

JUNE, 2024

# THE PARISH PUMP

Newsletter for the Parish of Pensilva and St Ive



**The Gardening Club visits  
Anthony Woodland Gardens**

## DISCLAIMER

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

### Parish Councillors Telephone List

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Rosemary Farley	01579 384810	Martin Corney	01579 382450
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Paul Mann (vice chair)	01579 363757	Nigel Libby	079 6889 1814
Ivor Vaughan	079 7993 4604	Patricia Steer	01579 363096
James Bruce	074 1119 2645	Craig Vaughley	01579 364083
Steve Willis (chairman)	01579 363096		

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

### Meetings of St Ive Parish Council

Meetings are usually held on the second Monday of every month, except August and December when no meeting is held. Please see the website or notice board 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

Well, I didn't see that one coming: finally, a reason to celebrate Independence Day in the UK, as a snap general election has been called on the 4th July, for reasons known only to our dear Rishi.

I haven't been this excited since, well, last week, when *Bridgerton* season 3 was released. History whispers to us of the summer of 1945, when a similar electoral gambit resulted in a landslide victory for Labour. Despite the striking parallels and the current polls that suggest a twenty percent lead for Labour, our Prime Minister still opted for this course. One must admire the sheer audacity of it all.

I'm sure there's no coincidence at all that on the very same day, the government also launched a new website about preparing for emergencies, with advice such as stockpiling at least 3L of water per person per day, for three days. You'll find it at:

**[gov.uk/prepare](https://www.gov.uk/prepare)**

That's on top of advice they pushed last November about preparing for a "low-level radioactive event". Regardless of what the next few months bring us, being prepared for emergencies is always a good idea.

I'll end this month's column with another website recommendation:

**[voteforpolitics.org](https://www.voteforpolitics.org)**

It challenges you to take an impartial look at each party's policies, pick and choose which most aligns to your views—without actually telling you which party it comes from. At the end of the quiz, you'll see whose policies you voted for most, and the results will almost certainly surprise you.

Alas, the last time I took the quiz in 2019, I found myself aligned 20% with each of the five biggest parties. Does this make me the ultimate floater? Wait, that didn't come out right... maybe I am simply unrepresentable?

**James**

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# Chairman's Report

Had somebody said last month that I would be writing this article for the Parish Pump, I would have looked at them somewhat incredulously. However, during the recent AGM of the Parish Council, a nomination and subsequent vote took place resulting in my becoming Chairman, a position I am both proud to accept and one which I shall endeavour to fulfil to the best of my abilities.

Let me begin by introducing myself and give you a little background. My name is Steve Willis and I have lived here in Gang (ideally positioned between St Ive and Pensilva!) for nearly seven years with my wife, Alison, and our two labradoodles Phreddi and Charlie. We moved here from the Isle of Mull on the west coast of Scotland where I was chairman of their Community Council (the equivalent of our Parish Council), a position I held for a number of years.

I should like here to thank my predecessor, Alan Moss who chaired the Parish Council for more than three years and I hope to draw on his considerable experience as I settle into this exciting and challenging role.

On Wednesday 22nd May, the Parish Council held its annual "Open Meeting" whereby members of the public were invited to come along and learn how the parish council operates and ask questions of the councillors in attendance. We were introduced to our Cornwall Councillor, Phil Seeva who has taken over the role from Sharon Daw who stood down for health reasons. We hope to see a lot more of Phil at our Parish Council meetings in the future. In addition, representatives from the Pensilva WI and Tregovenek (Pentiddy) gave very informative and enjoyable talks on their respective organisations. Thanks go to Alison, Ele and Laura for their presentations. Despite the technology proving difficult at times, I'm sure we all took something beneficial away with us from the meeting.

I'll let you get on now, dodging the downpours, thunder and lightning and see you next time.

**Steve**

# Community Resilience Project

Let's learn from each other about improving energy efficiency in our homes. Further to our article earlier this year, we now have dates and times for two tours of local properties that may be of interest to local people who would like to explore practical solutions for upgrading their homes.

On **Saturday June 15th from 3pm**, tour 1 will visit three whole-house projects.



The straw bale house at Pentiddy,

Brook House in Middle Hill,



and the Burntwood Eco house on the Golberdon Road.

All three were effectively newbuilds and demonstrate different approaches to building an energy-efficient home. Many of the ideas and techniques can be put to use on much smaller-scale projects. The tour will last around 2 to 2.5 hours.

On **Thursday June 27th from 7pm**, tour 2 will visit three older cottages where measures have been taken, or are being taken, to improve energy performance. They range from relatively minor projects to a full refurbishment.



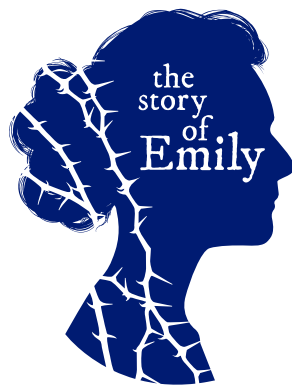
The cottages are at Gang, Shute Lane and Middle Hill. As well as seeing the improvements themselves, you will be able to talk to the householders about what it involved and, in at least one case, to hear about a couple's experience of the grant application process. This tour will last approximately 1.5 to 2 hours.



**Insulate! Insulate! Insulate!**



To book your place on one or both tours, please email [posicrp@gmail.com](mailto:posicrp@gmail.com) or telephone Joe on **01579 364016**. There is no charge. These are free events organised by the Parish of St Ives Community Resilience Project.



We are delighted to announce that  
The Story of Emily is open!  
*Thursday – Sunday, 9am – 5pm*



Come! Leave the present behind and journey back in time with us at The Story of Emily to uncover the life of Emily Hobhouse. Discover how one woman from this Cornish village shaped events a world away.

We can't wait to welcome you!

Visit our website to find out more and to book  
[thestoryofemily.com](http://thestoryofemily.com)



# Pensilva WI

A journey of over 6,000 miles made by a woman in a time (1900) when this would have been unheard of was the introduction to this month's talk. Daniéla Barnard (Attractions Manager at "The story of Emily" in St Ive) spoke about the life of Emily Hobhouse, including her work in the Anglo-Boer war and the exciting development of the Rectory and grounds where Emily was born and lived until she was 34.

From a young age, growing up in Cornwall, Emily always wanted more. Eventually, she was appointed secretary of the women's branch of the South African Conciliation Committee, went onto found the Distress Fund for South African Women and Children then sailed to Cape Colony to distribute this.

She discovered the many camps and the poor conditions in these and gained widespread recognition in South Africa for her work with the women and children in the camps. She championed hope and left behind a legacy of compassion. "Liberty is the equal right and heritage of every child of man, without distinction of race, colour or sex." (Emily Hobhouse 1913). Her life was full of involvement in many causes.

The site in St. Ive is a bridge between the events in South Africa and her childhood home in Cornwall, telling her story. The Rectory is a glimpse into Emily's life in 1875 and is open from 16th May. The restaurant will be serving delicious heritage food, the gardens and grounds (including the 'mound' with a telescope at the top!) are available to explore. At a later date, the war rooms will also be open to experience. More details can be found on the website: [thestoryofemily.com](http://thestoryofemily.com)

Members were all very keen to go and visit this local site and find out more.

No Birthdays in May, 2 from April: Hilary Clatworthy & Pauline Caffery.

