

JULY 2025

THE PARISH PUMP

NEWSLETTER FOR THE PARISH OF ST IVE AND PENSILVA



ISSUE NO.520

St Ive Gardening
Club visit The Real
Food Garden,
Bodmin

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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Tony Hodson	079 7353 6964	Nigel Libby	079 6889 1814
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Ivor Vaughan	079 7993 4604	Craig Vaughley	01579 364083
James Bruce	074 1119 2645	Steve Willis (chairman)	01579 363096

Your Cornwall Councillor is Jim Gale - 07974786066; cllr.jim.gale@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: [CIOUSNBMLLST@devonandcornwall.pnn.police.uk](mailto: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
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 poster 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, and the cost can be spread over quarterly payments.

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

Did you know: Pensilva sits alongside sites like Mont-Saint-Michel and the Great Barrier Reef as a UNESCO World Heritage Site. Seriously?!

Well, we're part of one, anyway: the **Cornwall and West Devon Mining Landscape**, designated in July 2006 in recognition of its outstanding universal value and pivotal role in powering the Industrial Revolution.

Between 1700 and 1914, Cornwall's mines and pioneering steam-beam engines drove innovation worldwide, and yielded two-thirds of global copper at their peak. Cornish copper and tin literally wired the world: from naval hulls to telephone lines, canned food to steam engines. Cornish mining technology and skilled "Cousin Jacks" spread across Australia, South Africa, Mexico, and beyond, forging new industrial paths with Cornish know-how and engineers.

Today, all we see are the remnants: leaning engine houses, rusted train lines, and holes in the ground that sheep remain unreasonably drawn to. But these aren't just ruins; they're the bones of a time when this landscape helped shape modern civilisation.

UNESCO calls this area *"the most authentic and historically important components of Cornwall and West Devon mining landscape."* Every engine house, smallholding, railway, and deep shaft tells a story of ingenuity, industry, and stubborn Cornish grit.

But what's next? Does Cornwall, and Pensilva, still have a role to play beyond second homes and AirBnB for burnt-out city dwellers to escape to? I certainly hope so.

Enter Tregovenek, a community-owned project on the outskirts of Pensilva (technically St Cleer Parish, but I've always thought of boundaries as more of a suggestion). If you haven't heard, it's a community farm and gathering space rooted in permaculture, regenerative land-use, and collective work—complete with a composting facilities, community garden, silvopasture fields, workshops, and therapeutic spaces in a spirit of local renewal. Find out more at tregovenek.org.uk

If our mining ancestors powered the first world-changing revolution, perhaps Tregovenek is planting the seeds of the next; one built on community, wellbeing, the restoration of nature, and extracting plump carrots out of the ground instead of metal ore. Pensilva was part of a global revolution once—can we lead the next one?

James

Chairman's Column

On such a glorious day (which makes a change from the biblical deluges we suffered a while back), it is with reluctance and not a little anger that I must impart some bad news. A few days back, the Parish Council received the devastating news that all funding is to be withdrawn from Neighbourhood Development Plans (NDP). That news may not perturb too many of you but its effect in the future will certainly impact a good number of our residents.

These cuts have been inflicted by the very same government that wishes to build 1.5 million new homes—how will this be possible with no infrastructure framework in place? It's equivalent to asking someone to drive from here to John o'Groats and then tell them there's no fuel available, oh and by the way, you can't use your SatNav or road maps!!

It's not long ago since I wrote here about a potential new development of affordable housing for Pensilva. Our own NDP also would have included similar but smaller schemes dotted throughout the parish. The whole point of the Plan was to identify our housing/commercial needs and incorporate these needs into a document, fully endorsed by our residents through a programme of consultations, which ultimately would have been our "blueprint" for many years ahead.

Spare a thought then for our colleague, Steve Besford-Foster who has been working with the Parish Council for many months to produce this document. Only last week did he send out a draft version which runs to over 90 pages—yes, you read that correctly—over 90 pages and now it is virtually as nought. I certainly wouldn't have wanted to be in earshot when he learnt the news of this savage cut.

I think I've gone on enough on this subject so for a complete change, as you know July is a very important month in the village as it has a whole week of Carnival—that's probably better than Rio de Janeiro!! Let's hope the weather is as fabulous as it is at the moment. Let me take the opportunity of wishing you all a great time no matter what the weather. Just be warned, I may put in one of our dogs into the dog show. This is a guy who won "Most Handsome Dog" at the Royal Cornwall Show a year or so back; he hasn't lost his looks!!

Have a great time!

Steve

Millennium House

Hi Parish Pump Readers,

It's official: July is here and we are over halfway through the year. What a fabulous night had by all at the Teenage Cancer Trust Bingo in June! Thank you to all who attended and to the Millennium House Events Group Volunteers for organising! The events team are great and have been hard at work getting everything together for Pensilva Carnival this month!

This July at Millennium House we have ...

Tuesday 1st - contact Clare (01579382341) to join in with Singing for Wellbeing every Tuesday from 10am. Pensilva Badminton is on court from 7.30pm weekly!

Wednesday 2nd - Coach James (jamesurie@kixx.org.uk) is ready for you with Kixx weekly at 9.40am! Join in with Natalie at Sing & Sign weekly with your little ones from as early as 0 to 30 months! (nataliecole@singandsign.co.uk)

PT James is here every Wednesday from 6pm with his double session. To book Boxercise from 6pm or a HIIT/Circuit Class go to gymcatch.com/app/provider/8638. There will be no session on Wednesday 16th July.

Thursday 3rd - Baby & Toddler Group with Tammy will be in from 9.15am to 11.15am term time only. There is no need to book. Get on your mat with Laura Louise Yoga from 10am weekly. Please book at millenniumhouse.org.uk/yoga. Art & Craft Workshop for Children (£3) every Thursday from 4pm to 5pm with Amanda (07703393070) or you can join in with the Ladies of Walking Netball weekly from 4pm to 5pm (£2). Aikido Club with Ron & Luke are ready on the mat weekly from 7.30pm!

