

AUGUST, 2024

THE PARISH PUMP

Newsletter for the Parish of Pensilva and St Ive



Carnival Scarecrow Contest Winners:

- 1st The Fisherman by Philip & Alison Grimes.
- 2nd The Beast of Bodmin by Mrs Gayle Dart
- 3rd The Tired Farmer by Andrew & Helen Carlin

More photos from carnival on pages 6-7



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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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

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/>



Devon & Cornwall
POLICE

Police Community Neighbourhood Office

Your Community Support Officer is PCSO Steve Edser 30173
Email: CIOSNBMLLST@devonandcornwall.pnn.police.uk

To report a crime call 101 or go to www.devon-cornwall.police.uk

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

What a funny month it's been. The conservatives were finally kicked out of Cornwall; someone managed to take a shot at Trump despite being in the sights of secret service snipers twenty minutes before; we found out the previous government spent £700 million sending four people to Rwanda; meanwhile some protestors are jailed for five years for the heinous crime of ... blocking traffic; and the UN estimates that by 2050, 95% of all farmland will be degraded to the point nothing can be harvested. That sounds... problematic.

A false dawn.

Now that the farce of democracy is over and I'm free of purdah laws (an antiquated bit of legislation which means as the editor of a village newsletter funded by the parish council I'm not allowed an opinion), I can speak candidly once again.

It appears to me that our democracy is well and truly broken. Labour won the largest majority not because more people voted for them (in fact, Starmer got less votes than the "unelectable" Corbyn), but because a lot of the Tory vote either didn't turn up, or defected to Reform UK.

I find it disgusting that a party like Reform UK can garner 14% of the total votes, yet end up with only a handful of seats. I don't agree with their policies in the slightest, but I'll fight for their right to be represented fairly. If 14% of the country voted for them, they should have 14% of the say in our governance. No wonder turnout was so abysmal. My vote would be Lib Dem any day, but the fact they got less votes (12%)—yet somehow managed to get 71 seats—is obscene. That's just not democratic.

Nothing will ever change unless we have proportional representation; but neither side of a two-party system will implement any policy that disadvantages them. Opponents will say that it leads only to a chaotic coalition government; it seems to work fine throughout Europe though. And so what if we have a coalition? One party shouldn't get their way all the time, and the policies that do get implemented should be a compromise between represented views of the country. That's what moderation is. *Wouldn't it be amazing if we could just vote how we wanted to, and not have to think about tactical voting?*

Then I remember: If voting changed anything, they would make it illegal.

Our government may have changed in name, but the fundamental policies are identical. **We must grow the economy**, they say. I've found that whenever I read the word "economy", I can safely exchange it with "rich people's yachts", and it makes a lot more sense. Here,

try this:



(Side note: it took all of five seconds to edit the BBC website and fake that screenshot, which is why you shouldn't believe any screenshots until you confirm at the source!)

The Economy is measured by GDP, or Gross Domestic Product, which is basically the sum of all goods produced over the year. That includes happy things like ice creams, and electric cars—as well as nasty things like burglar alarms, tanks, and missiles. The amount of "stuff" we churn out seems like a really poor measure of anything. How about we start optimising for happiness instead?

I know we're all hoping for Sir Keir to reverse the decline in our quality of life, the cost of living, the degradation of public services... but I don't think he can. We shouldn't be hoping for infinite growth to make our lives better on a planet of finite resources; we should managing the decline gracefully, cutting out the unnecessary waste, and planning for what comes next.

In other news, I want to thank Vanessa and everyone else who helped to bring back and participated in Pensilva Carnival this year: the exhibitors, the generous donors to the raffle, and the attendees who braved the weather. Despite the horrid rain, we are incredibly lucky to have a large community centre and the management skills to pull off an indoor Carnival; other villages just had to cancel.

Here's to another glorious carnival next year—but let's not forget all the other brilliant events that go on year round (like the Film Club's showing of Barbie this month!)

James Bruce, Parish Pump Editor

Chairman's Report

Ever watched one of those films where the sound is way out of sync with the action? Well, writing this article is a bit like that. I have to get this to the Editor, James by the 15th of the month yet you won't read it (hopefully!!) for at least another fortnight. The problem is that things which are current now (our new government) or in a few days (Pensilva Carnival Day) are history by now so there's no need to mention them!

What is topical, however is the new Community Transport Vehicle which is due to be delivered any day soon. At the time of writing we are just awaiting the vinyls (what we used to call signwriting) to be applied. The delays caused by a worldwide shortage of components needed to convert the vehicle to be wheelchair accessible are now behind us and we can look forward to having this great resource for many years to come thanks to a most generous donation from the now disbanded Friends of the Pensilva Health Centre.