Competition winners: Monthly competition –

A Victorian Artefact: 1st Jo Hodgkinson 2nd Mary Yates 3rd Pauline Caffery. Flower of the month: 1st Alison Willis 2nd Sue Hill 3rd Pauline Caffery.

Our next meeting will be on **Wednesday 12th June, 7.15pm** in Millennium House when Lois Taylor will be leading us in sitting and standing exercises. New members and visitors are welcome to come along.

# Millennium House

Hi Parish Pump Readers. May certainly held those sunny days we were hoping for. June has arrived and we find ourselves halfway through the year already!

This month at Millennium House we have ...

**Saturday 1st June** - join Hayley at Slimming World for your weigh in, some handy tips and bundles of fun either at 8am or 9.30am.

**Sunday 2nd June** - our monthly Pensilva Market is from 11am to 2pm! Please support all the stall holders! There is free parking, free entry to the market, refreshments available to purchase on the day, amazing crafts, nibbles, baked goods, farmers meat and even a bouncy house for the children too!

The bar will be open from 12 noon until late with the Pensilva Pool team playing at home.

**Monday 3rd June** - stride into a gentle exercise with Mims from 10.30am, flow into yoga with Laura Louise Yoga from 5.30pm or be ready at the service line for Badminton from 7.30pm weekly.

**Tuesday 4th June** - line up blood donors for our NHS Blood drive! Or join in with Wildworks Workshop from 7.30pm.

**Wednesday 5th June** - calling all 2 & 3 year olds, Coach James from Kixx is ready to keep you active from 9.40am to 10.20am every Wednesday. Natalie from Sing and Sign is ready for all the 0 to 30 month olds to join in! Book your age appropriate group with nataliecole@singandsign.co.uk

**Thursday 6th June** - Baby and Toddler with Tammy will be ready to play and get creative for all ages up to 4 years old from 9.15am to 11.15am. £2 per family. Walking Netball from 4pm and Aikido from 7.30pm.

**Friday 7th June** - bring out your inner artist with Penmill art group every Friday at 10am! Join in with Slimming World from 5.30pm every week! Try your hand at table tennis or pool from 5pm!

**Saturday 8th June** - get building at the Lego Club from 9.30am or get your dabbers ready for the PSA Family Bingo!!! Doors open at 6pm and eyes down 6.30pm! Be ready for tea, coffee, cake and raffle too! All money made goes to Pensilva School.

**Sunday 9th June** - Youth Football Presentation will be on and we hope the weather

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holds out for outdoor games! The bar will be open from 12 noon until late! Come along and support the pool team at their match.

**Wednesday 12th June** - join the Pensilva W.I. Ladies for an evening from 7pm.

**Thursday 13th June** - Garden Bloomers gather at 2pm or get dancing with Country Dancers from 7pm. (you can dance in a fortnight too on 27th June!)

**Friday 14th June** - the wonderful NHS Blood Drive will be with us again!

**Saturday 15th June** - get ready for an afternoon of tea, nibbles, bingo and a raffle at Tess' Tea Party from 2pm to 4pm.

**Wednesday 19th June** - come along Bingo dabbers, get yourselves ready for this month's Bingo with Colleen and Ruth. Doors open 7pm, eyes down 7.30pm.

**Friday 21st June** - come along film lovers and watch Whitney: I wanna dance with somebody.

**Tuesday 25th June** - the wonderful team from NHS Blood Drive will be joining us for a 3rd date this month!

## ***Carnival update – Saturday 20th July 2024***

I have received many nominations for Carnival King, Queen and Attendants, thank you for getting involved! We are looking forward to all the Scarecrow Competition entries. Don't forget to get your entry form into Millennium House before Carnival week and display your scarecrows from Sunday 14th July until the end of Carnival Day on Saturday 20th July 2024. I hope you are all super excited?! We are looking forward to the entire week and Carnival Day. We can't wait to see all the fancy dress costumes, baked goods, animals, amazing stalls, yummy BBQ, bouncy castle and assault course fun and so much much more! All finished off with a fabulous disco!

Have a jaunty June!

***Vanessa***

**Please note, there will be no Tuesday Singing for Well-Being on June 4th and 11th. We are back 10am Craft Room, Millenium House on 18th June**

# PENSILVA CARNIVAL SCARECROW COMPETITION ENTRY FORM

**Scarecrow must be on display from Sunday 14th July to end of Carnival Day.  
Please return entry form to Millennium House reception before carnival week.**

Winners will be determined by a public vote on the day of Carnival!

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Postcode: \_\_\_\_\_ - \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_



## Film Club

Last month we showed *Mothering Sunday* which, as it turned out, was neither much like *Downton Abbey* nor *Upstairs Downstairs*! I, like most of the audience I think, found the film incredibly slow-paced and I just wanted it to wind up and get going; but it never really did. Usually I'm a great fan of period dramas but this just didn't work for me—although there were a few in the audience who did enjoy it. Let's hope for something a bit more dynamic this month, on the 21<sup>st</sup> June, when we are showing the Whitney Houston biopic "I Wanna Dance With Somebody". Who doesn't like a bit of Whitney?

Please do bring film recommendations/wishes when you come along each month. We can't obtain licences for all movies but I can

always check. We can't show films that have been made by companies such as Amazon or Netflix though—they have to come from the larger well-known distributors.

As usual, doors open at 7pm for a 7.30 start, and the bar will be open before and after the film. C-Fylm members pay only £3, while new members and those needing to renew their yearly membership pay £6 (this includes the film on the night).

Any inquiries to - [judy.two@outlook.com](mailto:judy.two@outlook.com)  
or 01579 208836

*Pensilva Film Club, in Association with C-fylm, part of Creative Kernow*



Pensilva Community Association and C-Fylm Present

# PENSILVA FILM CLUB

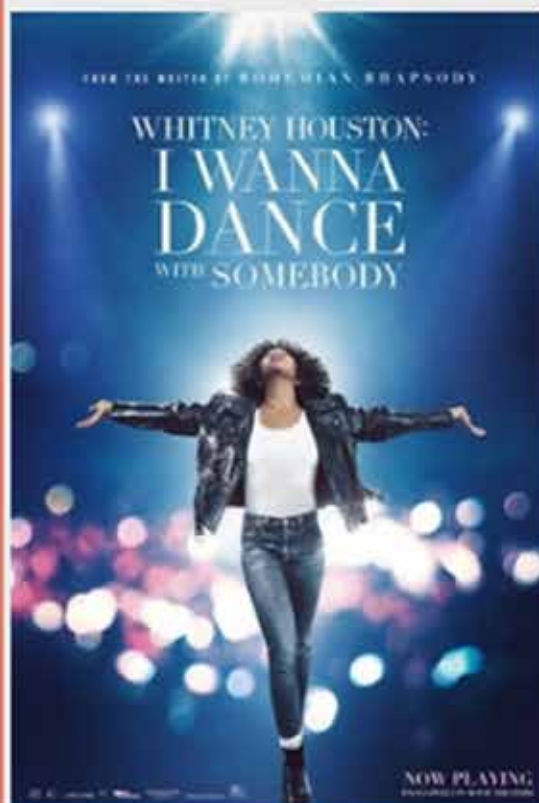


**FRIDAY, JUNE 21st**  
DOORS OPEN 7PM, FILM STARTS 7:30PM

## I WANNA DANCE WITH SOMEBODY

**£3** for C-Fylm members

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



A joyous, emotional, heartbreaking celebration of the life and music of Whitney Houston, one of the greatest female R&B pop vocalists of all time, tracking her journey from obscurity to musical super stardom.