Friday 4th - get creative with Penmill Art Group from 10am to 1.30pm. Everyone is welcome no matter the artwork you bring with you! Join Hayley at Slimming World weekly from 5.30pm.

Saturday 5th - Slimming World with Hayley weekly from 8am or 9.30am! Come along to a Dog Show in aid of Food Hub Liskeard from 12.30pm. £2 per class with 20 different classes and a raffle too for £1 a ticket!

Monday 7th - Sarah welcomes you to join Peri

Pilates weekly from 9.15am, please book at smjlodge@hotmail.co.uk. Join Mims Gentle Exercise Group weekly from 10am. Bring your mats to Yoga with Laura Louise Yoga at 5.30pm weekly. Book at millenniumhouse.org.uk/yoga. Pensilva Badminton are ready at the net weekly from 7.30pm.

Wednesday 9th - Pensilva W.I. will be meeting from 7pm.

Thursday 10th - join in with Pensilva Folk Dance every 2nd & 4th Thursday of the month from 7pm.

Friday 11th - Pensilva Table Tennis Club will be holding an open house session. Come along free of charge and see if Table Tennis is for you! 3.30pm for primary school children. 5pm for teenagers. 6.30pm for adults. Come and have some fun, keep active, form friendships and even play against a robot! Pensilva Film Club will open their doors at 7pm. Film starts at 7.30pm.

Carnival Week is **Sunday 13th to Friday 18th July 2025!** An action packed week, check out the posters for details!

Carnival Day!!!! Saturday 19th July 2025! Kicks off at 12 noon and finishes at 5pm with a DJ Bezza putting on a disco at 7pm! There will be stalls, food, music, bouncy castles, animals, face painting, the best ice cream van in Pensilva, Fancy dress (anything Mad Hatter Tea Party theme) and a dog show too!

Monday 28th - Kixx Summer Camp! Book in with Coach James at jamesurie@kixx.org.uk.

Wednesday 30th & Thursday 31st - Baby and Toddler Group with Tammy Summer Edition! You can bring your older siblings too at £1 per sibling! 9.15am to 11.15am!

Enjoy the last moments before the Summer Holidays and remember that Millennium House is here through the holidays for all your booking needs! The Mel bar and coffee shop are still open, the library and gym are still there and rooms are available to hire for any event you are planning!

Have a jolly July!

Vanessa

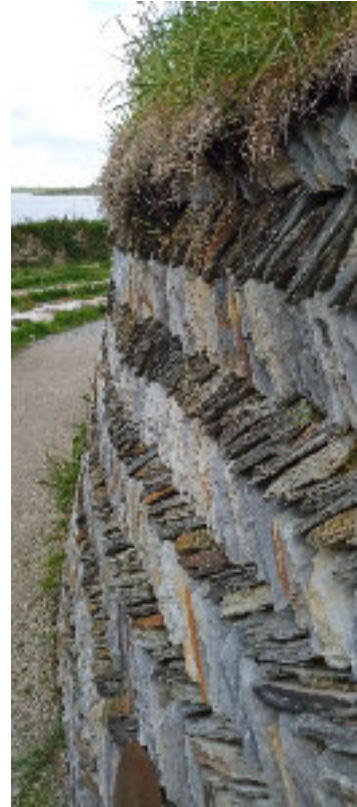
Pensilva WI Meeting Report

Enthusiastically, members told of activities undertaken, including an evening at Cotehele where they played croquet (own rules!), had a picnic and explored the gardens. Others went on a walk to Kerdroya—a Labrynth at Colliford lake—and enjoyed the craftsmanship of the hedges, the many plants, and abundant wildlife around the route. Members also enjoyed an evening meal at Wheal Tor to celebrate the Pensilva WI birthday in May. A real variety!

John Gilbert then took us on an incredible journey from the top of the North Island to the bottom of the South Island of New Zealand. He showed beautiful pictures of just how much earthquakes have shaped the landscape. With his wife, Julie,



we followed as they explored via canoe, on foot, cable car, bus and on bikes, up mountains, getting up close to geysers, tunnels, and exploring the towns along the way. We were surprised to learn that there were just birds, reptiles and one NZ mammal, bats, until humans introduced others.



Predator free areas are now set up to save the indigenous nature population. We were captivated by just how fragile the balance between natural processes and the places we live can be, and how similar some of the rock formations were to those around us in Cornwall.

June's Competition table was full with many beautiful flowers for the judge to select **Flower of the Month** winners: 1st Maureen Walker, 2nd Ann Houlston, 3rd Pauline Caffrey. Lots of choice too for **A Postcard** winner: 1st Alison Willis, 2nd Pauline Caffery, 3rd Cherry Woodhouse

Pensilva WI Horticultural show September 13th schedules available!

Next meeting: Wednesday 9th July, 7.15pm at Millennium house—a speaker from Clark's Auction rooms. A chance to see if we have any valuable treasures at home and learn about some that have passed through the auctions too.



Community Speed Watch (CSW)

Liskeard and its surrounding areas have had an active Community Speed Watch group for over 10 years whose sole intention is to try and make local roads a safer place for all to use.

The team founded to encourage as many drivers as possible to be more speed aware when driving through Liskeard, Dobwalls, Doublebois, East Taphouse, Fore Down, Menheniot, Merrymeet, Pensilva, St Ive, Upton Cross, and Widegates.