Established in 1988, the FRIENDS in recent times has suffered from dwindling numbers, in particular younger people willing to take the group forward. Sadly the decision was taken to disband the group and disburse the remaining funds. It was at the July Parish Council meeting that I was presented with a cheque for a considerable amount from Cllr Ivor Vaughan who explained that the funds had accumulated over many years. These funds will be used to purchase a battery to store power from the solar panels on the roof of Millennium House so the vehicle can be still charged even on a dull day or when the sun has set.

Having purchased this equipment, all surplus funds will go towards the running and upkeep of the vehicle in the future. I'm sure you will agree that the community transport vehicle will greatly help those in our area who struggle to get around (caused not in a small way by our shrinking bus service run mainly for the benefit of the bus company rather than their passengers).

What the above doesn't tell though, is the sheer amount of hard work and sacrifice by many people over many years which has culminated in this fantastic project. I offer them all, on behalf of the whole community, our heartfelt thanks.

You may be wondering where "Observations pt 2" has got to - maybe next month might be a "quiet news day" so you may get it then! Until then, take care.

Steve Willis, Parish Council Chairman

Carnival Photos

Group fancy dress - the "Greatest Show" 1st prize (centre),
2nd Wasteland Wanderers (right)



The carnival royalty



6-11 fancy dress





Carnival crew with the mayor of Liskeard



2024 Quiz Night Winners - "The Quiet Ones"

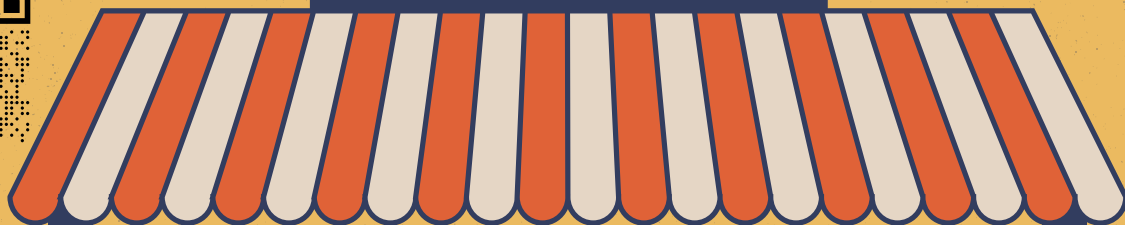


.. it wouldn't be carnival without the Hicks Army.



Preschool cake sale

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...**

4th August

SELLERS FROM 10am; BUYERS 11am-2pm

**Call Vanessa on 01579 363096 or email
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



Pensilva WI - July Meeting Report

A sea of yellow tea shirts waited in the wings whilst the main monthly WI business was completed. Members of Saltash U3A Ukulele group had come along to share their talents and encourage the ladies of Pensilva WI to sing along.



It didn't take much before loud renditions of favourites could be heard at Millennium House. These included "When I'm 64" (some members said they wished they still were!), "Yellow Polka Dot Bikini" (no one admitted to wearing one), "Return to Sender", and "I'm into something good". There were chances to hum to Annie's song, foot tap along to Dedicated follower of fashion and



become Dolly singing passionately to Jolene. An enjoyable evening of entertainment was had by all.

Birthdays this month: Barbara Bennett, Evelyn Dwelly, Jane Hall, Maureen Walker, and Katie McDonald

Competition winners: Monthly competition –

A poem including the word Ukulele: 1st Mary Yates, 2nd Pauline Caffery, 3rd Tina Tubby (These poems were read out for all to enjoy).

Flower of the month: 1st Anne Houlston, 2nd Irene Elliott, 3rd Frances Tucker.

Our next meeting will be on Wednesday 14th August – which is a mystery trip. No details as we don't know! Lookout for next month's report to find out where we went!

Millennium House

Hi Parish Pump Readers, I have to start off by saying a huge thank you to Janey, James, Hui, Sandra, Keith, Charlotte and Nigel from the events team for all the hard work and effort they put into making Carnival Week and Day such a success and fun for everyone! You are all truly amazing! I would also like to thank everyone who made a raffle donation, had a stall, all the bands and everyone who attended, Carnival Day would not have been without you! We hope you all enjoy the School summer holidays and this month at Millennium House we have ...

Thursday 1st August - Ladies Walking Netball from 4pm and Aikido from 7.30pm, both are weekly groups.

Friday 2nd August - Penmill Art group from 10am weekly. You can join Hayley at Slimming World from 5.30pm weekly.

Saturday 3rd August - Slimming World with Hayley weekly from either 8am or 9.30am.