Rated PG-13. Biography, drama, music - 2 hours 26 minutes.

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...**

## June 2<sup>nd</sup>

SELLERS FROM 10am; BUYERS 11am-2pm

Call Vanessa on 01579 363096 or email  
[ness.mhouse@gmail.com](mailto:ness.mhouse@gmail.com)  
to book your table or other enquiries

Fancy something spicy for lunch instead of the  
usual pasty? Hui will be selling Kimchee Noodles  
(and jars of homemade Kimchee and chilli oil if  
you want more!)

**PRINCESS ROAD, PL14 5NF**





BRING YOUR CREATIONS TO MILLENNIUM HOUSE ON THE DAY BEFORE (OR BEFORE 12PM) OF CARNIVAL DAY. IT COULD BE A DRAWING, OR A PHYSICAL ART PIECE YOU'VE BUILT.

CATEGORIES: 4 AND UNDER, 5-7, 8-11, AND OVER 11

# NEIGHBOURHOOD DEVELOPMENT PLAN FOR ST IVE & PENSILVA



Thank you to all who have completed the online questionnaire. Although we have had a good response so far, we have decided to extend the consultation period. Therefore, the questionnaire is now available to complete online until the 16th June 2024.

For those of you who were not able to attend the recent drop in events, please visit [www.plan4stive.co.uk](http://www.plan4stive.co.uk)

This dedicated website explains what a **Neighbourhood Development Plan** is, and why we need one for St Ive & Pensilva.

You will also see a link to the questionnaire on this website. There are 27 questions in total which cover seven themes. In order to complete the questionnaire, you will be asked to go through a simple registration process—this is to ensure that all responses are legitimate. Also, by registering, you will be automatically subscribed to receive communications about the plan progress in the future.

## YOUR PARISH — YOUR PLAN — YOUR SAY!

If you do not have internet access then paper copies of the survey are available from the reception at Millennium House.

The QR code on the right will take you directly to the online survey.







## **Millennium House Community Transport**

### **Do You Require Transport to and from the Doctors or Hospital?**

**Our Parish has a number of volunteer drivers who have agreed to continue to help those who do not have transport, by using their own vehicles to help those in need.**

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

**If you would like to volunteer as a driver, or if you require transport to Hospital; Doctors or Vaccination and have mobility issues, unable to drive to your appointment.**

**Please contact Marlene on 01579 362919 or 07896994947 and we will endeavour to help.**

*Note; a previous copy of this notice erroneously listed the date as 2023.*

**PENSILVA WOMENS' INSTITUTE**

**HORTICULTURAL SHOW**

To be held in

**Millennium House, Pensilva**

On

**Saturday 14<sup>th</sup> September 2024**

To be opened at 2.15pm

By

**ST.IVE PARISH COUNCILLOR**

**ALAN MOSS & JULIE MOSS**

Please return cups awarded in 2023  
to either Trish Thomas or Alison Willis  
by Monday 19<sup>th</sup> August 2024

## HANDICRAFTS

### SECTION 5 - OPEN

#### CLASS

62. Knitted or crocheted item
63. Item of needlework
64. Painting (any medium)
65. Item of sugarcraft or porcelain
66. Any other handicraft, not included in the above classes.
67. Any hand-made bag, any medium.

## PHOTOGRAPHY

### SECTION 6 – OPEN

#### CLASS

- |     |  |       |
|-----|--|-------|
| 68. | Any sporting photo   | Print |
| 69. | An unusual sky   | Print |
| 70. | A humorous photo, with caption                                 | Print |
| 71. | `Young & old'  | Print |
| 72. | Own Choice   | Print |
| 73. | A digitally enhanced photograph<br>of one of the above classes | Print |

### SECTION 7 – OPEN JUNIOR UNDER 15

#### CLASS

- |     |                    |       |
|-----|--------------------|-------|
| 74. | Any sporting photo | Print |
| 75. | A funny photo      | Print |
| 76. | Own choice         | Print |

**PRINTS MAY BE COLOUR OR BLACK & WHITE, NO LARGER THAN 7" X 5"/18 X 13CMS, MOUNTED ON WHITE CARD 8" X 6"/20 X 15CMS.**

PENSILVA COMMUNITY ASSOCIATION  
AND GORFENNA COMMUNITY  
INVITE YOU TO

# CAKE, CUPPA, & COMPANY

EVERY  
THURSDAY



10:30 AM  
TO  
12:30 PM

AT THE COFFEE SHOP,  
MILLENNIUM HOUSE

- Come along and enjoy homemade cake, a cup of tea/ coffee, and good company.
- EVERYONE welcome.

## BABY AND TODDLER GROUP WITH TAMMY

Millennium House - Craft Room

£2 per family

Every Thursday  
9.15am to 11.15am  
Term Time only

- ★ MAKING FRIENDS
- ★ FUN EDUCATIONAL ACTIVITIES
- ★ SNACK



# PENSILVA CARNIVAL BAKE OFF!

ADULT CATEGORIES

- Victoria Sponge
- Showstopper

CHILDREN

- Three cupcakes

To be judged on carnival day on 20th July. Please bring your creations to Millennium House before noon, and fill in an entry form there.

Pensilva School PSA  
Presents

# Family Bingo

Family Bingo - £5 per book  
Cash flyer (over 18's only) -  
£1 per game

Saturday 8th June - Arrive  
6pm - Eyes Down 6:30pm

Millennium House, Pensilva

Raffle - Tea and Coffee - Cake



# DON'T BIN IT! RECYCLE IT

**SHARE**

South Hill  
Association for  
Renewable Energy



**& MAKE MONEY FOR CHARITIES**

[www.south-hill.co.uk/charity-recycling](http://www.south-hill.co.uk/charity-recycling)



The **RECYCLING** project trailer will be by St Johns church

on **Sunday June 30<sup>th</sup>** at **12:30**

**Come along with your items.**



## Have you seen the Beast of Bodmin Moor?

Sterts Theatre is producing a new Cornish Comedy musical – *The Beast* as the launch show for our newly re-constructed theatre. As part of this launch, we would love to hear stories about The Beast from our south east Cornwall community. These stories could be scary, mysterious or, like our show, not quite what you might expect from a beast story!

If you would like to submit your story to us, we will be displaying them on site, on our website and social media as part of the Beast experience. Please send voice files or written stories to [marketing@stertsarts.org](mailto:marketing@stertsarts.org)



August - September 2024

[www.sterts.co.uk](http://www.sterts.co.uk) 01579 362382



Are your boots made  
for walking?

# Walks & Talks Festival

Come and discover the stories of our landscape, four walks showcasing the moor, a village and a hamlet within Linkinhorne. All walks are free but donations towards local causes will be appreciated

## Stowes Hill

Join us on a fact finding mission with Iain Rowe who will lead a wonderful circular walk over the moor unravelling the captivating history and folklore this area holds.

Fact or fiction the men on the moor were turned to stone? Was gold really found on the hill? Just how did Cheesewring appear? Who were the first miners making a living from this moor? Come and join us unraveling the moors heritage.

Sunday 2<sup>nd</sup> June 2024

Length: 2-3 miles

Terrain: Undulating

Meeting Venue: Hurlers Car Park

Time: 2:00 p.m.