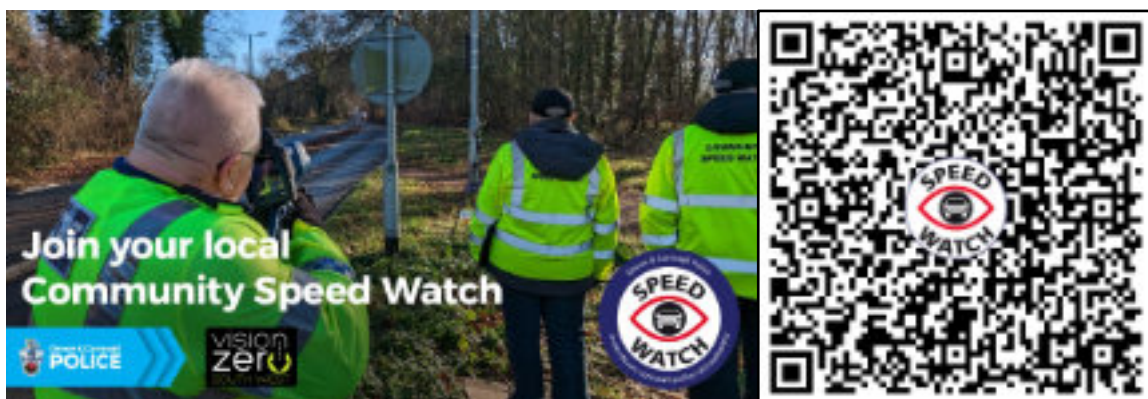
They operate from police authorised monitoring sites which are chosen so they are clearly visible to approaching motorists and are placed well within a speed limited area. When motorists see the team, they should already be aware of the road's speed limit and will have had plenty of time to adjust their speed accordingly.

CSW volunteers monitor the speeds of all passing drivers but only record those travelling at 10% +2 above the speed limit and report them to the police. The police write an advisory letter to the registered keeper, which explains the dangers of travelling at excess speed and reminds drivers to reduce the speed at which they travel.

Community Speed Watch volunteers do not fine or prosecute drivers and fully support this alternative advisory action being taken. They are also very thankful to the many drivers who they witness who do pass by, driving safely and within the speed limit.

Unfortunately, there are occasions when their volunteering work does not have the desired impact of educating motorists to drive within the speed limit, so the police will support local teams in delivering this message by conducting some enforcement action in the area as well.

The Liskeard Community Speed Watch team would like to welcome new members. If you are interested in joining them or wish to find out more about the scheme please scan the QR code below, or email speedwatch@dc.police.uk with your name and contact number.



Millennium House Community Transport

Do You Require Transport
for an appointment, shopping or any other?

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

Our aim is to connect local communities and reduce social isolation. We do need more volunteer drivers to cope with the demand. If your retired and would like to volunteer please contact us.

or if you require transport to Hospital; Doctors, Vaccination etc, and have mobility issues and are unable to drive to your appointment. The more volunteers we have the less frequent we'll be called upon.

Please contact Marlene on **01579 362919** or **07896 994947** and we will endeavour to help.



millennium house
community centre and dynamic venue

Liskeard Show



at Merrymeet, from 9am



Saturday 12th July

**Main Ring Attractions, Horses, Cattle,
Sheep, Pigs, Dog Show, Trade Stands,
Live Music, Shopping/Craft, Cornish Food
& Drink and Lifestyle marquees.**

**Countryside Area, Children's Entertainment
Fun Fair and Bouncy Castle**



A GREAT FAMILY DAY OUT



Gate prices; Adults £15, Children (5-15yrs) £4,
Under 5's free Family (2&2) £34 **Free Car Parking**
Early Bird discounted rates until the 30th June.

www.liskeardshow.org

Email: info@liskeardshow.org

Tel: 07894 456 099 Registered Charity No. 1170999



Pensilva Carnival 2025 Quiz Night

Grab your friends, family, or work colleagues... form a team and get ready for an evening of laughs and brain teasers with our quiz night.