Sunday 4th August - Pensilva Market Day! Come along and get your treats, meats, eggs, crafts and more! 11am - 2pm. Free parking. Refreshments available.

Monday 5th August - Mims Gentle Exercise from 10.30am. Yoga with Laura from 5.30pm and Badminton from 7.30pm. All groups are weekly!

Tuesday 6th August - Sing with Singing for Wellbeing 10am - 11am every Tuesday. Or swing into Badminton from 7.30pm weekly.

Wednesday 7th August - Get active with Coach James and Kixx for 2 & 3 year olds from 9.40am weekly. NHS Blood Donation Drive will be joining us! You can also book a Badminton court for some informal fun Badminton from 6pm to 10pm.

Monday 12th August - NHS Blood Donors are here with us with all our usual Monday bookings!

Saturday 17th August - come along to Tess' Tea Party from 2pm to 4pm.

Monday 19th August - Kixx Summer Camp from 10am to 3pm with Coach James!

Wednesday 21st August - Bingo with Colleen and Ruth from 7pm, eyes down 7.30pm.

Thursday 22nd August - Family Fun Bingo for all from 2pm, eyes down 2.30pm.

Friday 23rd August - Pensilva Film Club will be showing Barbie. Doors open 7pm, film starts 7.30pm.

Just a reminder, Baby and Toddler Group with Tammy will be back on 12th September, Sing and Sign with Natalie will be back on 18th September. Enjoy your Summer (hopefully sunny) holidays!

Have an amazing August

Vanessa

IMPORTANT NOTICE:

THE MILLENNIUM HOUSE POST
OFFICE OPENING TIMES HAVE
CHANGED



Unfortunately, the number of hours that Post Office is open are now reduced. It's the same days—Tuesday, Wednesday, and Friday—but from **9am to 11:30am only**.

The coffee shop will still be open during these times, and closes later.

Film Club

Our July film—Jimmy's Hall—although being fairly old, was well-received, and I think everyone could relate to the story being told. In addition I think we all probably learnt a bit more about the awful situation many working class Irish people found themselves in during the early 1900s: oppressive rules enforced by the church and gentry and a lack of voice or influence to do much about it. Never let it be said that our film nights aren't informative as well as entertaining!

Our August offering is set to be a real change from our "usual" genre of film, as we are showing the much acclaimed Barbie movie. I have to admit to being a little hesitant about this choice, but felt that as a film club we should endeavour to show something different on occasion and, hopefully, expand our horizons in that regard.

SO, a big call to our regular attendees and new alike to come and see this film—which was nominated for no less than eight Oscars, and has won various awards in several categories. James tells me that "it's a real summer movie", so perhaps it will even bring that along with it —you never know!

We will be showing Barbie on Friday 23st August; doors open at 7pm for 7.30 start, with the bar open before and after the show. The cost is just £3 for members and £6 for new members (which includes your first film).

For further information please contact Judy: judy.two@outlook.com
01579 208836

Judy

**Pensilva Film Club in association
with C-film, part of Creative
Kernow**



Pensilva Community Association and C-Film Present

PENSILVA FILM CLUB



FRIDAY, AUGUST 23rd

DOORS OPEN 7PM, FILM STARTS 7:30PM

BARBIE

£3 for C-Film members

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

Barbie



To live in Barbie Land is to be a perfect being in a perfect place. Unless you have a full-on existential crisis. Or you're a Ken.

Rated PG-13. Comedy -
1 hour 54 minutes.

SCAN FOR TRAILER ----->



NEIGHBOURHOOD DEVELOPMENT PLAN FOR ST IVE & PENSILVA



We are pleased to be able to share some of the results/feedback from the recent Questionnaire for the Neighbourhood Plan. Further more comprehensive results will be published in the next edition of the Parish Pump.

During the consultation period 637 people [28% of the Parish community] visited the online site and found out more about the Plan. 107 people [5%] then contributed to the survey either via the online site or by paper forms. Of these, 78 people made additional comments.

We wanted to know people's thoughts on different forms of sustainable development and what sort of things new planning policies might cover.

Not all issues can be controlled through a Neighbourhood Plan - it is about things that require Planning Permission and can be controlled through Cornwall Council's Planning powers.

However, we want to know about some other local issues too, as this will be useful information for the Parish Council to use in its work.

An extract of some of the Survey Results:

The Top 3 Things that people like most about living in St Ive & Pensilva Parish:

1. The countryside and landscape
2. The peace and tranquility
3. Local Wildlife and Biodiversity

Which public amenities and facilities should be protected - the Top Five from the results:

1. GP Surgery 97%
2. Pensilva village shop 89%
3. Post Office Facility 80%
4. Millennium House 77%
5. Playing fields and sports facilities 76%

The 3 most important things that the Neighbourhood Plan could do to protect the built environment?