## Gonamena

Come and be enraptured by the stories of times gone by when this moor was alive with 4000 people toiling within the mines.

Gonamena holds a fascinating history which will be relayed to us by Simon Parker revealing the historical stories that lay behind the boom and bust years of mining on this moor.

Sunday 9<sup>th</sup> June 2024

Length: 3 miles

Terrain: uneven

Meeting venue: Hurlers Car Park

Time: 2:00 p.m.

## Upton Cross

A leisurely stroll at Upton Cross taking in the key features of this moorland village where village friends will guide us through more modern times of ecclesiastical, education and entertainment.

Did you know a prominent architect designed the school, church and school room.

Do your family hold school or wartime memories?

A new resurrection will take place of Sterts Theatre this year but how and when did it all begin?

Come and join in our discovery.

Sunday 16<sup>th</sup> June 2024

Length: 1/2 mile

Terrain: even

Meeting venue: Upton Cross

Time: 2:00 p.m.

## Plusha Bridge

Come and be amazed at how much history one tiny hamlet can possess!

Join Colin and Elaine Humphries and Sally Ellicott as they bring to life some of the social history tales of the people to be found in 1850s Plusha such as Eliza Harris and Francis Bartlett. Plusha Bridge wasn't always the quiet little hamlet hidden way down in the valley.

We will meander from Browda to Addicroft where a cream tea will await.

*Parking may be challenging, Plusha Bridge being the best option.*

Sunday 23<sup>rd</sup> June 2024

Length: 1 mile

Terrain: even

Meeting venue: Browda

Time: 2:00 p.m.

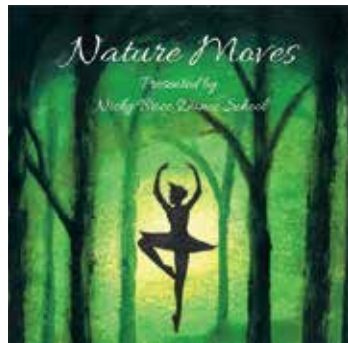


# sterts summer 2024

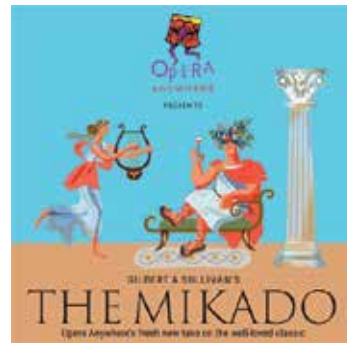
See all these exciting shows and more in our new theatre!



**A Midsummer Night's Dream**  
Troubador Stageworks  
6pm - Monday 22 July



**Nature Moves**  
Nicky Brice Ballet School  
Saturday 27 July



**The Mikado**  
Opera Anywhere  
7pm - Thursday 1 August



**The Hound of the Baskervilles**  
Illyria  
7pm - Friday 2 August



**The Winter's Tale**  
Sun & Moon Theatre  
7pm - Tuesday 6 August



**The Secret Garden**  
The Plandits  
7pm - Thursday 8 August



**Warwick & Davey & Friends**  
10 Year Anniversary  
7.30pm - Saturday 10 August



**The Beast**  
Sterts Theatre Company  
21 August - 7 September

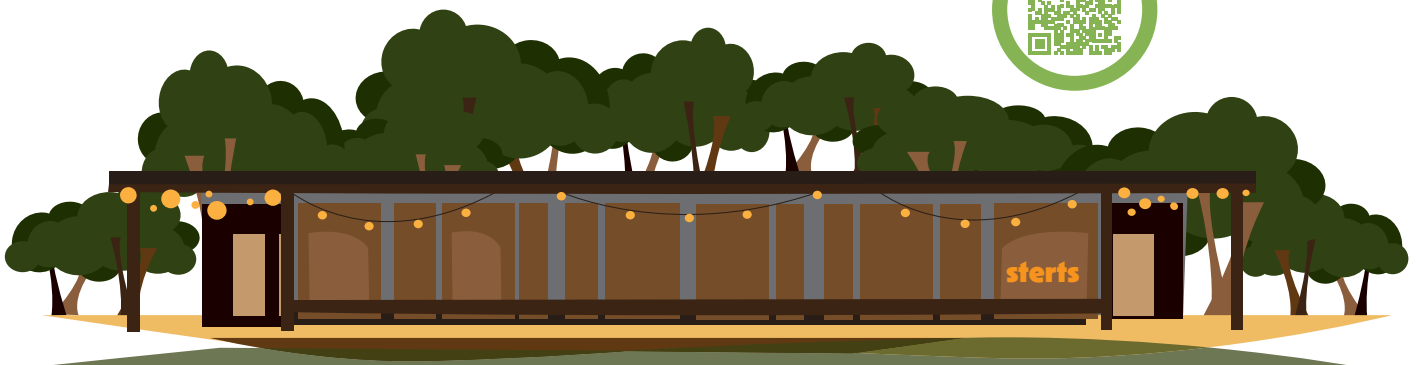
plus...

Romeo & Juliet (Illyria) • The Tempest (Festival Players) • Love Riot (Miracle Theatre) • Sarah McQuaid  
Wonderful World, Skillywidden, Curious Creatures & Journey to The Stars (Squashbox)  
Ed Byrne - Tragedy Plus Time • Last Night of the Proms • The Adventures of Dr Doolittle (Illyria)  
The Band of His Majesty's Royal Marines

boxoffice 01579 362382 • Mon-Fri 10am-1pm

upton cross • liskeard • pl14 5az

www.sterts.co.uk



# Warning: Lookout for Asian Hornets!

Beekeepers call on the public to help fight record Asian hornet invasion

The British Beekeepers' Association (BBKA) is calling on the public to help fight a major threat to honey bees and other pollinators - Asian hornets.

Numbers of the destructive insect have risen rapidly this summer and more have been detected in the UK this year than in the previous six years combined.

BBKA Chair, Diane Drinkwater, released a statement in Spring 2023 saying: "At this early stage of the Asian hornet season, which goes on into the autumn, it is extremely worrying to see so many cases and so early. We must act now to stop them from getting established in this country.

*"Reports from Europe and Jersey indicate that 2023 was an exceptional year for Asian hornets with record numbers of queens and nests. We urge the public to join forces with beekeepers to protect our honey bees and other pollinators from this voracious predator."*

More than 1,000 beekeepers across the country are part of elite teams trained to provide emergency support to the National Bee Unit's (NBU) hornet hunters.

Hornet sightings are filtered by the NBU, part of Defra, and teams of bee inspectors deployed to track hornets back to their nests which are then destroyed.

But the help of the eagle-eyed public is essential to spot the hornets which may be devouring insects or feeding on fallen fruit or ivy flowers.

Asian hornets (*Vespa velutina*) are slightly smaller than native European hornets, have yellow legs, an orange face and brown body with one yellow stripe.

This summer beekeeper Mick Brian discovered an Asian hornet in his garden in Plymouth which eventually led to the destruction of two nests: "We watched in stunned silence as the insect singled out a honey bee, carried it to a nearby leaf, and began to dissect it."

Just one Asian hornet can hunt down and eat 300 honey bees a day and their habit of hawking (hovering) outside the hive stops the bees from collecting nectar and pollen to feed themselves.

