of AI and how it can be creative or help you to be more productive, I thought this month we'd better delve into the darker side of AI.



Did you find the AI image I hid? If you thought it was the blocky bird thing; you were wrong. It was actually the line drawing of a winter flower arrangement to accompany the WI piece. How can you tell? I'm afraid you can't. Not really.

But there is one telltale sign that you can usually look out for: the image will be more than likely be square.

I bet, like me, your Facebook feed is now full of "unbelievable interior design" pictures and other such nonsense—like an amazing bookcase in the shape of a tree, or a children's bed that looks like a castle, or a holiday destination that looks too good to be true. Those are all AI generated. But if you click through and read the comments, it seems like no one cares. You'll find an endless stream of "*wow, so impressive design*" "*wish I could have this*". Of course, a lot of those comments are made by bots.



But what's the point? Simple: Facebook rewards engagement with a post by showing the post to more people, so companies hire thousands of fake profile bots to comment on a post, which makes it look popular, and the algorithm pushes it into your feed, which you then click on, click through to their site, which is usually full of more clickbait nonsense. Happy Gardens, which published the "Bug Tub" pictured above, and has over half a million followers, claims to be *a design driven company focused on developing unique and intriguing looks in garden and home décor.*

It actually just points to an online shop for garden tat.

Fake posts by fake users with fake comments leading to fake sites full of tat. That, ladies and gentlemen, is what Fakebook has become.

But this month I specifically wanted to warn you about new scams that will be popping up in the next few years: deepfakes. You've probably heard of deepfakes in the news before thanks to various celebrities being put in compromising photos, but that's only scratching the surface of the problem. Deepfake technology now exists not only for photos, but videos...and audio too. Given only a few recordings of someone's voice, AI can replicate the speech patterns and tones almost perfectly. For someone like me who has thousands of hours worth of YouTube videos published, it's even worse.

You might have received an odd email before, perhaps claiming to be your son in prison in some foreign land, needing to be wired some money for bail. It was obviously a scam. But what if that had been a phone call instead—one that genuinely sounded exactly like them? That's the terrifying reality of world where anyone with a home computer can generate convincing audio of a family member. Under pressure—*"come on mum, I've only got a minute left on the call!"*—you could easily be duped. It might be worth coming up with a code word that you can ask to confirm in an emergency, especially if you children live abroad and a phone call might be your only contact.

A few weeks ago, it was reported that the financial officer of some big firm in Hong Kong had approved a \$25 million dollar transfer after jumping on a Skype call with senior management—all of whom were entirely deepfaked. I'm not 100% sold on the legitimacy of this story, but regardless of the veracity, it's technically feasible, and I've seen video examples. Russia is already using the technique to spread videos of politicians saying outrageous things.

**It's a terrifying new reality that we're about to enter.** AI will make email scams harder to spot and more convincing. Misinformation on Facebook is already reaching new highs. As if we weren't already surrounded by enough fake news amplified by fake people, we'll now be faced with fake video and fake audio—sometimes with disastrous consequences. Stay safe, and don't believe, well ... anything!

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James Bruce, Parish Pump Editor

# Millennium House

Hi Parish Pump Readers. What awful rain we have had in February. Though I have noticed the evenings are getting brighter and it feels like spring is on its way! The official date for Spring is March 20th! Some of you may have seen the ongoing work for the new installation of the boilers. A fantastic job has been carried out by Blue Flame and this will help keep things warm and running smoothly in the centre for years to come.

This month we have ...

**Friday 1st March** - our weekly events of Penmill Art group from 10am to 1pm, followed by Slimming World (and Saturday morning for S.World) and Youth Club in the evening.

**Saturday 2nd March** - St. Piran's Night Dinner at 6.30pm. A delicious meal put together by the amazing Abi & Natalie from M2 Catering. £18 a person for a delicious evening meal! You can purchase your tickets from reception in Millennium House!

**Sunday 3rd March** - Market Day from 11am to 2pm! Come along and support the local sellers! We will also have a craft station if any little ones would like to make a gift for Mum for Mothers Day coming up on 10th March! The Pool Team also has a match, so the bar will be open till late!

**Monday 4th March** - every Monday at 10.30am join Mims gentle exercise group or Yoga with Laura at 5.30pm. Followed by Badminton at 7.30pm (and Tuesday evenings too!)

**Tuesday 5th March** - a new group Singing for well-being starting up! 10am to 11am. All welcome, £5 a session. Contact Clare for more info - 01579 382341.

**Wednesday 6th March** - learn to Sing & Sign with Natalie (07492 444 762) every Wednesday, with 3 age appropriate groups from 0 to 30 months!

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**Thursday 7th March** - join our weekly group with Stay and Play from 10am, Walking Netball 4pm or Aikido at 7.30pm! You can also join Country Dancing this evening from 7pm (and 21st March too!)

**Friday 8th March** - Film club is showing Nocturnal Animals from 7pm.

**Saturday 9th March** - Lego Club at 9.30am! Come build lego, have fun and support the Pre-School too! Or enjoy an evening of comedy and regenerative farming with free food and fun entertainment! 5pm - 6.30pm watch '6 inches of Soil' film, followed by food from Cornish Deer until 7.30pm. Finished off with Comedy and Q&A headlined by Kernow King!

**Saturday 16th March** - 70's vs 80's Disco night with DJ Bezzah! Come along for a great night and support our local DJ from 7.30pm til Midnight! £5 cash on the door, under 18's go free!

**Wednesday 20th March** - Bingo night! Every 3rd Wednesday of the month. Doors open 7pm and eyes down at 7.30pm.

**Wednesday 27th March** - British Heart Foundations Easter Bingo! Doors open 7pm, eyes down 7.30pm.

**Sunday 31st March** - Antiques Fair from 9am to 3pm. £1 entry.

Football fixtures this month are on the following dates, so the bar will be opening on these dates at 2pm! Come along for a drink and show Pensilva Football Club some support: **Saturday 9th March, 23rd March and 30th March!**

We are putting on Carnival week this year from **Monday 15th July 2024 and Carnival Day on Saturday 20th March 2024**. Anyone wishing to have a stall or take part or help in making it all happen, please email **ness.mhouse@gmail.com**

Have a marvellous March!

**Vanessa**

# Community News

## Singing for Well Being

Hello, my name is Clare and I'm starting a singing for well-being session on Tuesdays 10-11am in the craft room at the Millenium Centre from March 5th.

I am hoping to reach out to people who may feel a bit isolated, whether due to immobility issues, chronic illness, social anxiety, grief or changes in their lives. Also to people who would love to sing together but may have some trepidation or belief that they can't.