1. Ensure development is in harmony with the rural character of the neighbourhood and sits well in the landscape.
2. Require new buildings to reflect local Cornish building traditions in design, appearance and layout.
3. Require building design to be in keeping with the scale, height, location, density

The top 3 road safety improvements needed?

- 1. Improved public footpath maintenance
- 2. Low speed limits (i.e., 20 MPH areas)
- 3. Extend speed limit areas

The top 3 community safety concerns?

- 1. Dog fouling
- 2. Littering
- 3. Fly tipping

So what happens next?

We will write the draft Neighbourhood Plan to reflect what people have told us, then do a formal 6 week-long consultation where you will be able to see the proposed policies and comment upon them.

After adjustment, the Plan will be submitted to Cornwall Council. After that, the Plan will go through an Independent Examination, who will check that it conforms to the regulations governing Neighbourhood Planning, is in conformity with national and Cornwall level strategic planning policies and delivers "sustainable development".

If the Plan passes the Examination, a local referendum will be arranged by Cornwall Council, in which all those registered to vote in St Ive & Pensilva Parish will have a vote. If the Plan is supported at the referendum, it is formally adopted by Cornwall Council and must be taken into account when planning applications are decided.

St Ive & Pensilva NDP Working Group

Follow the plan...

IF YOU WANT TO FOLLOW THE PROGRESS OF THE NEIGHBOURHOOD PLAN THEN PLEASE LOOK OUT FOR UPDATES IN THE PARISH PUMP NEWSLETTER, ON FACEBOOK, THE PARISH COUNCIL WEBSITE, AND THE NEIGHBOURHOOD PLAN WEBSITE AT WWW.PLAN4STIVE.CO.UK



An evening with...

**JOHNNY
COWLING**

Supporting
 children's hospice
SOUTH WEST

Registered Charity No. 1003314



ELIOT HOUSE, LISKEARD

FRIDAY 27TH SEPTEMBER 2024

AT 7.30PM

TICKET ONLY EVENT

£15.00 Including Pasty Supper

Contact Pat

On—01579 362959 or

07436438567

The Vikings are coming (or maybe returning!) to Quethiock!

Come and join us on **Saturday 21st September** as **Morvleydh** recreates everyday life for the local Britons, Scandinavians and Saxons at the time Quethiock Churchyard Cross was erected.

Morvleydh are Early Medieval Reenactors specialising in recreating life in the South West between the 8th and 11th centuries. They will be taking their corner of Quethiock Heritage Weekend back to the 10th Century when Quethiock's own churchyard cross was raised.

There will be displays of daily life, crafts and combat with steel weapons. **For Under 10s there's also the chance to take on the Vikings and practise your own shieldwall skills!**

NOTE: Morvleydh and visiting exhibits are Saturday only.



More info at facebook.com/Morvleydh

There's more including

Archaeology ... Divining ... Heritage Tools ... Exhibits from Local Museums, Heritage Centres and Local History Societies ... Children's Activities ... Village Trail ... BBQ ... Finds from the Midden ... Family History ... Metal Detecting ... Geology of Quethiock ... Finds Identification ... Local Bottles and Jars 1690-1940 ... Quethiock Photographer Tom Harris ... Wills and Spinning Wheels ... St. Hugh's Cafe ... Calstock Roman Excavation ...

...and it's FREE to enter!

The Heritage Weekend continues on SUNDAY 22nd September WITH

10am 'Heritage' Morning Service
2pm - St Hugh's - 'Outside, Inside and Underneath the Floor!' Talk and Guided Tour.

From 3pm:

Geology of Quethiock
Bottles and other collectables
Tom Harris photographs
St. Hugh's Archive
Quethiock Parish Local History Group
Cream teas and cake (St. Hugh's Cafe)
Live Music

ALL AT ST. HUGH'S CHURCH
(parking at the Parish Hall)

HERITAGE WEEKEND AT QUETHIOCK

11-4:30 SATURDAY 21ST AND 2-5PM SUNDAY 22ND SEPTEMBER

ST. HUGH'S CHURCH, THE PARISH HALL AND IN BETWEEN!

PARKING AT THE PARISH HALL More info at sthughquethiock.org.uk

We look forward to you joining us for a weekend of discovery!