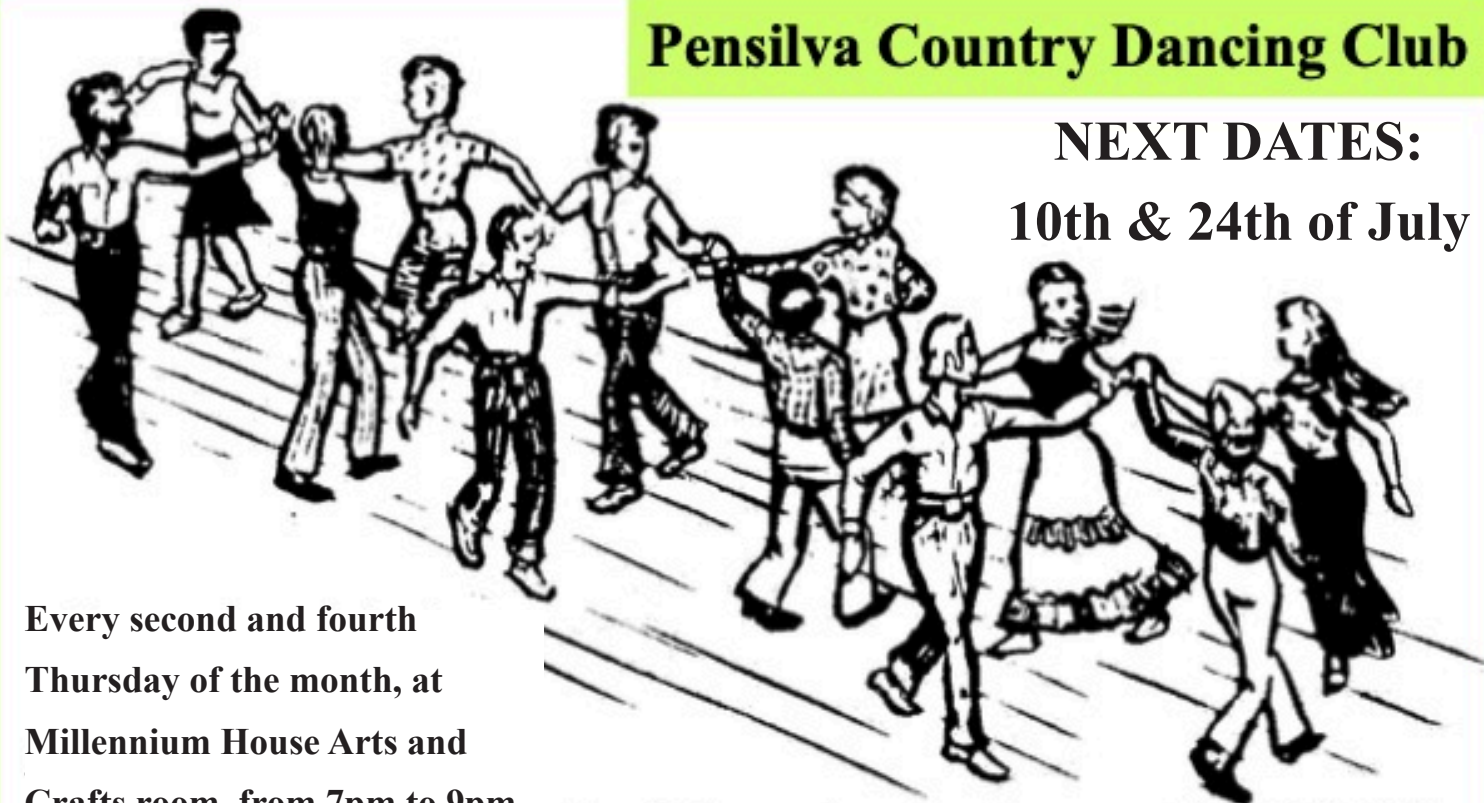
Teams of up to 6 people - £2 per person

**Thursday, July 17th
at Millennium House**

**DOORS OPEN AT 7 PM
QUIZ STARTS 7:30 PM**

Pensilva Country Dancing Club

**NEXT DATES:
10th & 24th of July**



Every second and fourth
Thursday of the month, at
Millennium House Arts and
Crafts room, from 7pm to 9pm.

For information ring Frances 01579 363718

Badminton at Millennium House

Monday and Tuesday at 5 - 7:30pm - Informal badminton. £10 per hour per court.

Call 01579 363 096

Mondays and Tuesday from 7:30 - 9:30pm - Pensilva Badminton Club - £5 per person. Contact Richard 07925 642 938 or Nigel 01579 936594

Wednesday 5 - 10pm - Informal badminton. £10 per hour per court.

Call 01579 363 096

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

WEDNESDAY CLUB, PENSILVA

Meeting in the village hall every 3rd Wednesday of the month. Entry £2.50 which includes raffle and refreshments, 2-4pm. Last month we raised £110 for Cornwall air ambulance - thank you!.

July 16th - Tour of Tregovenek with Ele.

August 20th - Cream tea, bingo, and quiz!

Everyone Welcome. For further information please contact:

Cherry Woodhouse (Chairperson) 01579 363674

Jane Hall (Secretary) 01579 363379

St Ive Village Hall Needs YOU!

On behalf of the committee that manages your hall, we are asking for your help. As you can understand, the hall, like any other building, needs a steady flow of income to cover the bills. Currently, there are just four committee members, supported by some willing helpers who assist whenever needed.

What do we need from you? Five things really:

- If you feel able, we would love for you to join our team, either as a committee member or as a background helper.
- Please attend events organised either by groups or by the committee itself.
- Follow us on Facebook (St Ive Village Hall) and share our events as much as you can.
- Let us know if there are activities you would like us to organise. If we don't know what you want, we might never offer it.
- If you're planning an event or party, think of using your hall first.
- Come along to our AGM on Wednesday 23rd July, 7pm at the Hall and find out more of what we need.

Please contact us using the details in the Parish Pump.

Thank you.

Pensilva and St Ive Food Hub

The idea of the food hub is to serve as a bridge between supermarkets and the local community, redistributing surplus food that might otherwise go to waste.

Every Wednesday morning from 8.00 am until 5.00 pm the hub is open and food can be collected from the above address.

Donations for food are always welcome and will go towards purchasing more food for the following week. A pink bin will be placed by the wooden box on the driveway. If you have any surplus in-date food and would like to make a donation, please place it here. If you are donating homemade cakes, please list the ingredients used.

If anyone is experiencing financial hardship or would like benefit advice, we can take referrals and signpost you to the local Food Bank in Liskeard.

If you know anyone who is vulnerable, or needs support in the Pensilva and St Ive area, please contact Janey Bryson on 078 0866 3749. Thank you



PENSILVA

CARNIVAL

**19TH
JULY!**

12PM : FANCY DRESS REGISTRATION (ADULTS, CHILDREN, UNDER 5S, MIXED AGES; ONLY ONE CATEGORY EACH). MAD HATTER'S TEA PARTY THEME!!!

12:30PM : OFFICIAL OPENING

1PM : PARADE AROUND THE FIELD AND JUDGING

2-3PM : DOG SHOW

3-4PM : LIVE MUSIC

4PM : RAFFLE DRAW

7PM : DISCO WITH DJ BEZZA



DOG SHOW!

2 PM ON THE 19TH
JULY, AT PENSILVA
CARNIVAL

CATEGORIES:

UNDER 1 YEAR,
HANDSOMEST,
PRETTIEST BITCH,
MOST LIKE ITS OWNER,
WAGGIEST TAIL,
FANCY DRESS,
BEST IN SHOW

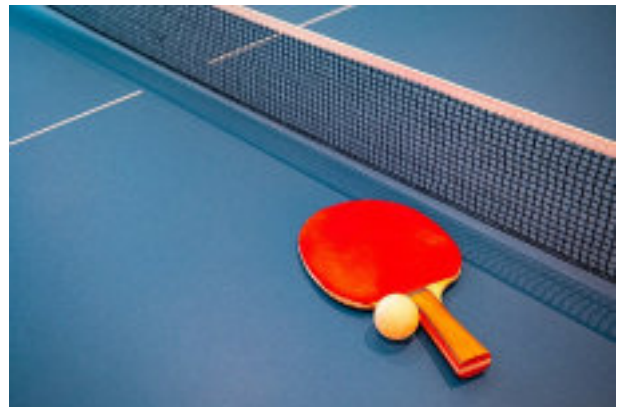


North Cornwall Table Tennis League Division Three Champions

Did you realise that Pensilva hosts the top team in Division Three of the North Cornwall Table Tennis League? Consisting of four players who came together in September 2024 to form the Pensilva Aardvarks, they managed to escape defeat in both the league and doubles competitions and together with four more players, the Pensilva Beasties, these eight players make up the Pensilva Table Tennis Club in its entirety.