I start from the assumption that people are nervous and new to singing, I teach by ear, not with written music and use playfulness, humour and listening. Songs are short and easy to learn. We warm up our bodies and voices gently and learn to trust each other and our voices. Before you know it, you're singing in harmony and creating new bonds with people! People generally leave uplifted and with a bit more oxygen in their system.

I am recovering from Long Covid myself and stopped singing for 18 months. If you have breathing or vocal issues, these gentle methods could be what you need.

If you think this might be for you, or know someone who might enjoy it, get in touch. I look forward to hearing from you.

**Clare Norrish 01579 382341**

Pensilva W.I

### MARIE CURIE TEA



Saturday 16<sup>th</sup> March.

2.30 pm to 4pm.

The Village Hall.

Pensilva.

Bring and Buy.

Raffle.

£4.00 entry to include the tea.

All welcome.



# Pensilva WI

Another good turn out of members at the February meeting even though it was a wet, foggy evening. The theme of this meeting was making easter cards with Alison Willis, who also happens to be our secretary.

Alison had put a lot of preparation in beforehand which meant we could all go home with a lovely finished card. Lots of thanks to her for a great fun evening.

Verna our president reminded us that the March meeting will be the annual meeting when a new committee and officers are elected. Members are asked to add their names to the list if they wish to stand for committee for the coming year.

## **Forthcoming events:**

- Wednesday 13th March. This will be the start of our walks. Details to be arranged.
- Friday 15th March. Rose Bowl quiz at Ladock Community Hall.
- Saturday 16th March at 2.30pm. We shall be holding a tea at the Village Hall in aid of the Marie Curie cancer support.
- Wednesday 20th March. Easter Workshop, at Cowslip Farm, Launceston.
- Thursday 21st March Spring at the Eden Project.

Four birthday girls this month. Posies and cards presented to Rosemary Farley, Margaret Hanger, Lynette Pook and Anne Deegan.

*Competition winners for flower of the month:* 1st Verna Dawe, 2nd Mary Yates, 3rd Frances Tucker. *A homemade valentine's card:* 1st Trish Thomas, 2nd Verna Dawe, 3rd Cherry Woodhouse.

**Next meeting:** Wednesday 13th March 7.15pm at Millennium House. This will be the annual meeting. No speaker at this meeting but Alison will be having an "Easter Tasting" evening. Competitions: 4 Easter Biscuits and the usual Flower of the month.

# Tamar Valley Food Hubs Comes to Pensilva

**Tamar Valley Food Hubs** is a not-for-profit online farmers' market that delivers seasonal, local produce to homes, workplaces and collection points across the Tamar Valley and Plymouth every Friday.

From Friday 1st of March, a new collection point will be opening at Millennium House in Pensilva, where customers can collect their order free of charge every Friday between 4–4.30pm.

Throughout the year, the Food Hubs brings together over 70 local producers, offering produce grown and made in the Tamar Valley, including vegetables, fruit, meat, fish, dairy, bread, wholefoods and much more! The range also includes regional products from Cornwall and Devon delivered by the Good Food Loop, and organic wholefoods from Bristol based workers' co-operative Essential Trading.

Tamar Valley Food Hubs is run by **Tamar Grow Local**, a community interest company based in Kelly Bray, that develops and runs land-based projects and community schemes focused around supporting the production of, and access to, sustainable, high quality local produce.

The Food Hubs was established in 2013, and works with a wide range of producers, from new entrants to farming through to established field-scale growers, family businesses and local independent shops. The not-for-profit model helps ensure that local producers are paid a fair price for their produce, and receive 85p of every £1 customers spend.

The range on offer is always changing with the seasons and produce is often picked or prepared on the day of delivery, so is very fresh, and has very low food miles. There's no minimum order and because everything is pre-ordered, it means that Tamar Valley Food Hubs operates on a zero-waste basis.

Order online through the Tamar Valley Food Hubs website between 6pm on Fridays and 9.30am on Wednesdays, and collect from Millennium House in Pensilva between 4–4.30pm Fridays.

To find out more visit [www.tamarvalleyfoodhubs.org.uk](http://www.tamarvalleyfoodhubs.org.uk) or call 01579 208 412.



# EASTER



**WEDNESDAY 27th MARCH**  
**EYES DOWN 7:30PM**



**AT MILLENNIUM HOUSE, PENSILVA**

**Princess Rd, Pensilva PL14 5NF**



Supporting the  
British Heart Foundation







**Positive + Resilient + Together**

## Let's learn from each other about Improving energy efficiency in our homes.

Why is this such a difficult issue to solve? Almost everybody agrees that it makes sense to insulate our homes better, because it will save on heating bills, make our homes more pleasant to live in, and reduce carbon emissions. But so far, attempts to retrofit our older housing stock have barely scratched the surface. Replacing fossil fuel boilers with greener technologies has maybe done a bit better, but again, progress is slow.

The Government's Green Homes Grant Voucher Scheme (GHGVS) ran for only six months from September 2020 to March 2021; of the £1.5 billion that was earmarked for it, the GHGVS spent only £314 million, that's 21%, and £50 million of that was swallowed up in admin costs.

Our approach is to try to de-mystify what, for many people, feels like an overwhelming problem (too difficult!) by showing real-life examples of properties that have been improved in our own area, and getting the homeowners concerned to share what they have done and how it has worked out for them. We plan to organise:

- ♦ **House tours:** See for yourself the work other people have done and talk to them about it.
- ♦ **Presentations:** In person, online, or by sharing files and documents.
- ♦ **Films and slide shows:** Before, after, and during the work.
- ♦ **Meetings:** Hear from the experts. Hear what others in the community think about it all. Ask about what may be possible.

Maybe the problem is not as difficult as it seems. If others can do it, maybe you can too. Get inspired!

*Continued on facing page>*



## *Energy efficient homes—continued*

### **How will it work?**

To begin with, we would like to hear from the following groups of people:

- ♦ Householders who have made their homes more energy efficient in some way: by adding insulation, or by installing some green technology, a heat pump, solar thermal panels, a biomass boiler, anything that you think others would like to know about.
- ♦ Local installers who have carried out retrofitting and installation work. We would like to hear from you about what is easy or hard to achieve. What are the main problems that are holding things up? How can they be overcome?
- ♦ Estate agents who would be prepared to explain the economics of buying and selling period properties. Do house prices reflect the energy efficiency and cheaper running costs of improved properties? If not, what can be done about that? We would love to hear from you.
- ♦ Property developers who have bought period properties to improve and sell on. How important is it to seize the opportunity to do remedial work when it arises? Tell us how you feel about that.
- ♦ People who have built new properties or extended older properties, and have gone out of their way to try to future-proof them by making them as energy efficient and sustainable as possible.