LISKEARD BRANCH

Sunday 11th August 2024

You are invited to join us for a fundraising
CORNISH CREAM TEA
with a Raffle, Cake stall and Book sales

at Fursdon Farm, Rosecraddoc, PL14 5AG
by kind permission of:
John and Kathryn Tucker

Time

2.30pm - 5.00pm

Contact

Helen 07593134385

The British Heart Foundation (BHF) is dedicated to helping the hearts of the nation. Join us and show your support by giving some time and help raise money for the BHF's life-saving work. Get involved today.

bhf.org.uk



© British Heart Foundation 2012, registered charity in England and Wales (225971) and in Scotland (SC039426)

**Raising funds
for the BHF**

Badminton at Millennium House

Monday & Tuesday 5pm - 7.30pm - Informal Badminton - £10 per hour per court, call 01579363096

Monday & Tuesday 7.30pm - 9.30pm - Pensilva Badminton Club - £5 per person, contact Richard 01579349324 or Nigel 01579363594

Wednesday 5pm - 10pm - Informal Badminton - £10 per hour per court, call 01579363096

Please bring your own rackets & shuttles or you can rent a racket and shuttles for a small charge.

Pensilva W.I Breast Cancer Awareness Afternoon Tea

**Saturday 3rd August
2.30 pm to 4pm
at St John's Church, Pensilva**

**Bring and Buy
Raffle**

£4.00 entry to include the tea.

All welcome

A full copy of the program can be picked up at Millennium House reception

PENSILVA WOMENS' INSTITUTE

HORTICULTURAL SHOW

To be held in

Millennium House, Pensilva

On

Saturday 14th 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 19th 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
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.

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 077 033 930 70

Regular Group and Activity Timetable

Group	Date and Time	Contact details
Gardening Club	1 st Monday monthly 7.30pm	stivegardeningclub@gmail.com
St. Ive Snooker Club	Mondays and Thursdays 7pm	01579 382315 R. Bunkum
Mobile Post Office	Wednesday 10.30 – 11.30am	
Village Coffee Morning	Wednesday 10.30am – 12	
Methodist Sunday Service	Check timetable in Parish Pump for services	Kathryn or Keith Mutton 01579 382334
<u>Chattermakers</u> Chat and Craft	Thursdays Fortnightly	Kathryn 01579 382334
Fit On the Floor Fitness Class	Tuesdays 7pm to 7.30pm	07597383171 Facebook @jemfitnessliskeard

Your Community Needs You!



Are you interested in joining a working group of volunteers to support your community?

If so, please call Janey Bryson on 07808663749 – Thank you

Update on Aid for Ukraine

I was saddened to hear last week on the news about the KYIV Ukrainian Children's Cancer Hospital, which was bombed and severely damaged. This is a hospital that the Nightingales team currently support with humanitarian aid. War seems so senseless and at the heart of it, there are always innocent adults and children caught up in conflict.



During June's trip to Ukraine, Tim one of the team members relayed this message:

"One of the things that stuck in my mind this trip was standing on the platform at Kyiv Station seeing so many soldiers saying goodbye to their loved ones before going off to the front lines. What must have been going through their heads? Will I ever see my husband, boyfriend, son, brother, children again. Seeing all the destroyed military equipment in Kyiv and the fallen flags in the square representing all the fallen soldiers was heart wrenching"

On the 9th of July the Nightingales team collected another van full of aid to take to Ukraine. On the 21st of July members of the team left the country taking two 4 x 4 vehicles of medical aid, and our team will shortly be on their way with a third vehicle containing food aid and medication. Amazingly, news of the Nightingales aid work has reached as far away as Bermuda.

Unfortunately, we can now no longer accept Pet food due to a change in regulations and restrictions on the borders.



Once again, I am humbled by the kindness and generosity of all those in and outside of our community who believe in and support this cause. Thank you for your donations at the Pensilva Carnival Table Top Sale, which was a great success. YOUR generous contributions are making a huge and

vital difference.

There is always strength in Unity and the power of that unity lights a way for those who feel hopeless and lost. Every box which left Pensilva, had a message written on it saying "Love, Peace and Hope to Ukraine, so that the Ukrainian people in their despair, know that they have not been forgotten. I even had a little helper, whose grandad donated some medication, help me write messages of support onto the boxes.

The cost of purchasing a second-hand ambulance is £5,000 and Nightingales are continually looking for unwanted long wheel base 4 x 4 vehicles that have a minimal amount of tax and MOT; which can be donated and driven one way filled with aid. These vehicles act as ambulances to rescue military and civilian casualties from the front line once they reach Ukraine.



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 on Mobile: **07808663749**. It should be stressed that Nightingales can only deliver items that have specifically been asked for on the list. *The list is given overleaf.*

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**

I feel truly grateful for the peace we enjoy in our country. Although we are seeing rapid and chaotic changes throughout the world at the moment, let's hold on to all that is good in our own country and count our blessings. May each and every one of us find love, peace and hope in our own hearts for a better tomorrow. God Bless.