Diane added: "Asian hornets are wreaking havoc in Europe and we fear if they get a foot-hold in the UK our honey bees and many other insects will be decimated here, too.

"They are the greatest threat to beekeeping since the Varroa mite was discovered more than 30 years ago."

It is important to take care not to approach or disturb a nest. Asian hornets are not generally aggressive towards people but an exception to this is when they perceive a threat to their nest.

People who suspect they have seen an Asian hornet should report it immediately using the phone app 'Asian Hornet Watch' or to the NBU.

Please see below some links to Andrew Durham's resources:

<https://cbka.co.uk/asian-hornet-resource-pack/>

<https://www.youtube.com/watch?v=mx3LhC2fnoc>

<https://www.youtube.com/watch?v=9SNvrq7oNBY>



# PENSILVA CARNIVAL

# DISCO

£2.50 ADULTS // £1 CHILDREN



20  
JULY  
7:30PM

FEAT. DJ EMMA B

MILLENNIUM HOUSE EVENTS GROUP

# Update on Aid for Ukraine

Firstly, Nightingales UK would like to thank everyone who has supported them and they are immensely grateful for the generosity they have received from the local community.

They work alongside Koridor UA; a non-profit humanitarian organisation, which has an ever-expanding logistic network, taking aid where it is most needed to villages and hospitals in the Odessa, Mykolayiv and Kherson regions. Much of this aid is sent directly to the frontline. Nightingales UK is proud to be responsive and flexible, focussing on delivering only what their colleagues in Ukraine are particularly requesting. Using non-profit partners in this way, enables Nightingales UK to use donated money in the most efficient, secure and effective way, reassuring donors of the best use of their funds.

Much of their funding comes from events and on the 20th of April, Ivor Vaughan and friends managed to raise an amazing £281.23 at Millenium House by holding a cake sale. It was a very warm spirited event and once again, we were overwhelmed by the generosity of the aid donations that we received on the day.

One of their next planned fundraising events will be a Ukranian musical event held on the 24th of August in the Wharf, Tavistock. This is Ukraines' Independence Day, which also happily coincides with Nightingales launch day anniversary and should be a very special night for all.

Nightingales are already planning their next trip in June with the aim of delivering their 6th long wheel base 4 x 4 vehicle filled with vital medical and humanitarian aid to Uzhhorod, Ukraine; to be left and used as an ambulance.

On a more sobering note, I would like to forward an extract from a transcript sent



by Olena Mosiychuk, a Paramedic who is considered a national hero in Ukraine; who wrote the following message to Nightingales UK:

*"Thanks to you here in Ukraine, we have the opportunity to help our military and civilians. First of all, I want to thank you for the vehicles provided. These vehicles help to evacuate the wounded. Unfortunately, there is no time to record or photograph our work because the enemy drones are working on the front line. There are so many of them that when you raise your head up, the sky is black and the sun is not visible. The enemy attacks with Kamakahi drones 24/7. They are launched in their hundreds and fly in the direction of cars. If we turn on our phones or some kind of video camera, a drone will immediately fly in and explode.*

*We do not just save human life on the frontline but animals too and bring them back to my shelter. All humanitarian aid that you provide is transferred to the war zone or grey zone, where there are no shops due to constant shelling.*

*We convey our deepest gratitude to you for your work and for your enormous contribution, which has helped save in recent months more than 300 wounded miliary and more than 500 civilians, wounded during shelling of civilian cities and villages.*

*Every day we thank the universe and God for your help and for your opportunity to provide it".*

The need to support Ukraine now is greater than ever! If you would like to donate medical aid or humanitarian aid, please drop off your items to the Millenium Centre or contact Janey Bryson for collection (07808663749). It should be stressed that Nightingales can only deliver items that have specifically been asked for on the list. The list is given below. If you would like to donate money please go to: <https://gofund.me/bfe0368f>.

If you would like to donate a long wheel base 4 x 4 vehicle, please email **nightingalesuk@gmail.com**.

Do not underestimate the power of community and the unity that we share with our brave friends in Ukraine.

### **Nightingales UK are currently asking for donations of the following Medical Aid**

#### **Equipment**

- Collars
- Dressings/Bandages
- Splints
- Syringes
- Crutches
- Eye Wash/Eye Dressings
- Wheelchairs
- Inhalers
- Walking Frames
- Blood Pressure Monitors
- Gauze
- Blood Sugar Testing Kits
- Plasters
- Dressings for Burns/Burns Gel
- Wound Closure Steri-Strips
- Sutures
- Procedure Packs
- First Aid Kits
- Blood Sugar Testing Kits
- Scissors
- Syringes

- Feeding Tubes

#### **Aid to Support the Paramedics Providing Front Line Response**

- Waterproof boots and Winter Jackets
- Torches
- Power banks to charge phones etc
- Metal Detectors
- Over the Counter Medicines
- Paracetamol
- Ibuprofen
- Immodium/Dioralyte
- Decongestant Nasal Sprays
- Vicks/Strepsils
- Disinfectants
- Antihistamines e.g. Piriton, Loratadine, Cetirizine

#### **Humanitarian Aid**

- Childrens Nappies
- Baby foods/wet wipes
- Childrens Mixtures i.e. Calpol/Cough medicines
- Infant formula (6 months)
- Childrens Purees (Vegetable, fruit, meat)
- Childrens/Adults Hygiene – Shampoo, Soaps, toothpaste, toothbrushes
- Feeding Bottles
- Dummies/teething rings
- Adult incontinence pads (S, M, L)
- Disposable Nappies
- Adult Shampoo, Soap, Toothpaste, Toothbrushes
- Washing powder
- Washing up liquid
- Toilet paper
- Sanitary Pads
- Tin Canned Food (Vegetable, Meat, Fruit)
- Cereals, Pasta, sugar
- Tea/Coffee
- Pet Foods/Animal food

Thank you all.

**Janey Bryson**

# TREGOVENEK

a place of hope



It's been a busy and exciting start to Spring! The funding we received earlier in the year from Cornwall Council's Community Capacity Fund has kept us busy as we liaise with consultants to look at the feasibility of spaces for education and enterprise.

We have since heard that we've also been successful with our bid to Awards for All through The National Lottery which will enable us to engage a 'Community Enterprise Builder' to continue building relationships, connections & providing opportunities for involvement. This will also help us to prepare for launching our community share offer in 2025 so that Tregovenek can be community-owned.

We have a team of volunteers busily designing our community garden and getting ready to launch a crowdfunder to help us fund creating it! Keep a look out for this in June.

Great fun was had at the willow workshop in April run by Pensiva's own Jessie



Carr. The feedback from the course was fantastic so there will be many more courses to follow.

We are just about to start conducting ecological surveys with help from the University of Plymouth so that we have a baseline from which to measure the improvements we make to the land over the years through a variety of regenerative farming methods. A less formal survey of the land will be taking place at our mid-summer picnic and bioblitz (see opposite page for details) to which everyone is very welcome! If you have any experience of identifying grasses, flowers, trees, birds or insects we'd be extra keen to hear from you!!

As in previous years, we will be offering tours of Tregovenek and Pentiddy Woods in one visit to include the straw bale house, natural burial site, community woodland, working coppice, off-grid systems, no-dig and forest gardening at Pentiddy Woods as well as a chance to hear about all the plans for Tregovenek and a look at the work we've completed so far. This year they will take place on Sunday 14th July, 3-5pm & Saturday 10th August 10am -12pm and will be on a donations basis. To book a place on one of the tours please contact Ele on [ele@tregovenek.org.uk](mailto:ele@tregovenek.org.uk) or phone **07421813976**.