The idea is for everyone to share their experiences to benefit others. Which leads me to the last group we want to hear from. Please let us know if you would like to hear more about any of the above, or if you would just like to be kept informed. We think it will take us two or three months to do the preparatory work, but you can put your name down now, and we will let you know how we are getting on.

**Anybody who would like to help or who would be interested and would like to hear more: email [posicrp@gmail.com](mailto:posicrp@gmail.com)**

# Community Treasure Chest CIC

If you come down to Liskeard today you'll find a furniture surprise.... CTC, a recycling community hub with loads of affordable household items inside!

Community Treasure Chest CIC is a friendly family run CIC based in Liskeard. CTC specialise in recycling furniture and every preloved household item from beds, sofas, cookers, fridges, kettles, and cups. You might actually find a kitchen sink there too!

We also have a large range of new life fashion and we are the trendsetter for reworked fashion in Cornwall. At CTC you can discover the future of sustainable fashion and household items—all at affordable prices. We welcome all the community to shop with us. By shopping with us, you not only shop climate smart but you will also be supporting your community.

How? CTC.CIC started with one woman's heart. Our mum Wendy Christine Julian—founder of CTC—knew just how tough life could really be. Mum felt in her heart she wanted to do her bit and help relieve some of life's struggles. Her heart created the vision of a recycling furniture hub, where those in need could access free necessary household items.

*"We are the chest, you have the treasure, we can help other people by joining together".*

In October 2015 mums vision became a reality and Community Treasure Chest was born. Sadly one month later as most of you know, mum was diagnosed with cancer. Mum lost her battle the following January. Our promise to her has never broken and as a family we continue to help those who need it in our community.

Are you in hardship? Or know someone who is? Whatever situation homeless, house fire, fleeing domestic violence, a young or elderly person struggling to set up home or a working household who just can't afford a necessity items, we can provide FREE household items to help you. If you are in need of our Home Hardship Help service please get in touch.

Community Treasure Chest has since grown into a CIC and with a splash of all our hearts including yours, our community CTC is still growing...



### **Liskeard Community Fridge**

An innovative resource for all the community to use with the aim to make use of food that would otherwise go to waste. Situated on the ground floor members can visit the fridge on selected days of the week. Saving good food from going to landfill.

### **The Scrapperdashery**

A safe space and resource for all to come and create together! We believe with a little bit of inspiration, anyone can achieve colourful creations to fulfil their home. The Scrapperdashery is filled with mixed media materials to use or buy but also offers the tools & space you may not have access to at home.

### **Tool Library & Hire Hub**

Why buy when you can borrow! Using the Tool Library is a lot like borrowing a book from your public library, but instead of books we have shelves of tools for you to borrow.

CTC.CIC is a non-profit community organisation who rely solely on donations given by you the community. Do you have any household items you would like to donate? *\*Only clean usable items will be accepted. \*Items accepted by appointment only. Please ring or message for an appointment. \*Photo must be sent of larger items. \*Sofas & Mattresses must wear fire safety label.*

Community Treasure Chest CIC has become Liskeard's Community Hub supporting, sponsoring and sorting out goods for other local charities, businesses and events. If you think there is something we can do to help your organisation or would like to work in partnership with us please get in touch - We will do our up most to accommodate you.

### **OUR VISION**

We are the Chest, You have the Treasure, We can help other people by joining Together

### **OUR MISSION**

- To provide household items at a price the individual can afford.
- To promote awareness of community and help alleviate those in hardship.
- To reduce landfill waste and help create cleaner environment.
- To build on our community network & grow to its needs.

CTC working hard to bring you, the community, together.

*Paula, Emma, Val, and Sue.*

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# St Piran's Day DINNER

AVAILABLE ON  
MARCH 2ND, 6:30PM

£18

MILLENNIUM HOUSE

## Main Course

Braised Beef & Tribute  
Wellington  
Creamed Mash Potato  
Carrot & Swede Mash  
Spring Greens  
Tribute & Beef Gravy

## Dessert

Saffron B&B Pudding with  
clotted cream or custard

Catered by the  
amazing Abi and  
Natalie, from M2  
Catering!

TICKETS MUST  
BE PURCHASED  
IN ADVANCE  
FROM MILLENNIUM  
HOUSE RECEPTION



Pensilva Community Association and C-Fylm Present

# **PENSILVA** **FILM** **CLUB**



**FRIDAY, March 8th**

**DOORS OPEN 7PM, FILM STARTS 7:30PM**

## **NOCTURNAL ANIMALS**

**£3** for C-Fylm members

Non-members can join on the door for £6, which includes your first film.



Susan receives a manuscript of her ex-husband Edward's new novel and finds it very compelling. However, the story forces her to confront several disturbing truths about their marital life.

Rated R. Mystery/thriller/  
crime - 1h56m  
SCAN FOR TRAILER ----->



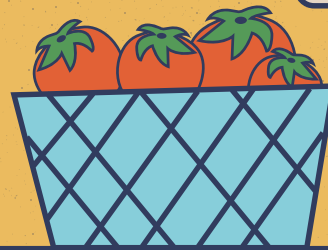
PENSILVA



Free  
Entry

Featuring local sellers,  
craft stalls, indoor carboot,  
baked treats, and live plants.  
Refreshments available and bar!

£5 per  
table



←← MILLENNIUM HOUSE PRESENTS →→

# PENSILVA MARKET DAY

**FIRST SUNDAY OF THE MONTH;  
NEXT MARKET DAY IS...**

# March 3rd

**SELLERS FROM 10am; BUYERS 11am–2pm**

**Call Vanessa on 01579 363096 or email  
ness.mhouse@gmail.com  
to book your table or other enquiries**

**PRINCESS ROAD, PL14 5NF**

SCAN TO FIND  
MILLENNIUM HOUSE  
ON GOOGLE MAPS







Sponsored by Pensilva Community Association

At Millennium House

Coffee Shop



Soup & Roll  
WARM SPACE

Thursdays, starting 4th January  
10:30am to 2:30pm

Join us for a soup and roll.  
Tea, coffee, and hot chocolate.  
A warm welcome to everyone!



# Nightingales Ukraine Appeal

The volunteers from Nightingales.Uk collected all the donations of medical equipment and aid yesterday from the Millennium House and were delighted with our efforts.