Are you possibly a player who could take us to a higher level or do you simply fancy playing some gently competitive table tennis? Consider giving it a go, when we host a **FREE session of table tennis sponsored by Millennium House, on 11th July**, at the same times as detailed below with a view to starting the club on 12th September. Age is no barrier as players in the league range from 13 to their mid-eighties. We have already identified a number of new recruits who have expressed an interest in joining our happy band of table tennis pilgrims. Free coaching is available for anyone who would like to take advantage of this opportunity.

There will be costs involved to play in the league which last season amounted to just over £60 per player for the whole season.



As part of realising this ambition we are hoping to form a club starting with an under 12's group meeting at around 3:30-4:30pm on Fridays, followed by a session for those attending secondary school between 5:00-6:00pm (leaving you time to get to your soccer training). Sessions for adults would follow, also on a Friday evening between 6:30pm and 7:30pm. In addition, the current league players will be drinking (lemonade) in the Function Room in Millennium House between 6-8pm on Friday 27th June and 25th July. Please come and join us and show us just how good you are or could be.

All of the above is no more than an outline of our intentions, so everything is up for discussion, and we will be as flexible as possible in order to accommodate your wishes. If you are interested, call **Andy Marshall** on **07531482777** or email **anddym28248@aol.com**

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.

PENSILVA MEMORY CAFE

If you have memory problems or you are a carer, come and join us at

Millennium House

for a musical event with the

Jumping Out Duo

2.00 to 4.00 pm

Thursday 24th July

Contact Geoff on 07475 920142



MILLENNIUM HOUSE COFFEE SHOP

RUN BY VOLUNTEERS
OPEN TUESDAY, WEDNESDAY, FRIDAY
9AM TO 1PM
(POST OFFICE OPEN 9AM - 11:30AM)



Come and join us for
coffee and a chat,
tea and a toasted teacake,
freshly baked Cornish pasty,
or sausage roll — and we
even have delicious cakes!



Thank you to everyone
for the support you have
given us over the past 8 years.





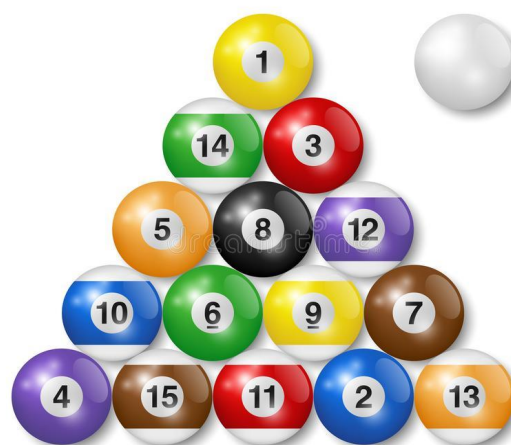
St. Ive Village Hall
The Cross, St. Ive
PL14 3LZ

1st Monday of the month
7.30pm

New members welcome
 Email: stivegardeningclub@gmail.com

St. Ive Village Hall PL14 3LZ

Snooker Club



Monday and Thursday Evenings
 Contact Ray Bunkum: 01579 382315

St. Ive Village Hall PL14 3LZ
COFFEE MORNING



Every Wednesday Morning
10.30 until 12md
Tea/Coffee and cake

Small, fun and friendly fitness classes in St Ive

**Join Jem Fitness on Monday evenings at St Ive
Village Hall**

6:15 pm - Fit and Flow
 A mix of Barre, Yoga and Pilates inspired movements set to music. This class will help you stretch out any aching muscles.

7:10 pm - Groove -it Fit
 A full-body toning dance fitness class in an interval style. This class is great fun and maximises calorie burn.

For further information or to book, contact
Jayne at Jem Fitness
07597 383171
jaynemartin769@gmail.com



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 Eveson

Or 07703393070

Regular Group and Activity Timetable

Gardening Club	1 st Monday monthly 7.30pm	01579 382762
St. Ive Snooker Club	Mondays and Thursdays 7pm	01579 382315 R. Bunkum
Coffee Morning	Wednesday 10.30am – 12	

Fit and Flow Barre, Yoga and Pilate	Monday Evenings 6pm to 8pm (2 nd , 3 rd and 4 th Mondays)	Jayne 07597383171 Facebook@jemfitnesslikeard Instagram jemfitnes_
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Methodist Sunday Service	Check timetable in Parish Pump for services	Kathryn or Keith Mutton 01579 382334
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St. Ive Institute and Village Hall A.G.M. July 23rd 7pm in the hall

Pensilva Community Association and C-Fylm Present

PENSILVA **FILM** **CLUB**



FRIDAY, JULY 11th

DOORS OPEN 7PM, FILM STARTS 7:30PM

BATTLE OF THE SEXES

£4 for C-Fylm members

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

EMMA STONE STEVE CARELL

BATTLE OF THE SEXES



The 1973 tennis match between Billie Jean King and Bobby Riggs became the most watched televised sports event of all time. Trapped in the media glare, King and Riggs were on opposites sides of a binary argument, but off-court each was fighting more personal and complex battles. With her husband urging her to fight for equal pay, the private King was also struggling to come to terms with her own sexuality, while Riggs gambled his legacy and reputation in a bid to relive the glories of his past.

Comedy / drama
2 hours, rated PG-13.
SCAN FOR TRAILER ----->



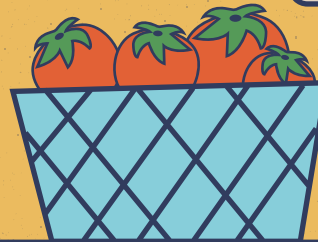
PENSILVA



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...**

19TH JULY - CARNIVAL!