As always you can subscribe to our newsletter via the website: **[tregovenek.org.uk](http://tregovenek.org.uk)** and follow us on Instagram and Facebook.



# TREGOVENEK

A PLACE OF HOPE

## BIOBLITZ AND MIDSUMMER PICNIC

SATURDAY JUNE 22ND

WORKING WITH UNIVERSITY OF PLYMOUTH

BIOBLITZ 10AM-12PM AND SHARED PICNIC FROM 12PM



Join us, under the (hopefully) sunny skies, for a Midsummer picnic and nature adventure at Tregovenek! With the helping hands of Plymouth University students, we're on a mission to document all the critters and plants calling this place home. Let's figure out who is here now and wonder about who might pop in for a visit in five or ten years! Everyone welcome!

Please bring weather appropriate clothes, water, blanket and picnic to share  
Drinks will be provided.

Please get here for 10am if you want to see the moths released!



Attwood Lane,  
Pensilva,  
Liskeard,  
Cornwall,  
PL14 5QU



For more details email [outreach@tregovenek.org.uk](mailto:outreach@tregovenek.org.uk)  
or call 07421813976

# Unity Methodist Church



Unity  
Methodist  
Church

Sunday 2nd June 11.15am - United Service at St Ive Parish Church.

Sunday 9th June 10.30am - United Church Anniversary Greenshoots Service at St Ive Village Hall led the members of the congregation.  
6pm Bealbury MC concert by the Mustard Seeds. All welcome.

Saturday 15th June , Concert by Burraton Male Choir at St Ive Parish Church, 7pm. Entry by donation, all proceeds for St Ive Village Hall, St Ive Parish Church and Unity Methodist Church at St Ive. Refreshments to follow.

Sunday 16th June 11.15am - United Service at St Ive Parish Church

Sunday 23rd June 10.30am - United Service at St Ive Village Hall led by Julian Langston.

Sunday 30th June. Local Arrangement. (Probably joining with Blunts MC at 11am)

The Chattermakers craft group will meet in the Village Hall on Thursday 13th and Thursday 27th June at 7.30pm.

For more details please contact Kathryn on 01579 382334. All welcome.

## Quethiock Village Horticultural Show



### Saturday 20th July

to be held in the Quethiock Village Hall

# St John's Mission Church Pensilva

## Good Grief Cafe



Wednesday 19<sup>th</sup> June  
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

# St John's Mission Church

Princess Road Pensilva PL14 5NF



THE CHURCH  
OF ENGLAND

## The Tribute Cluster of Churches

Contact for Baptisms & Marriages

Reverend Becca Bell 07899 363458

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

Reverend Li Selman

01579 348490



Church Wardens

Geoff & Carolyn Cox

01579 362698





*St John's Mission Church  
Pensilva*

# *AFTERNOON TEA*

*Friday 7<sup>th</sup> June  
2.30 to 4.00 pm*

*Donations for* **Christian Aid**  
We believe in life before death



**christian aid** *Raffle*  
*Bring & Buy Stall*

# Pensilva



# MemoryCafé

**Thursday 27<sup>th</sup> June  
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**

# St John's Mission Church

## Services for June 2024

Sunday	2 <sup>nd</sup>	11.00 am	Holy Communion
Sunday	9 <sup>th</sup>	11.00 am	Morning Worship
Sunday	16 <sup>th</sup>	11.00 am	Holy Communion
Sunday	23 <sup>rd</sup>	11.00 am	Morning Worship
Sunday	30 <sup>th</sup>	10.30 am	Cluster Worship at Menheniot Parish Church
<b>Thursdays</b>		10.00 am	Morning Prayer Fellowship

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

Friday	7 <sup>th</sup>	2.30 - 4.00 pm	Afternoon Tea for  <b>Christian Aid</b> We believe in life before death
Wednesday	19 <sup>th</sup>	3.00 pm	Good Grief Café
Tuesday	25 <sup>th</sup>	2.00 - 4.00 pm	Stitch, Knit & Natter
Thursday	27 <sup>th</sup>	2.00 - 4.00 pm	Memory Café

*For further details, to arrange transport 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.

# Home Upgrade Grants



## Not on Mains Gas? You Could Get a Grants to Upgrade Your Energy Efficiency!

The Home Upgrade Grant (HUG) Scheme is a grant-funded energy efficiency scheme from the Government. The scheme is for homes that do not use mains (natural) gas as their primary heat source. It aims to improve the Energy Performance Certificate (EPC) rating of your home with a range of energy-saving measures, to reduce your heating costs, ensuring your home is warmer and improving your general health and wellbeing.



The Council is working in partnership with OVO Energy Solutions to deliver this scheme across Cornwall and the Isles of Scilly.

The scheme runs until March 2025 and aims to help around 500 homes.

For more information visit the QR on the left, or... <https://www.cornwall.gov.uk/health-and-social-care/public-health/public-health-campaigns/winter-wellbeing/grants-loans-and-subsidies-for-energy-use/home-upgrade-grant-hug/>

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

**St John's  
Mission Church  
Pensilva**

**on the  
last Tuesday  
of the month**

**2.00  
to  
4.00 pm**

**Contact Kathleen  
01579 363686**

**stitch  
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.*

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# Gardening Club Report

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On Monday 13th May 2024 we visited Antony Woodland Gardens. Many think this is part of Antony House, but it's actually a separate venue. To reach it a long drive down the same lane as the entrance to Antony House is required; so people will be forgiven for assuming it's all the same.

In some ways we were lucky the visit went ahead after the horrendous rain all through the day, but we were pleased it did as Antony Woodland Gardens were a true delight.

We were greeted by Richard, the Head Gardener. He explained we were the first group to visit during the evening which was a surprise. Richard explained the gardens and woodland were part of Antony House, but when the house and surrounding land was handed over to the National Trust, the gardens and woodland were kept separate as they were the best parts!

There are two sections to explore: wilderness, and West Down. The wilderness was first planted in the 18th Century. There are clumps of trees, a series of rides which are formal and straight so they can be seen from the House. These rides are the formal part of the very informal gardens. Richard explained he tries not to have much formality in the garden, and this can be seen when walking around; signs placed on fallen tree trunks for example. There are two walks: a shorter one, and a longer one. There are benches to take a moment, to take in the beauty; they are homemade benches or made of granite fitting in with the informal values.

As we set off for our exclusive, private visit we split into two groups: one taking the longer route, the other taking the shorter route. I was with the shorter route so if you want to know what's on the longer route, you will need to visit the gardens!

As we started our walk we could easily see the many rhododendrons with a rainbow of colours; tones of pink, purple, red, orange and yellow. Richard's words came back to me as we saw the camellias coming into view, it is easy to see how the gardens are an international camellia garden of excellence. The vibrant colours of the flowers against the familiar green leaves was a sight to behold. The days rain had left rain-droplets which twinkled in the setting sun on the camellia flower petals.

As we followed the path around we reached the bath pool with a backdrop of trees, many lowering their branches into the water. It was easy to imagine the private area being used as a bathing pool in the past. As we walked around the corner we could see the setting sun again, its rays peering through the trees by the water. A short walk to an opening in the trees with a granite bench to look out over the water, the orange sky beaming out towards the House.