They have requested that we keep on supplying wheelchairs, crutches and walkers with wheels—and are now asking for support with the following items. They have said that they have rarely been asked to supply food and baby supplies but if you read the statement on the opposite page, you will see how dire their situation is. -->

Although everything seems out of our control in the modern world, we can and do make a difference. It is not living in a fearful world that brings about positive change. It is about coming together and doing our bit, by being kind and supportive and shining a light for those without hope. Imagine if this was our village with no food or supplies. Together, we can all make the world a better place. Godbless.

Donations can be dropped off at the Millennium centre for collection. If you are unable to drop items off, please contact Janey Bryson on **07808663749** to arrange collection. Thank you!



**St. Ive Village Hall**

**The Cross, St. Ive**

**PL14 3LZ**

**1st Monday of the month**

**7.30pm**

**New members welcome**

**St. Ive Village Hall PL14 3LZ**

## Snooker Club



**Monday and Thursday Evenings**

**7pm**

**Contact Ray Bunkum**

**01579 382315**

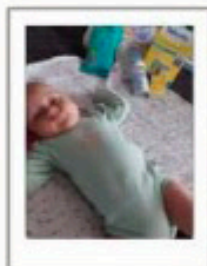
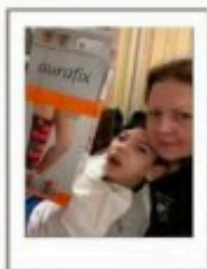


Ukrainian people are going through difficult times due to the military invasion of the Russian Federation into Ukraine, thousands of women, children, pensioners and people with disabilities have been left without a roof over their heads and means of subsistence. Saving their lives, they found a temporary shelter in the territory of the Dnipropetrovsk region. Currently, more than 4,000 families need constant support. In the conditions of martial law, we are doing everything possible to help people survive the most difficult times. But due to the lack of humanitarian aid, it is becoming more and more difficult to do this every day. We ask for your support and help. the most necessary goods

- Children's diapers
- Children's mixtures (2,3,4)
- Infant formula (from 6 months)
- Children's purees (vegetables, fruit, meat)
- Children's hygiene: shampoos, soaps, toothpastes, toothbrushes.
- Feeding bottles
- Pacifiers
- Adult diapers (M, L, XL)
- Disposable diapers
- Shampoos
- Soap
- Toothpaste
- Toothbrushes
- Washing powders
- Means for washing dishes
- Toilet paper
- Wet wipes
- Sanitary pads
- Canned food (vegetable, meat, fruit)
- Cereals
- Pasta
- Sugar
- Tea/coffee
- Feed for animals



Best regards,  
Charitable fund "1+1 already not alone"



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## **FOURTEEN + 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 about one of our occasional visitors...

### **...THE GREY HERON**



This tall elegant bird usually pays us a visit a handful of times each year. Unsurprisingly, these visits are usually to our wildlife pond. While there are newts and frogs which will be of interest to them, we do not stock the pond with fish. If you do and you want to deter them from your pond, netting seems to be the only real solution. There is some evidence that artificial herons as deterrents may sometimes even attract them. Their black and yellow beaks may also have tinges of red in the breeding season. The black feather plumes on their heads and long white feathers on their chests and necks (not evident in this photo) are usually more prominent in the breeding season.

Heron's breeding season may start in February, but is at its peak in March. Although usually only seen singly or in pairs for most of the year (sometimes gathering together in fields at night) they gather in the tops of trees to build their nests. They will cement their partnerships by 'clapping' their beaks together. In these heronries, pairs will build untidy, twiggy platforms on which to lay 3 or 4 eggs at intervals. This is quite a sight and there is one at Looe in the woodland across the river from the large riverside car park. Nowadays they are joined there by their cousins, the egrets. There is a good view from the car park and they can be seen with the naked eye. However, if you go, do take binoculars if you have a pair, to see more detail. The eggs will hatch in the order in which they were laid 23 - 28 days after being incubated equally by both parents. The



first to hatch will be biggest and therefore most likely to survive. Sibling rivalry can lead to fatalities. Any chicks which fall from the nest are unlikely to be fed by their parents, although they will feed any which leave the nest to explore along the surrounding branches. The young herons will start to explore in this way from about 20-30 days, are



fully feathered by 28 days, fly at about 50 days and become fully independent at about 60-70 days. The juvenile birds look much like their parents but are less sleek in appearance with streaky feathers like the one to the left. These can be more frequent visitors than the adults as garden ponds are easier places for them to hone their hunting skills.

Herons usually hunt alone. Whilst their main diet is of fish and amphibians such as frogs and newts, they can take small mammals or water birds, though I have never seen this. Widening their diet in winter will be important as amphibians will be hibernating. Herons hunt by stealth, standing still in the water patiently waiting to pounce on any unwary prey with their long beaks. As large birds with a long pointed beak they do not usually become prey themselves.

Herons can be seen almost anywhere where there is water - rivers, streams (though they prefer less fast flowing water), lakes, ponds and the sea-shore. A couple of years ago, one spent some time just downstream from us. I never found exactly where, but frequently saw it going back and forth to the same area. I even startled it as I walked down to the water's edge. It could see me even if I could not see it!

Look out for herons on the move. Their large size, curved wing profile and long, slow flapping flight makes them quite distinctive. Grey Herons are widely distributed across Europe, Africa and Asia and many do migrate within this area. However, British herons rarely do so. Herons in Britain have been monitored since 1928. Overall, their numbers have increased, peaking in 2000. Since then, there has been some decline. They are certainly not considered endangered at this time, but must be vulnerable to issues such as changes in water quality in the environment.



There are plenty of herons about, so hopefully you will be able to see one, whether at home, out walking, or perhaps going to see the heronry at Looe.

# Unity Methodist Church

*2nd and 4th weeks services are held at St Ive Village Hall.*

March 3rd 11.15am - United Service at St Ive Parish Church

March 10th 10.30am - United Greenshoots Service at The Village Hall, This will be a Local arrangement, more details on our Facebook page nearer the time.

March 17th 11.15am - United Service at St Ive Parish Church

March 24th 10.30am - United Service led by Marguerite Smith

Good Friday 29th March - 10am Walk of witness from St Ive Parish Church to the Village Hall followed by a Service at 10.30am

March 31st Easter Day 11.15am - United Service at St Ive Parish Church.

Chattermakers craft group continues to meet fortnightly at the Village hall on Thursday evenings from 7.30pm, This month they will meet on 7thm and 21st of March. For more details please ring Kathryn on 01579 382334



Unity  
Methodist  
Church



## Positive + Resilient + Together

## Thinking about car sharing?

**Save money and reduce your carbon footprint, in one easy move.**

A local resident got in touch with us to tell us how combining with a “Buddi” to share car journeys had saved them both “an absolute fortune”. Initial contact was via the site Liftshare, <https://liftshare.com/uk>. There’s no obligation, just enter details of a journey, regular or infrequent, that you would be interested to share, and see what comes up. You can accept or decline a potential Buddi.