Janey Bryson

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

Thank you all.

Unity Methodist Church



Unity
Methodist
Church

Sunday 4th August 11.15am - United Service at St Ive Parish Church

Sunday 11th August 11am - United Service Greenshots Service at Blunts MC led by Julie Tamblyn

Sunday 18th August 11.15am - United Service at St Ive Parish Church

Sunday 25th August 10.30am - United Service at St Ive Village Hall with Linda Eastlake

The Chattermakers craft and get together group will meet in the Village Hall on Thursday 8th and 22th August at 7.30pm. Please drop in and chat and a cuppa with other members of the community, The craft bit is not compulsory. For more details please ring Kathryn on 01579 382334

St Ive Church

August 4th Morning Service 11:15am in Church

August 11th No service at St Ive

August 18th Holy Communion 11:15am in Church

This will be a cluster service led by Archdeacon Kelly

August 25th Chapel Service 10:30am in Village Hall

Other events:

August 11th & 25th Cream Teas in church 2-4pm

An early date for your diaries Johnny Cowling is returning to St Ive Church for "Christmas with Cowling" on Friday 20th December. First time back with us since Covid. Tickets available soon.

St John's Mission Church Pensilva

Good Grief Cafe



Wednesday 21st August
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



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OF ENGLAND

The Tribute Cluster of Churches

Contact for Baptisms & Marriages

Reverend Li Selman 07790 272714

revliselman@gmail.com



Church Wardens
Geoff & Carolyn Cox
01579 362698



**Tuesday
27th
August**

**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.

Pensilva



MemoryCafé

**Thursday 22nd August
2.00 to 4.00 pm**

Contact Geoff 01579 362698

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

St John's Mission Church

Services for August 2024

Sunday 4th 11.00 am Morning Worship

Sunday 11th 11.00 am Morning Worship

Sunday 18th No service at St John's
11.15 am United Worship at St Ives Parish Church
Archdeacon Kelly *Holy Communion*

Sunday 25th 11.00 am Morning Worship

Thursdays 10.00 am Morning Prayer Fellowship

AUGUST EVENTS Please see posters for full details

Wednesday 21st 3.00 pm Good Grief Café

Thursday 22nd 2.00 - 4.00 pm Memory Café

Tuesday 27th 2.00 - 4.00 pm Stitch, Knit & Natter

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



HELPING LOCAL PEOPLE IN CRISIS

St John's Mission Church
Collection Point

GRATEFUL THANKS

to all of you who
most generously donate.



We provide some of the basics needed by vulnerable families with a newborn. We work with midwives, health visitors and local organisations to provide starter packs for those in need.

“Baby—
basics”
Cornwall

Our Moses baskets provide a safe place to sleep and are packed full of toiletries such as nappies, wipes and maternity pads, as well as blankets, towels and baby clothes.



Energy Efficient Homes tour - report and thanks.

The tours went ahead as planned on the afternoon of June 15th and the evening of June 27th. We were delighted to welcome around fifteen people for the first tour, and about a dozen for the second. We were able to see the key energy-related features of each house and to discuss them with the owners. Everybody seemed to enjoy the experience and there was much animated discussion throughout.

Several people who attended were from neighbouring parishes, and we understand that there are plans to put on similar events nearby .

We are working on films and slide presentations of some or all of the properties we saw, and of others we know about, that will be uploaded for everybody to see.

Many thanks to everyone that attended for your interest and enthusiastic support, and a massive thank you to the owners who allowed us to invade their homes for an hour or so, and who provided fascinating, informative and entertaining narratives about their respective projects. More such events may follow in the future, but meanwhile, if anybody is contemplating improvements to their homes, and would like to discuss their plans with our group, or to be put in touch with experts in our local area, please email us on posicrp@gmail.com

MILLENNIUM HOUSE COMMUNITY COFFEE SHOP

Open Tuesdays, Wednesdays, and Fridays

9am to 1pm (the Post Office is open until 11:30am on these days)

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.

Gardening Club Report

On Monday 1st July we visited Deviock Farm near Cardinham, Bodmin. The journey began as usual from the car park in St Ive. However, the entire journey didn't go as usual, as I took a wrong turn...with everyone else following. Instead of going direct to the address we all did a long loop to get there! But we made it.

After driving down a long, meandering lane we parked up and were greeted by Sue and Bernie; owners of the property. We headed out of the drive and down towards the garden. The first item we were introduced to was a leaning tree! The tree is huge, very tall and is leaning at such an angle the first thought is that it's been blown down in a strong winds! However, Sue explained that it has simply grown that way, leaning into its friend next to it. As much as it's a talking point and visually pleasing Sue and Bernie are concerned it might actually fall one day.