---

We walked up through a guard of honour of camellias and rhododendrons. The end was a view of the house in the distance - what views they have!

We walked back up to the starting point and then around a carpet of wild garlic and bluebells with the birds serenading the pink, orange and blue sunset.

The visit was well worth chancing the weather. A wonderful place full of hidden delights & surprises.

**Next visit:**

Monday 3rd June

Lametton Mill garden - St Keyne

Meet St Ive Playing Field car park to leave at 6:45pm  
£8 per person - includes refreshments (car share £1.50)



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## THIRTEEN+ 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 am again diverting into one of the areas I am least knowledgeable about, insects - so this is a learning exercise for me too! The insect in question is one of our beautiful butterflies...

### ...THE PAINTED LADY



This painted lady was photographed on one of our buddleias, a plant which many butterflies frequent. In the shot above, it is sharing the flower with a bee. The topside of its wing (see below) is bright orange with black markings and a U shape of white spots



at the top of the wing. The underwing (see above) is similar, but with a larger dark patch on the lower wing, which is quite delicately marked if you look closely. Look on line if you want to find coloured examples.

It has long been known that this butterfly migrates. However it is only after a recent ambitious piece of citizen science across a number of countries, that the whole, fascinating story was finally pieced together. We already knew that Painted Ladies

arrived from abroad every summer, but there was no evidence to show where they went or whether they just died here at the end of the season.

A number of academic establishments including the University of York, co-ordinated the project. In 2009, 10,000 British observers registered more than 60,000 observations which were collated with radar images tracking butterfly movements across southern Britain. From this they were able to confirm that the Painted Ladies *did* fly south, but at a height of over 500 metres in order to use air currents to speed their journey and explaining why this migration had not previously been observed. But this was only the start of the story. By extending their research area, they established that this species takes a 9,000 mile round trip stretching from the African Tropics to the Arctic Circle!

No single Painted Lady will make this trip, rather it is a relay of four to six generations which annually complete this feat. At each stop on the journey through the year, they will find the appropriate local plants on which to lay their eggs. The caterpillars will hatch and feed on thistles, nettles and mallows, before pupating and eventually emerging as an adult butterfly. They will then feed up on nectar to build up their strength for the next leg of the relay. These tiny creatures with no chance to learn from parents, (who will never have taken the same journey that they are about to undertake anyway) will instinctively start out in the right direction.



Far from being helplessly at the mercy of the elements as we previously thought, the Painted Lady is an instinctive and accomplished traveller. Thanks to all the scientists, technicians and amateur enthusiasts, we know that in 2009, 11 million Painted Ladies arrived in the Spring, and 26 million left in the Autumn. This reflects the need for them to breed successfully at every leg of their journey so as to ensure that enough individuals reach their destinations to make up for the inevitable casualties on such hazardous routes.

Whilst the Painted Lady is not currently seen to be 'at risk' it is not difficult to see that if either climate change or human land usage were to deplete the plants both the caterpillars and the adults need to survive at any point on this relay, they could then quickly become vulnerable. You can do your bit by thinking about this beautiful visitor and choosing butterfly friendly plants for your garden or window box.

HAPPY WILDLIFE WATCHING!

Hilary



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

**1st Monday of the month  
7.30pm  
New members welcome**



St Ive Church would welcome anyone interested in learning to ring the bells.

Practice night every Wednesday  
7:30pm- 8:30pm

Contact:  
Jeanne 363228 or Jenny 389201



## St. Ive Village Hall PL14 3LZ Snooker Club



**Monday and Thursday Evenings  
7pm  
Contact Ray Bunkum  
01579 382315**

**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 Amanda 07703393070

### 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 R. Bunkum
Mobile Post Office	Wednesday 10.30am - 11.30am	
Coffee Morning	Wednesday 10.30am - 12	

Methodist Sunday Service	Check timetable in Parish Pump for services	Kathryn or Keith Mutton 01579 382334
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Chattermakers Chat and Craft	Thursdays Fortnightly	Kathryn 01579 382334
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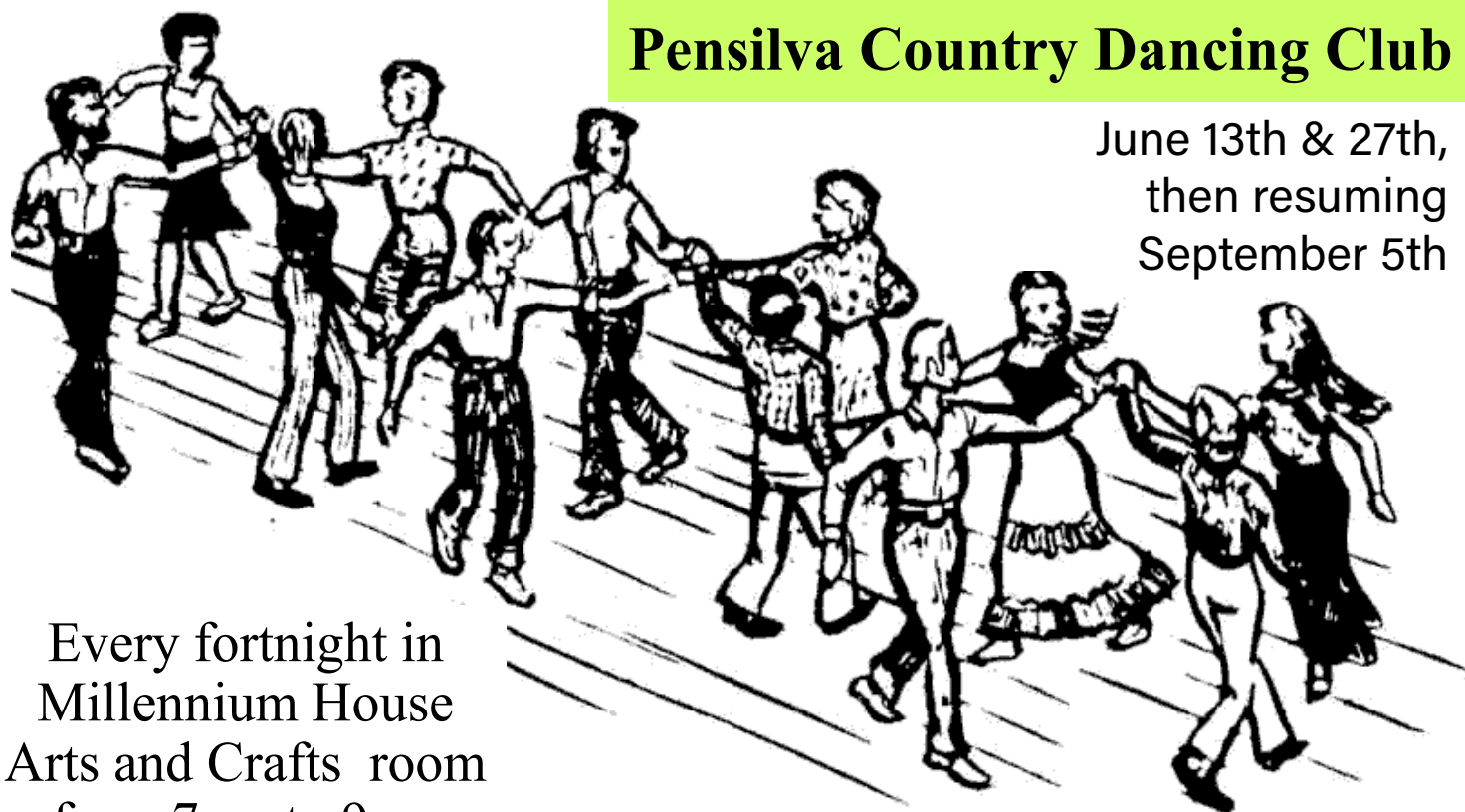