Simple things like this make us more resilient as a community and as a society. If you are interested in joining our group and helping to make our area a better place to live, in whatever way, big or small, please contact us via email [posicrp@gmail.com](mailto:posicrp@gmail.com) or phone 07768 130520. **Follow Us:** Intagram: togetherproject2022



# WORLD DAY OF PRAYER

A WOMEN LED, GLOBAL, ECUMENICAL MOVEMENT



I beg you,  
bear with one another  
in love

2.00 pm  
**St John's Church**  
Pensilva

Worship  
followed by tea  
All welcome

**FRIDAY 1 MARCH 2024**

PREPARED BY THE CHRISTIAN WOMEN OF PALESTINE  
[wwdp.org.uk](http://wwdp.org.uk)



# St John's Mission Church Pensilva

## Good Grief Cafe



Wednesday 20<sup>th</sup> March  
3.00 pm

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;  
loss of mobility or driving licence;  
closure of your place of worship;  
closure of a support group;  
the loss or illness of a pet;  
the loss of freedom;  
the loss of a job;  
homelessness;  
the loss of stability in society.

The Good Grief Cafe is for anyone  
who is grieving for any reason.

Come for company, for friendship.

Eat cake, drink tea and coffee.

Chat if you want to,

or just be there.

Everyone is welcome.

For further information  
contact Geoff 01579 362698

# Pensilva



# MemoryCafé

Thursday 28<sup>th</sup> March  
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

# Neighbourhood Development Plan

## *Planning the future of our Parish*

We are continuing to make steady progress with the Neighbourhood Development plan for St Ive & Pensilva. You can keep up to date with how things are progressing by visiting the Neighbourhood Plan website:

[plan4stive.co.uk](http://plan4stive.co.uk)

Please take a look at the website, it will give you an idea of how things are developing and what the Neighbourhood Development plan means for all of us who live in this area.

Next month we hope to give you details of the community survey. When the survey is launched it will be available on-line and in print form, and all households in the Parish will be invited to take part.

The Parish Council want as many people involved as possible to help with this task. So if you do have some spare time, and would like to volunteer then please contact the Parish Clerk at:

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

**NDP Committee**  
**St Ive & Pensilva Parish Council**



# St John's Mission Church

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

## Services for March 2024

Sunday	3 <sup>rd</sup>	11.00 am	Holy Communion
Sunday	10 <sup>th</sup>	11.00 am	Mothering Sunday Celebration
Sunday	17 <sup>th</sup>	11.00 am	Holy Communion
		3.45 pm	Tea Time Church for children & their families
Sunday	24 <sup>th</sup>	11.00 am	Palm Sunday Praise
Wednesday	27 <sup>th</sup>	7.00 pm	Holy Week Prayers
Sunday	31 <sup>st</sup>	11.00 am	Easter Day Holy Communion
Thursdays		10.00 am	Morning Prayer Fellowship

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

Friday	1 <sup>st</sup>	2.00 pm	World Day of Prayer Service and Tea
Thursdays	7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup>	12.00 - 1.30 pm	Lent Lunch
Wednesday	20 <sup>th</sup>	3.00 pm	Good Grief Café
Tuesday	26 <sup>th</sup>	2.00 - 4.00 pm	Stitch, Knit & Natter
Thursday	28 <sup>th</sup>	2.00 - 4.00 pm	Memory Café

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

## MILLENNIUM HOUSE COMMUNITY COFFEE SHOP

**Open Tuesdays, Wednesdays, and Fridays  
9am to 1pm (to coincide with the Post Office)**

We, the volunteers, opened the Coffee Shop in 2017 with the hope of giving something back to the community. The atmosphere is relaxed, making it an ideal place to enjoy meeting up with friends for a cuppa and a chat. A warm welcome is assured. We would like to say a huge "Thank You" for your continued support.



**Tuesday  
26<sup>th</sup>  
March**

**St John's  
Mission Church  
Pensilva**

**on the  
last Tuesday  
of the month**

**2.00  
to  
4.00 pm**

**Contact Kathleen  
01579 363686**



# Teatime Church



**For children and their families**  
**Playing Games**  
**Singing and Praying Together**  
**Sharing a Bible Story**

**Sunday 17<sup>th</sup> March  
3.45 pm**

**St John's Mission Church  
Pensilva**

**Eating Tea**

For more information  
contact: Rev Becca Bell  
[revbeccabell@gmail.com](mailto:revbeccabell@gmail.com)





# LENT LUNCH

Thursdays

7<sup>th</sup>, 14<sup>th</sup> & 21<sup>st</sup> March

12 noon to 1.30 pm

Please come & enjoy  
a simple meal of homemade soup  
with a roll & cheese,  
coffee or tea.



**St John's Mission Church  
Pensilva**

*Donations*

*in aid of church work in  
our community*

## What is PCA?

The soup and roll warm space at the Millennium House Coffee Shop has proved to be rather popular, but a question keeps arising: who is PCA?

PCA, or Pensilva Community Association, is charity formed over a decade ago with the intention of taking over the day to day running of Millennium House. Unfortunately, despite huge efforts put in by all, those plans never came to fruition (it's a long story, but it involves the Parish council, solicitors, most councillors quitting, and the idea eventually losing traction). Suffice to say, the charity continued to exist, and now takes on the role of providing funding wherever possible for Millennium House to benefit the community at large, and reduce the burden on our parish precept (that's the bit of your council tax bill that goes locally).

As well as purchases for Millennium House and the warm space, PCA also provided the startup funding for the Pensilva Film Club—our monthly cinema night—and the new mother and toddler group. Our income is mainly from the Coffee Shop, which is staffed by a team of fantastic volunteers. I'd like to take a moment to thank them for their tireless hard work, and encourage you to pop in and grab a coffee and slice of cake!

**James Bruce (Parish Pump Editor and secretary of PCA)**





# **Pentiddy Community Woodland Volunteer Days 2023/24 Everyone Welcome**

Sunday 24th March  
11:00 - 15:00

Come share some good company and productive work.  
Improving the woods for all that use it.  
Soup, bread, hot drinks and cake supplied.  
Please bring gloves and hand tools if you have them.  
We have some tools and gloves. No experience needed.