Stood at the top of the garden where Sue told us they arrived 19 years ago to an area covered in mud after cows had spent a lot of time making their perfect home. The area we were standing in was a lawn of lush, green grass with flower beds dotted in between. One of the beds was home to a selection of rose bushes, a variety of colour and heights. The lawn sloped down to a planted area of calla lilies, goats beard and common mullein against a backdrop of ferns.

We walked down the slope to the left in front of us was a large pond which wouldn't look out of place in a stately home garden. The giant rhubarb at the end of the pond certainly lived up to its name.

Sue informed us the garden has many visitors including those of the animal kind. Squirrels are a very frequent visitor and they take away more than they leave behind. This was evident in the missing bark on one of the trees. Deer, bees, hedgehogs, rabbits, foxes and badgers are among the other regulars who enjoy the garden.

The rabbits like to eat the wild seeds but thankfully they don't eat all the seed as the wild patch is thriving. Complete with paths so you can immerse yourself in the calmness. Its neighbour is a bug garden full of oxide daisies bathing in the evening sunlight.

We walked around to the other side of the bug garden to see the efforts of Sue & Bernie's lockdown project. Whilst creating the garden they found the wheel pit which was filled

with stone and mud. They dug out the pit until they reached the granite at the bottom. The water still runs into the pit giving it an authentic feel even though the wheel is sadly long gone.

The garden next to the pit provides a country feel with foxgloves, nasturtiums, oxide daisies and pink champions.

The garden slopes down to a natural woodland with paths circling around the interlinking trees, under the overlapping canopy of branches and leaves. Bracken and bluebells take turns to cover the woodland floor

Heading back up the sloped garden passed the towering thistles and foxgloves, around the bug garden and to the very well cared for vegetable garden we made our way to the house.

A fabulous, natural garden which has taken a lot of work to provide a garden with a bit of everything.

Next visit:

Sunday 3rd August (Sunday not Monday)

An exclusive & private visit to Cabilla garden & jungle in Cornwall

Full details available from stivegardeningclub@gmail.com



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 looking at a small mammal which we see in our garden and on one memorable occasion, in our car! More details later, but it is ...

...THE WOOD MOUSE.



Wood mice are sometimes known as field mice or long-tailed field mice. This hints at a wider use of habitat than just woodland. Indeed, they can also be found in farmland, scrub, heathland, parks and gardens. They will occasionally use buildings in harsh winters, but should not be confused with the larger house mouse. Wood mice are largely brown with pale fur on their underparts. They have a long hairless tail (about 8cm) and a body about 10cm long. Although they sometimes have a yellowish area of fur under their necks, it is unlike the continuous band across the necks of their much rarer close cousins, the yellow-necked mice.

Wood mice are omnivores, feeding largely on fruit nuts and seeds, adding caterpillars, worms and other invertebrates to their diet in spring. In autumn, they will also eat blackberries and fungi. Their love of seeds will sometimes bring them to forage under the birdfeeders, so giving an occasional chance to view them. They also make use of bird nests, holes in trees and bird or dormouse boxes to eat their food in safety. They are one of three small rodents (along with bank voles and dormice) to make round holes in hazelnuts to get to the nut. Their nuts have holes with tiny ridges going up and down the rim and scratch marks on the nut around the hole. If you don't manage to see a wood mouse, you may well find these signs when walking in the woods.





Wood mice make their homes in complicated underground burrows, including nest chambers and food stores. It is thought that these survive from one generation to the next, being modified and extended as required. The nest chambers are lined with moss, grass and leaves. They will often block the entrances to tunnels with twigs, leaves and stones. Whilst they will live communally in winter, in the breeding season, females will usually establish their own territory for nesting. Again, these will sometimes be found

in nest boxes. The nests I have seen when undertaking my duties as a dormouse monitor, have consisted of a mass of chopped up leaves.

Wood mice also form an important part of the food chain, falling prey to many natural predators, such as weasels, stoats, foxes, owls and kestrels. In addition, they also fall prey to our cats. As a result of this, they are largely nocturnal and stay undercover as much as possible, but they still rarely live more than a year in the wild. They will occasionally escape a predator by shedding the skin from their tails, but cannot regrow this. In addition, many do not survive the winter. They do not hibernate, but have been known to go into a state of torpor during exceptionally cold weather.

As they are so short lived, successful breeding is imperative for the survival of the species. Between February and October, females can produce litters of four to eight young up to six times a year. The young stay with their mother for about twenty days and they reach sexual maturity after about two months. When food supplies are plentiful, breeding may continue over winter.