# St Ive Church

June 2 <sup>nd</sup>	Morning Service	11:15am in Church
June 9 <sup>th</sup>	Chapel Service	10:30am In Village Hall
June 16 <sup>th</sup>	Holy Communion	11:15am In Church
June 23 <sup>rd</sup>	Chapel Service	10:30am In Village Hall
June 30 <sup>th</sup>	Cluster Service	10:30am Menheniot

## Pensilva Country Dancing Club

June 13th & 27th,  
then resuming  
September 5th



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

For information ring Frances 01579 363718

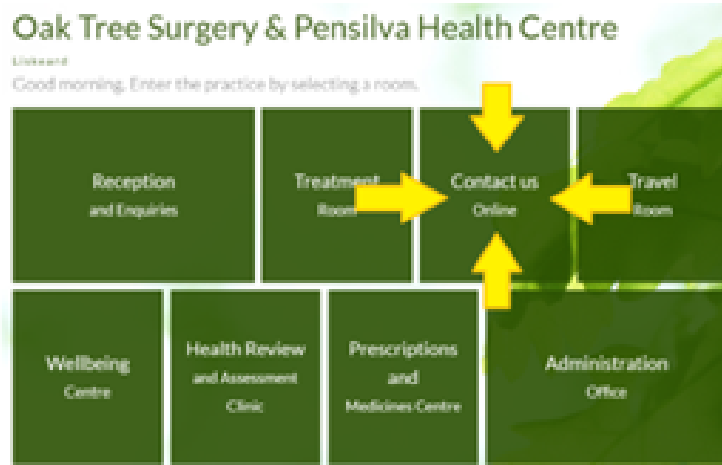


# Total Triage



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



## 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.

## RVS WEDNESDAY CLUB, PENSILVA

ROYAL  
VOLUNTARY  
SERVICE

Meeting in the village hall every 3rd Wednesday of the month.  
Entry £2 which includes raffle and refreshments, 2pm to 4pm.

**Wednesday 19th June: Cats Protection - learn how to understand their behaviour and welfare needs**

**Wednesday 17th July - Oak House Meals**

Everyone Welcome. For further information please contact:

<b>Cherry Woodhouse</b>	<b>(Chairperson)</b>	<b>01579 363674</b>
<b>Jane Hall</b>	<b>(Secretary)</b>	<b>01579 363379</b>

## MELODI LISKERRET

- A mixed group, singing a variety of well known numbers including Folk & Cornish songs.
- Local to you!
- Weekly rehearsals in St. Ive – 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 JUNE 28<sup>th</sup> 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/>



## KERNOW ARCHITECTURAL SERVICES

- Architectural Design
- Planning Permission
- Class Q Specialists
- Building Regulations
- Project Management
- Building Conservation

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

[enquiries@kernowarchitectural.co.uk](mailto:enquiries@kernowarchitectural.co.uk)

Telephone: 07398736726

Parade House, The Parade, Liskeard, Cornwall PL146AH

# ADVERTISE HERE

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Day Trips & Coach Holidays

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30th July	Meaders Lavender Farm & Cream Tea
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13th Aug	Pecorama & picturesque Beer Village
<b>6th - 8th Sept</b>	<b>Burghley Horse Trials</b>
10th Sept	Widecombe Fair
<b>16th - 20th Sept</b>	<b>Carmarthen &amp; South Wales</b>
9th October	Goosey Fair, Tavistock
2nd November	Bridgwater Carnival
16th November	Longleat Festival of Light
<b>22nd - 25th Nov</b>	<b>Turkey &amp; Tinsel - Bournemouth</b>

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website: [www.grouptravelcoachhire.co.uk](http://www.grouptravelcoachhire.co.uk)

email: [grouptravelcornwall@btconnect.com](mailto:grouptravelcornwall@btconnect.com)

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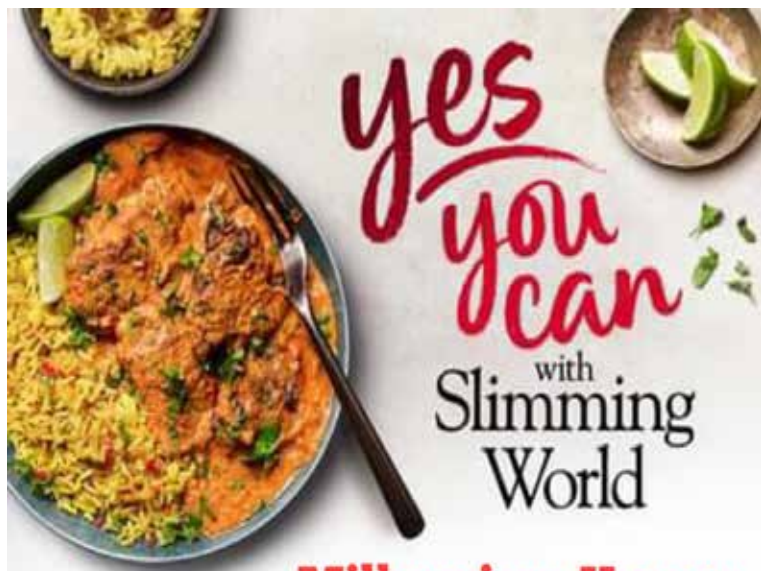
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## SEASONED LOGS



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**Also any upvc cleaned**

**i.e. fascias, gutters, etc.**

**gutters cleared & unblocked**

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**079 9099 6886**

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# Pensilva & St Ive Post Office Service

**Pensilva:** Through the coffee shop on the 1<sup>st</sup> floor of Millennium House

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

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

**Fridays:** 9am to 12 noon

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

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

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

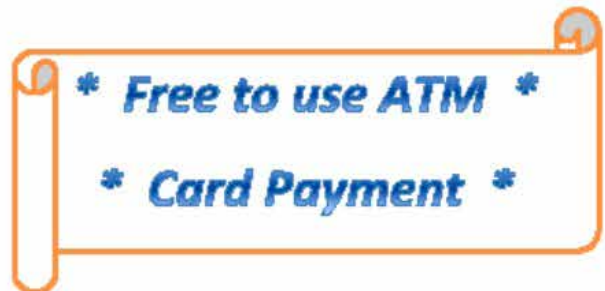
**Coincides with the St Ive  
Village Hall Coffee Morning**

# Pensilva Stores

## Amazing Value



- ✓ Fantastic Special Offers every month!!! (See store leaflets)
- ✓ Come and Check out our great deals on Wine, Beer and Spirits
- ✓ Local Produce: Homemade Butter and Clotted Cream, Meat from our local butcher
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- ✓ Fresh Bread, Pasties and Cakes
- ✓ Take Away Coffee, tea and hot chocolate
- ✓ Newspapers and Magazines, Greeting Cards
- ✓ Paypoint, Lottery



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**Pensilva Stores is a family run business who have been serving local people and visitors for more than 21 years.**

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