Any questions please call 07989330887, or via the facebook page  
[mail@pentiddy.co.uk](mailto:mail@pentiddy.co.uk)



# Gardening Club Report

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

On Monday 5th February we had a visit from Jim Stephens who gave a talk on "Soil – no dig gardening". You might wonder how much there can be to say about soil but clearly there is an awful lot as there is a degree available in soil science!

Jim has an allotment which he has owned for over 10 years. When he first arrived the previous owner had used a tractor to plough the area—now only grass remained. Jim did what most of us would probably do: he started digging. He spent all that summer digging, one trench after another, digging away, make a trench, full in trench in, move to the next one and repeat.

Other allotment owners saw the trenches and offered some spare vegetables: potatoes, cabbage plants etc. All that digging was well worth it—a bumper crop for the first season! So, in the winter Jim began the digging again, all the work will be worth it—remember that. But, the next season the crop was not so good, Jim thought maybe the digging was not worth it after all. Somewhere Jim had heard about 'no dig' so he thought that would give him some more time but could it really be true—have an allotment where you don't dig? Surely not!

Jim told us he likes to read, research, learn about things so he went about investigating the "no dig" theory. During his investigations he found a blog by Roger Brook, "the no dig gardener". Jim recalled he had a tutor at college with the same name, he then discovered it was the same person. This made Jim start to believe this could be a real thing.

Church yards had been maintained with a light touch only, very little to no digging and the results were incredible—full, varied, and blossoming flower meadows. Well, Jim's interest peaked. "No dig" has been tried, tested and the results speak for themselves. That was it. He would stop digging in his allotment. **It was simple: just do not dig.**

Part of the no digging is in the autumn to spread compost on the top of the soil to give it nutrients, and protect it from elements. The compost is processed by the worms and mixes with the soil underneath. Simply it is nature's way. Soil is complex, it is living, there

is chemistry, biology, and even physics involved! Soil is made up of structures which is has perfected itself over the many, many years. By digging the structure is damaged, it's altered, there's a loss of oxygen, and water decreases amongst other negative results. Soil needs care, soft touches and a little natural enhancement of compost.

*Gardening club meets on the first Monday of every month at 7:30pm at St Ive Village Hall.*

## Coming Up at the CAVE

Please see [callingtoncave.weebly.com](http://callingtoncave.weebly.com) for more details



**THE 4<sup>th</sup> THURSDAY IN THE MONTH IS FILM NIGHT IN CALLINGTON**

Join us in March for:

# “ARE YOU THERE, GOD? IT'S ME, MARGARET.”

*Running Time: 1hr 45 mins*



For over fifty years, Judy Blume's classic and groundbreaking novel **Are You There God? It's Me, Margaret.** has impacted generations with its timeless coming-of-age story, insightful humour, and candid exploration of life's biggest questions. In Lionsgate's big-screen adaptation, 11-year-old Margaret (Abby Ryder Fortson) is uprooted from her life in New York City for the suburbs of New Jersey, going through the messy and tumultuous throes of puberty with new friends in a new school. She relies on her mother, Barbara (Rachel McAdams), who is also struggling to adjust to life outside the big city, and her adoring grandmother, Sylvia (Kathy Bates), who isn't happy they moved away and likes to remind them every chance she gets.

*"Its refusal to shy away from sensitive subject matters, coupled with brilliant performances from the lead cast, and a meticulously crafted script, results in a story that not only entertains with astute humour but also resonates on a deeply personal level."*

*"In addition to Rachel McAdams's note-perfect evocation of maternal devotion and doubt as the main character's mom—a performance completely worthy of an Oscar—there's terrific work by Benny Safdie, Kathy Bates and Abby Ryder Fortson in the title role..."*

## Thursday 28<sup>th</sup> March

**Callington Town Hall Council Chamber**

Doors open at 7.15pm for membership registration

**Members' entrance: Adults: £4 U18s: £3**

**Start time: 7.30pm (Doors open at 7.15pm)**

# St Ive Church

Mar 3rd	Morning Service	11:15am in Church
Mar 10 <sup>th</sup>	Chapel Service	10:30am In Village Hall
Mar 17th	Holy Communion	11:15am In Church
Mar 24 <sup>th</sup>	Chapel Service	10:30am In Village Hall
Mar 25 <sup>th</sup>	Holy Week Service	7pm In Church
Mar 29 <sup>th</sup>	Good Friday Walk of Witness 10:30am start at Church. Service in Village Hall	
Mar 31 <sup>st</sup>	Easter Day Service	11:15am In Church

**Fri 8th**                      **Lent Lunch**                      **12 Noon to 1:30pm**  
*Homemade Soups +cheese and biscuits*

**Fri 22<sup>nd</sup>**                      **Lent Lunch**                      **12 Noon to 1:30pm**  
*Homemade Soups + cheese and biscuits*

**April 6<sup>th</sup>**                      **Table Top Sale 10:30 to 3pm**  
*Lots of Tables, Farm Fresh Meats, Homemade Refreshments*

**April 12<sup>th</sup>**                      **Polperro Fishermans Choir with the Wreckers**  
**7pm**  
Refreshments Entry by donation