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
WOMEN'S INSTITUTE
HORTICULTURAL SHOW

To be held in

Millennium House, Pensilva

On

Saturday 13th September 2025

To be opened at 2.15 pm

By

**CFWI Joint Chair
Liz Baker**

Please return cups awarded in 2024 to either
Trish Thomas or Alison Willis by **Monday 18th
August 2025.**

HANDICRAFTS

SECTION 5 – OPEN

CLASS

- 62 Knitted or Crocheted item
- 63 Item of Needlework
- 64 Painting (any medium)
- 65 Sugar craft or Porcelain
- 66 Any Other Handicraft – not included in the above classes
- 67 A hand-made item of headwear

PHOTOGRAPHY

SECTION 6 – OPEN

CLASS

- | | | |
|----|---|-------|
| 68 | A Shadow | Print |
| 69 | 'It's a wet day' | Print |
| 70 | Photo of a war memorial | Print |
| 71 | Wild flowers | 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 | Having fun | Print |
| 75 | 'It's a wet day' | Print |
| 76 | Own Choice | Print |

PRINTS MAYBE COLOUR OR BLACK AND WHITE

NOT LARGER THAN 7 x 5"/18 x 13 cm

MOUNTED ON WHITE CARD 8 x 6"/20 x 15 cm

NEIGHBOURHOOD DEVELOPMENT PLAN FOR ST IVE & PENSILVA



Hello, we are pleased to confirm that members of the Neighbourhood Plan Development Committee will be at the Pensilva Carnival on Saturday 19th July 2025. Please come along and meet with us. We will be able to show you the draft Neighbourhood Development Plan, and answer any questions you may have.

As we move towards the next stage of the NDP we really do need more people to become involved with the process. You do not need any experience at all, just a passion for the area you live in. If you are interested, then please contact the Parish Clerk for further details: stiveparish@btconnect.com

You can also keep up to date with how we are getting on by going to our dedicated website: www.plan4stive.co.uk



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



St Ive & District Gardening Club Report

On Monday 2nd June we visited **The Real Food Garden** near Bodmin. We were greeted by Amelia, owner and visitor guide extraordinaire.

The evening had a summer feel with the sun setting on the horizon, that golden glow blanketing the crops. We walked to the start of the garden, overlooking perfectly lined rows of types of beet—Amelia confessed that this is not a strategy for growing, it is simply to look “right”! Amelia explained she found her love for gardening from her father, after she had resisted it, started university studying a totally different subject but ultimately gave in to the fact gardening was actually her “thing” after all.

Training at RHS and the Eden Project, Amelia homed in on growing vegetables which could be her livelihood. It wasn't something new—it was simply going back to how life once was, trading at markets the produce grown in the garden, just on a larger scale. Now in the 9th season, an ever-expanding garden serves the locals, passers-by and anyone else who comes across this delight. Amelia and her team are passionate about growing good crops; crops which grow naturally, to give people the best nutrients and taste how they should. Up against supermarkets, Amelia admitted it isn't easy, but staying true to their beliefs has gained them many loyal customers. The customers return and order the vegetable boxes, which are filled with seasonal vegetables, fresh and full of goodness.

Walking alongside the crops, Amelia explained that the work is not easy—it is all by hand, learning as they go, improving each year. The soil has proven to be a vital ingredient. No digging—the better the soil, the better the crops. Carrying out nutrient testing to ascertain the best combinations. Rotation of crops has been extremely successful too. Amelia explained getting the balance right is very important: letting the soil “rest” but also using the soil when the “main” plants aren't growing. As well as intercropping, finding the crops and plants which support each other's growth. Tomato plants' photosynthesis adds sugar to the soil during the winter, for example.

Amelia uses natural pest control, attracting the predators to ward off the pests, but also having a



relaxed attitude to the pests has been a successful combination.

Walking down to the polytunnels, we heard about how difficult it can be to regulate temperatures inside. When do the doors need to be open, when do they need to be closed up at night or when it gets cooler—learning from the plants' reactions. Snails and slugs are denied places to hide and are given a challenge of a wood chip entry to the goodies inside the tunnels. A challenge which they rarely take on and win!

Around onto the non-crop area. We wander along the winding pathway lined with wild grasses and fruit trees. The reward is a pond—a pond which is the product of income from the vegetable boxes. Amelia believes that giving back to ecology and wildlife is important. The pond serves a vast array of wildlife: frogs, newts (which we were lucky enough to see), dragonflies, diving beetles, and water snails are a few.

We walk back up to the start and cross the road to the large field. Here we meet the chickens and the resident pigs—all of which are workers for the garden. The chickens are the providers of nitrogen for the brassicas; the pigs are natural ploughs and live compost bins! Amelia explained she visited Montenegro, where this type of growing is very commonplace.

The Real Food Garden is exactly that—it's real, it's food and it's a garden. A place where natural life is supported and very much encouraged for crops, fruit and wildlife.

Next visit:

Monday 7th July

Pendower House, Fowey (part of the National Garden Scheme)

Meet at St Ive Park car park to leave at 6:30pm

£6 per person, £4 refreshments per person

Car share £1

FIFTEEN + 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 two birds which I find very difficult to distinguish. Is it a...

...WILLOW WARBLER OR CHIFFCHAFF?



All the literature and published photographs seem to reinforce my doubts rather than clear up this dilemma! Both these members of the warbler family are described as small birds with greyish-green and white plumage with no striking features. The most distinguishing visual difference seems to be leg colour, with the willow warblers having light brown legs and chiffchaffs black legs (though this can vary). Willow warblers have a slightly whiter belly. They both have a pronounced eye stripe.

All this leaves me as confused as ever, though my photos may indicate the slightly darker legs of the chiffchaff. However, angles, lighting and distance from the subject when photos are taken can muddle the issue. Both birds flick their tails, but the chiffchaff does this much more often.

Much more helpful would be their very different songs. The willow warbler has a very pretty descending song with a bit of a



flourish at the end. The chiffchaff's vocals consist of two repeated notes which give it its name. Both can be listened to on line, but as my sightings have all been from inside the house, it doesn't help me!

They are both largely woodland birds with only subtle and overlapping variations in their preferred habitats. Willow warblers can also be seen on open moorland (although I have not yet seen them when out walking on Bodmin Moor). Both birds eat a large variety of insects and spiders, caterpillars in Spring and berries in Autumn.

Both birds are migrants, with willow warblers heading for Sub-Saharan Africa for the winter, whilst chiffchaffs travel to either SE Asia or North Africa. However, there is a small but increasing population of chiffchaffs staying throughout the year.