Now back to the visitor in our car. A few years ago, we noticed the seed filled neck pillow in the door pocket had been nibbled away at. Further investigation found a stash of seeds around the spare tyre under the boot. We put in a humane trap and soon found the culprit waiting for us to release it. We started by taking it across the stream - not far enough! On four occasions it reappeared, being deposited further and further away until it eventually didn't return. As we had only seen it in the car and boot, we thought that was that until the car developed an electrical fault and the garage diagnosed "rodent damage". A very expensive visitor!



Despite this vandalism the wood mouse is still an endearing and welcome visitor to the garden!

HAPPY WILDLIFE WATCHING!
Hilary



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

**1st Monday of the month
7.30pm**

New members welcome

Email: stivegardeningclub@gmail.com



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

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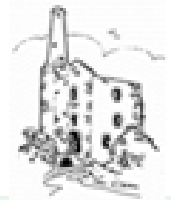
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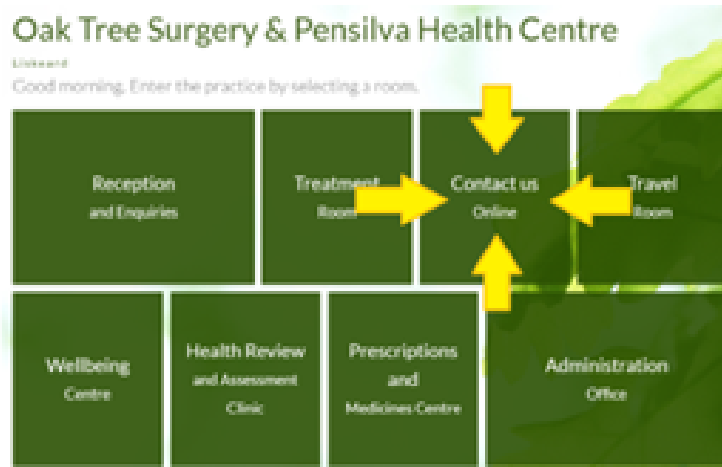
PRINCESS ROAD, PENSILVA, PL14 5NF

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



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4.00pm - 5.00pm

£2 per session

**For further info contact 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 21st August - Afternoon Tea, Bingo and Quiz

Wednesday 18th September - Mark Simmons talk on Ian Fleming's war the creator of James Bond

Everyone Welcome. For further information please contact:

Cherry Woodhouse (Chairperson) 01579 363674

Jane Hall (Secretary) 01579 363379

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For more information, please contact Gerald, secretary, on 01579 363881 or email: 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:

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

For more details Telephone 01872 261110 or visit

www.isightcornwall.org.uk

MOBILE LIBRARY SERVICE

**Next visit to Pensilva is
FRIDAY AUGUST 23rd 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/>



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2nd November	Bridgwater Carnival
16th November	Longleat Festival of Light
22nd - 25th Nov	Turkey & Tinsel - Bournemouth
30th November	Bath Christmas Market
7th December	Exeter Shopper & Christmas Market
15th December	Cornish Christmas Lights

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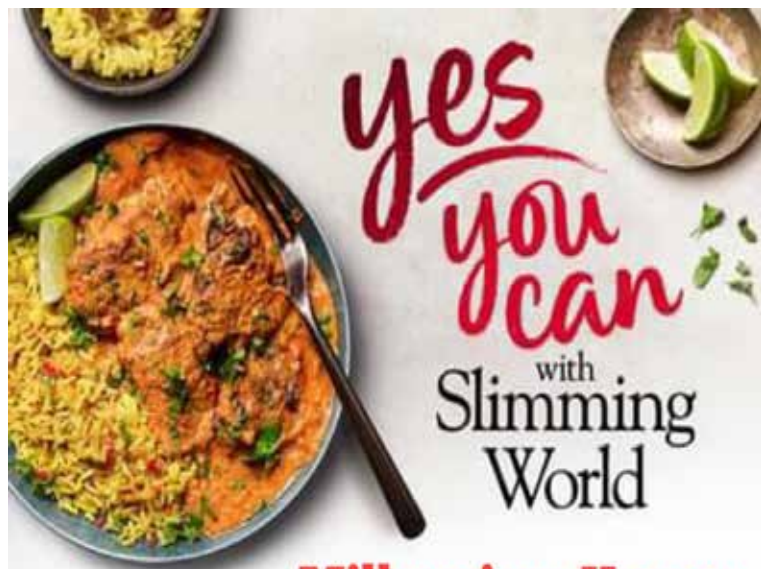
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Pensilva: Through the coffee shop on the 1st floor of Millennium House

Tuesdays: 9 to 11:30am

Wednesdays: 9 to 11:30am

Fridays: 9 to 11:30am

**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
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