THE MILLENNIUM HOUSE  
CRAFT ROOM, UPSTAIRS



SPONSORED BY  
PENSILVA  
COMMUNITY  
ASSOCIATION

**PENSILVA**

**STAY 'N' PLAY  
TODDLER GROUP**

**£3** PER CHILD  
SIBLINGS £2

**THURSDAYS**

**10AM - 11.45AM**

**GREAT TOYS  
SENSORY PLAY  
CRAFTS  
AND MORE...**

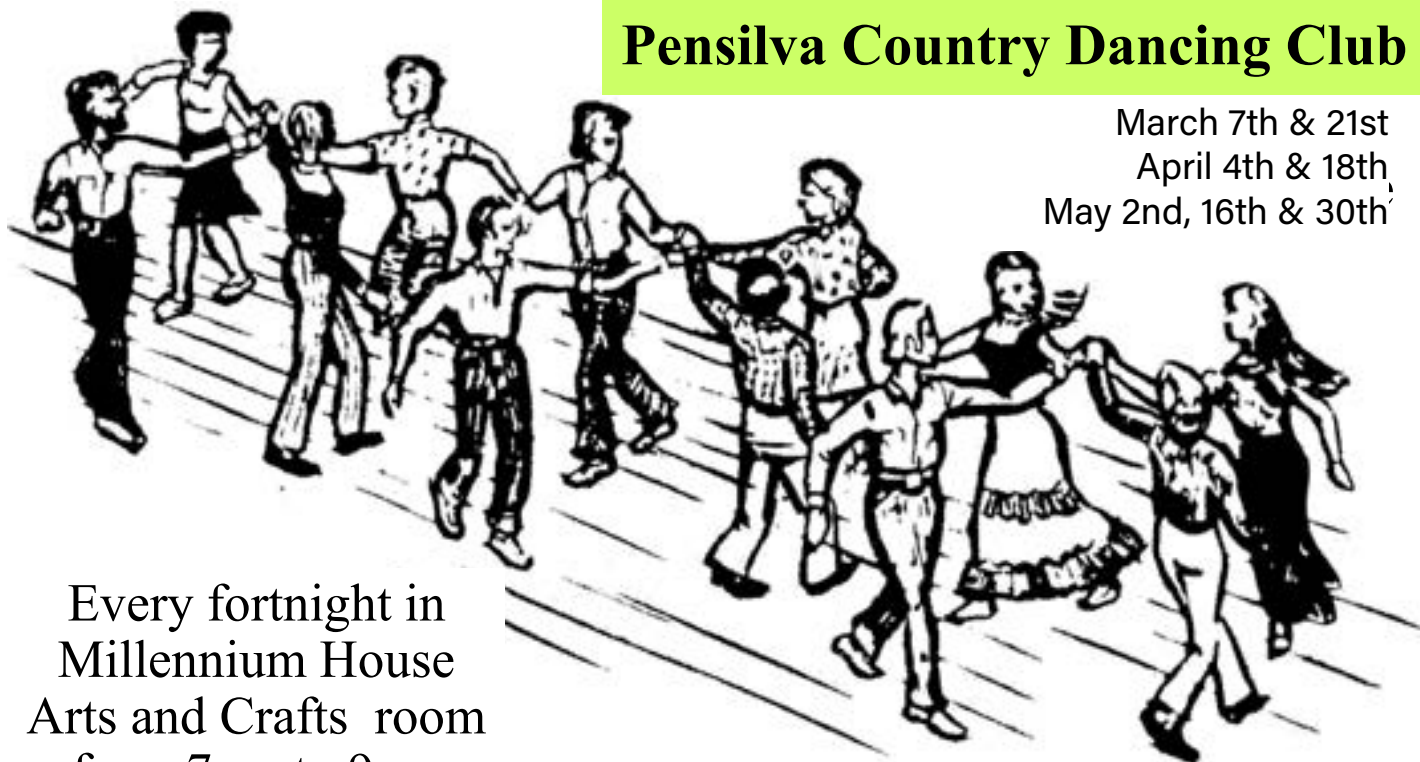
**ADULT AREA  
TEAS, COFFEES &  
BISCUITS**

**SNACK INCLUDED**



## Pensilva Country Dancing Club

March 7th & 21st  
April 4th & 18th  
May 2nd, 16th & 30th



Every fortnight in  
Millennium House  
Arts and Crafts room  
from 7pm to 9pm

For information ring Frances 01579 363718



# YOUTH GROUP

## FOR 11-19 YEAR OLDS

UP TO 25 YEAR OLD WITH SEND.

### EVERY FRIDAY 5:00 TO 7:00 PM

FREE OF CHARGE & OPEN TO ALL

VENUE: MILLENNIUM HOUSE, 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/KERNOWCONNECT](http://WWW.SERVICES.ACTIONFORCHILDREN.ORG.UK/KERNOWCONNECT)



**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**

***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.**

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



# THE MEL BAR OPENING HOURS

**Monday: Closed**

**Tuesday-Saturday: Open 5 - 10:30pm**

**Sunday: 12 - 5pm**

Under 18s are welcome in the bar with an accompanying adult until 9pm.

Pool table available most nights.

Dogs also welcome.

**ROYAL  
VOLUNTARY  
SERVICE**

## **RVS WEDNESDAY CLUB, PENSILVA**

Meetings are held every 3rd Wednesday of the month (not August) from 2 - 4.p.m. at Pensilva Village Hall. Entry fee £2 which includes Raffle and light refreshment.

**20th March: All Recycling**

**17th April: Health and safety in the house**

Everyone Welcome. For further Information please contact:

**Cherry Woodhouse (Chairperson) 01579 363874**

**Marlene Carr (Secretary) 01579 362919**

## **MELODI LISKERRET**

- A mixed group, singing a variety of well known numbers including Folk & Cornish songs.
- Local to you!
- Weekly rehearsals in St. Ives – Gorfenna, PL14 3LX
- Friendly informal rehearsals with a tea break and biscuits!!
- **Free one-to-one professional singing tuition within a few weeks of joining!!**

**For more information, please contact Gerald, secretary, on 01579 363881 or email: [charaton@btinternet.com](mailto:charaton@btinternet.com)**

## **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**

Please note that as well as hall rent there is a coin meter for heating at 60p/hr.



### **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)

## **MOBILE LIBRARY SERVICE**

**Next visit to Pensilva is  
FRIDAY 8th MARCH 10:25-10:45  
outside Victoria Inn**

**The county library services visits every four weeks on Friday. You can browse the shelves, or pre-order books using the link (scan the QR code on the right):**



<https://www.cornwall.gov.uk/libraries-museums-and-archives/libraries/mobile-library/>

# Liskeard Repair Café

*"If you can carry it, we'll do our best to mend it!"*

## What is a Repair Café?

We are a friendly group of volunteers, with repair skills in all kinds of fields, who come together once a month to help people make repairs to a variety of items, including clothes, furniture, electrical equipment and appliances, bicycles, crockery, toys, etc., etc. Also, if you like, you can sit with our repairers and learn new skills or simply get some expert advice. Alternatively you can spend time chatting with others whilst enjoying a free tea or coffee and cake or one of Ian's amazing toasties.

We are part of a nationwide network of Repair Cafes whose aim it is to create a more sustainable future and avoid the unnecessary disposal of items that with a simple repair will give them a new lease of life. But most of all, the Repair Café is a place for people to come together and see how easy and how much fun it is to repair things.

Repairs and refreshments are free, however any donations are gratefully received to help maintain the ongoing costs of running the Repair Café.

## Where and when can you find us?



We meet on the 2<sup>nd</sup> Saturday of each month from 1pm – 4pm at the Liskerrett Community Centre, Varley Lane, Liskeard, PL14 4AP. There is a small amount of disabled parking at the Centre and plenty of other parking at The Cattle Market pay & display car park adjacent to the Centre.

## More Information

You can find out more about us and updates before each Repair Café of what skills are likely to be available on the day on our FaceBook Page, just search for "Liskeard Repair Café."

## Want to volunteer?

There is always room for more volunteer repairers. If you would like to join us either drop into one of our sessions, send us a message via our FaceBook Page or email [liskeardrepaircafe@outlook.com](mailto:liskeardrepaircafe@outlook.com)

We look forward to seeing you.