Willow warblers build dome shaped nests with a single entrance hole in the side, close to the ground in scrub and usually with water nearby. Their tiny, glossy white eggs with reddish-brown speckles are laid in May or June. They are incubated by the female, but both parents will work to feed them.

Chiffchaffs nest at about the same time, also in dense undergrowth close to the ground but in more open nests. Five or six white eggs with fine black speckles are laid and the chicks hatch around two weeks later, fledging after another couple of weeks. It is not uncommon for them to raise 2 broods in a year.



Whilst chiffchaffs are doing well, recent falls in the numbers of willow warblers (although still a common migrant) has put them on the orange at risk category. It is a complex picture, as populations are declining in England and Wales but slightly increasing in Scotland and Northern Ireland. It is not yet fully understood why this is, but global warming may be a factor.

I hope that you will spot these endearing little birds and enjoy watching them despite their confusing similarities. Listen out for the song if you can. We certainly have at least one of them visiting us in Summer and may have both!

Update on Aid for Ukraine

On the 13th of June two members from the Nightingales team, Dan Halton and Ken Phillips, drove the 11th 4 x 4 vehicle to Ukraine, filled with life-saving Humanitarian Aid. This vehicle was handed over to two brave young men in Ukraine to be used for transporting injured and wounded civilians and military personnel for emergency medical evacuation to hospital.



The month of May saw all sales from the items that were donated for the car boot sale and wooden box on my drive, rise to over £1,000 and at the time of writing this article on the 17th of June, I am very proud to say that we have just reached another £1,000, making our overall annual total to date £3,700.

The journeys that we make to Ukraine quite simply would not be possible

without the tremendous support that ALL of you have given. Every donation, no matter how big or small, makes a difference. We are so incredibly grateful, I cannot THANK YOU enough!

I am also excited to tell you about Ukraine Live, an event that is taking place at Yelverton Memorial Hall on the 27th of June. There will be live video feeds from Sumy, Dnipro and Uzhhorod, with the latest news and views from Ukraine. There will also be personal stories from Refugees and military personnel who are caught up on the frontline and how Nightingales UK are supporting the cause. There will be a question-and-answer session during the interview with Rupert Jones our speaker. Although this event will have passed by the time the July Parish Pump is issued, we are hoping to record the evenings events to be viewed on the Nightingales web page; which is also in the process of being updated.

The list of equipment and aid currently needed has now been revised. We can no longer take Wheelchairs, walking frames or crutches due to using smaller 4 x 4 vehicles. We drove our large van over to Ukraine at the beginning of the year, to be used for transporting the elderly and disabled to hospital. As space is of a premium, we can only now take the items listed.

As a group we are promoting the message that we need high spec medical aid and donations, ensuring that we can buy the very specific medical equipment needed to save lives on the front line. Therefore, if you would like to make a cash donation, please go to <https://www.gofundme.com/f/Nightingales-UK>. If you would like to donate a long wheel base 4 x 4 vehicle, please email nightingalesuk@gmail.com

The need for unused and in date medication is as great as ever. If you have any medication that you no longer need or use, please consider donating it to Ukraine. All identification labels are removed and medication is checked by medical staff, prior to transportation.

I would be very grateful to receive any car boot sale items that you would like to donate; as I am running low on stock. There is a pink dustbin by the wooden box on the drive, outside my house where you can place your unwanted/donated items. For those of you who don't know where I live, our house is Rivendale PL14 5PG, located next to the Pensilva Medical Centre. If you would like me to collect any items, please contact me on **07808663749**.

At the time of writing this article, the Ukrainian war has now been going on for 3 years, 3 months, 3 weeks and 3 days. The Ukrainians fierce resistance to Russia's invasion has earned justified admiration. In the face of adversity, may the light of love and kindness shine brightly across the miles and illuminate the way forward for a peaceful outcome for all caught up in this conflict.

God bless.

Janey

Nightingales UK are currently asking for donations of the following aid supplies:

Over-the-counter medicines

- Paracetamol
- buprofen
- Cold and cough Medicine
- Antihistamines

Prescribed in date Medicines

- Antibiotics
- Painkillers, (no Codeine or controlled drugs)

- Blood Pressure and heart pills

Nursing Equipment

- Dressings/bandages
- Tape
- Dressing packs
- Antiseptic wipes and fluid
- Scissors
- Sutures

Surgical Equipment

- Urinary Catheters/bags etc
- Colostomy stoma care and bags etc
- Splints, slings

Medical Equipment

- Stethoscopes
- Blood Pressure Machines
- Blood Sugar Monitoring
- Peak flow meters etc

Humanitarian Aid

- Children's nappies, formula milk, bottles
- Adult continence pads
- Wet wipes, toothpaste, toothbrushes

Please do not send

- Clothes, blankets, food.
- Crutches, Disability Walkers and Wheelchairs



St John's Mission Church

Refreshments served before and after services

Services for July 2025

Sunday 6th 11.00 am Holy Communion

Sunday 13th 11.00 am Morning Worship

Sunday 20th 11.00 am Morning Worship

Sunday 27th 11.00 am Morning Worship

Thursdays 10.00 am Morning Prayer Fellowship

JULY EVENTS *Please see posters for full details*

Friday 4th 2.30 - 4.00 pm Strawberry Tea

Wednesday 9th 2.00 - 4.00 pm Kowetha

Sunday 20th 3.45 pm Tea Time Church for children & their families

Thursday 24th 2.00 - 4.00 pm Memory Café in Millennium House

Tuesday 29th 2.00 - 4.00 pm Stitch, Knit & Natter

*For further details or if you know of any illness or need in the village, please call Geoff, 362698 or Frances, 363718
Please put prayer requests in the box. St John's is open daily 10.00 am - 4.00 pm for personal prayer & reflection.*

St John's Mission Church

Princess Road Pensilva PL14 5NF



THE CHURCH
OF ENGLAND

The Tribute Benefice

Contact for Baptisms & Marriages

Reverend Li Selman 07790 272714

revliselman@icloud.com



Church Wardens
Geoff & Carolyn Cox
07475 920142



Teatime Church



For children and their families
Playing Games

Singing and Praying Together
Sharing a Bible Story

3.45 pm
Sunday 20th July
St John's Mission Church
Pensilva

Eating Tea

For more information
contact: Rev Li Selman
revliselman@icloud.com



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.