# St. Ive Village Hall, The Cross, PL14 3LZ

## HALL HIRE

**£5 an hour**

**Includes use of the kitchen and electric (except wall heaters, which are on a £1 coin meter)**

**For bookings ring Beth: 01579 382066**

**Or 07476156659**

## Regular Group and Activity Timetable

<b>Gardening Club</b>	<b>1<sup>st</sup> Monday monthly 7.30pm</b>	<b>01579 382762</b>
<b>St. Ive Snooker Club</b>	<b>Mondays and Thursdays 7pm</b>	<b>01579 382315 R. Bunkum</b>
<b>Mobile Post Office</b>	<b>Wednesday 10.30am – 11.30am</b>	
<b>Coffee Morning</b>	<b>Wednesday 10.30am – 12md</b>	

<b>Methodist Sunday Service</b>	<b>Check timetable in Parish Pump for services</b>	<b>Kathryn or Keith Mutton 01579 382334</b>
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# Total Triage



Accurx Patient Triage is an online form to contact the practice about your health. Our surgery will be moving to a Total Triage system from Thursday 5th October. The model is as follows:

All patients submit an AccuRX patient triage from their smart phone or computer, the link for which is on our website. If you do not have a smart phone or are unable to do the online form you can call the practice and the reception team will complete the form on your behalf.



All clinical patient triages are reviewed by a GP. All triages will be looked at the same day and responded to within 72 hours, unless deemed urgent.



Upon review the team will contact you with an appointment or will signpost you to the correct service



# 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



*into Bodmin & Cornwall National Landscape present*

**AN EVENING OF COMEDY &  
REGENERATIVE FARMING**

# Don't Soil Yourself!

5PM A SHOWING OF THE FILM  
'6 INCHES OF SOIL'

6.30PM FOOD

7.30PM COMEDY & GUEST  
SPEAKERS

HEADLINED BY  
**KERNOW KING!**

**FUN,  
FOOD &  
FARMING!**

**SATURDAY THE 9TH OF MARCH  
PENSILVA MILLENNIUM HOUSE**



**BOOK YOUR  
FREE TICKET  
HERE**

[WWW.INTOBODMIN.CO.UK/EVENTS](http://WWW.INTOBODMIN.CO.UK/EVENTS)



**Farming in Protected  
Landscapes programme**

# ADVERTISING

A huge thank you to all our advertisers that support the Parish Pump each month: **without you we wouldn't be able to publish this valuable local resource.**

Please note that all advertising must be paid for in advance.  
TWO MONTHS FREE when purchasing for a year.

Quarter page: £10 per month, or £100 for 12 months  
Half page (this unit): £20 per month, or £200 for 12 months  
Full page: £33 per month, or £330 for 12 months

*(All prices are inclusive of VAT)*

**Contact [stiveparishpump@gmail.com](mailto:stiveparishpump@gmail.com) to enquire**

## J. J. Child

**Plumbing and heating engineer.**  
Oil appliance service,  
repair and breakdowns.

**40 years' experience.**

**Call John:**  
**01579 362336**  
or  
**07837 921086**



## PENROSS

Rosecraddoc Lodge Holiday Bungalows  
(Between Pensilva & Liskeard)  
Perfect for family & friends coming to visit!



**Sleeps 4**  
**Sorry no pets or smoking**  
**Tel: Julie 01579 362221**  
**Email: [penhargetfarm@gmail.com](mailto:penhargetfarm@gmail.com)**



# Group Travel

Day Trips & Coach Holidays

Enterprise Park, Midway Road, Bodmin, Cornwall PL31 2FQ Tel: 01208 77989

## Coach Excursions & Tours 2024

<b>7th - 12th April</b>	<b>Derbyshire &amp; The Peak District</b>
21st May	South Devon Railway & Rare Breeds Farm
25th June	Bicton Park Botanical Gardens
10th July	Jurassic Coast World Heritage Site Cruise
30th July	Meaders Lavender Farm & Cream Tea
<b>17th - 21st July</b>	<b>Visit Eastbourne</b>
13th Aug	Pecorama & picturesque Beer Village
<b>6th - 8th Sept</b>	<b>Burghley Horse Trials</b>
10th Sept	Widcombe Fair
9th October	Goosey Fair, Tavistock
2nd November	Bridgwater Carnival

Visit our website for all our excursions & tours.

Call: Dawn or Robin on 01208 77989 for bookings and brochure  
website: [www.grouptourtravelcoachhire.co.uk](http://www.grouptourtravelcoachhire.co.uk)  
email: [grouptourtravelcornwall@btconnect.com](mailto:grouptourtravelcornwall@btconnect.com)

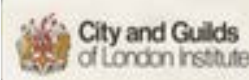
## Bodmin MOT Centre

**01208 77989**

Garage Services  
MOT Testing Station  
Classes 4, 5 & 7  
Servicing & Repairs  
High Vehicles & Motorhomes  
Brake Test & Headlight Alignment  
Pre MOT Inspections  
Annual & Interim Vehicle Servicing  
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



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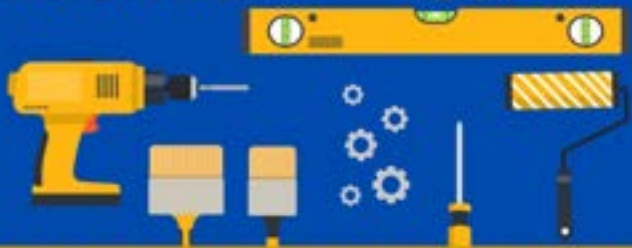




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**Tuesdays:** 9am to 1pm.

**Wednesdays:** 9am to 12 noon.

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**The Millennium House  
coffee shop is also open on  
these mornings.**

**St Ive:** At St Ive Village Hall

**Wednesdays:** 10:30 to 11:30am

**Coincides with the St Ive  
Village Hall Coffee Morning**

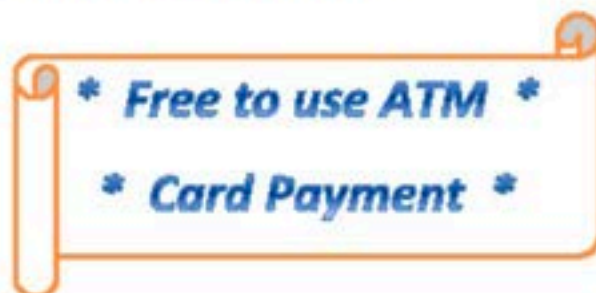
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