**St John's Mission Church
Collection Point**

GRATEFUL THANKS

**to all of you who
most generously donate.**



Baby Basics Cornwall, run by the Tribute Cluster of Churches, is part of a UK wide network of centres supporting parents with babies by providing clothing and equipment.

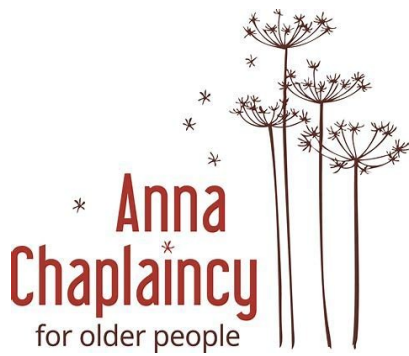
We work with local health professionals. All our referrals come from them and our bundles are delivered by them, making this a confidential service.

Bundles are made up of a mixture of new and pre-loved items for families with babies 0-3 months.

Our pre-loved items are carefully checked, washed and ironed by our volunteers. This ensures that all our bundles are high quality, safe and a real gift of love.

If you are struggling financially, emotionally or practically with the upcoming birth of a baby, please ask your health professional for a referral to Baby Basics.

Kowetha



The Tribute Benefice



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**chat
and
eat cake**



**St John's Mission Church
Pensilva**

2.00 - 4.00 pm

Wednesday 9th July

The 2nd Wednesday of the month

Contact: Geoff Cox

07475 920142

gefferys1963@gmail.com



STRAWBERRY TEA

Raffle
Bring & Buy Stall

2.30 pm
Friday 4th July
St John's Mission Church
Pensilva

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Tuesday
29th
July

St John's
Mission Church
Pensilva

on the
last Tuesday
of the month

2.00
to
4.00 pm

Contact Kathleen
01579 363686

Unity Methodist Church



Sunday 6th July - United Service at St Ive Parish Church 11.15 am.

6pm Service at Unity Bealbury - Local Arrangement

Sunday 13th July - United Service at St Ive Village Hall 10.30am - Marguerite Smith.

6pm Service at Unity Bealbury - Rev Jonathan Budd.

Sunday 20th July - United Service at St Ive Parish Church 11.15am.

6pm Exhibition Service at Unity Bealbury - Keith Mutton.

Sunday 27th July - United Service at St Ive Village Hall 10.30am - Rev Stuart Reed with Communion.

6pm Service at Unity Bealbury - Rev Stuart Reed with Communion.

The Chattermakers craft group will meet during the month at St Ive Village Hall on alternate Thursdays at 7.30 pm. July's dates are **10th and 24th**. For details please contact Kathryn on 01579 382334



St Ive Church

July 6th	Morning Service	11:15am	In Church
July 13th	Chapel Service	10:30am	In village Hall
July 20th	Holy Communion	11:15am	In Church
July 27th	Chapel Service	10:30am	In Village Hall

Other Events

July 27th, August 10th and 24th: Cream Teas 2-4pm

TBC 11th October: Mass Male Voice Choirs

TBC 18th October: Sterts Singers

See next month's pump for more details.



We need your **submissions**: news, announcements, posters for local events, even full articles if you think the community would find it interesting!

We need **photos** for the front cover. Taken a nice photo recently of a local event or somewhere in the parish and happy for us to use it? Email me, please!

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

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29th July	Port Eliot Estate with Kernow Mill
30th July	Tiverton Canal Barge & Bickleigh Mill
13th August	Plymouth Firework Championships
18th August	Dawlish Rail / Exmouth Coastal Cruise
2nd September	Paradise Park, Hayle
5th - 7th Sept	Burghley Horse Trials
21st - 25th Sept	Herefordshire & Worcestershire
8th October	Tavistock Goose Fair
10th October	Falmouth Oyster & Food Festival
1st November	Bridgwater Guy Fawkes Carnival

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except Wednesday and Sunday

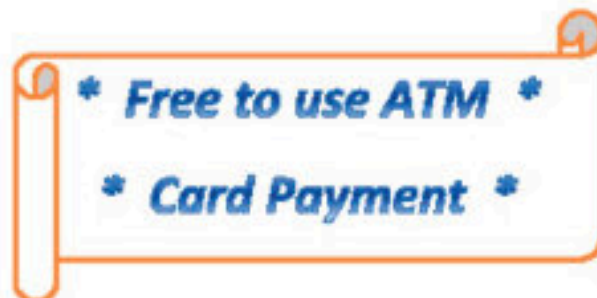
Unit 1, Old topfoto buliding , Barras Place, Liskeard PL14 6AY

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
- ✓ Cornish Fresh Fruit and Vegetables
- ✓ Fresh Bread, Pasties and Cakes
- ✓ Take Away Coffee, tea and hot chocolate
- ✓ Newspapers and Magazines, Greeting Cards
- ✓ Paypoint, Lottery



Friendly Staff + Service with a Smile !!!

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

Higher Road, Pensilva, Liskeard, Cornwall PL14 5NQ

Tel: 01579 362547



Pensilva & St Ive Post Office Service

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.**

.....
**Unfortunately, the St Ive Village Hall drop-in
post office has now closed.**



Bus Timetable

74



Callington - Liskeard
via Pensilva | St Cleer

Monday to Saturday except for bank holidays

buses towards Liskeard

Service No	74	74	74	74	74	74	74	74	74	74	74	74	74	74
		SD	SSH								SSH	SD		
Callington Tesco							1111		1311		1511			1711 1815
Callington Community College												1510		
Callington New Road		0750	0800	0820	0916		1116		1316		1516	1520		1716 1820
Callington Westover Road		0753	0803	0823	0919		1119		1319		1519	1527		1719 1823
St Ive Church		0801	0811	0831	0927		1127		1327		1527	1535		1728 1831
Pensilva The Cross		0809	0817	0838	0935	1035	1135	1235	1335	1435	1535	1542	1645	1734 1837
Darite Crows Nest Inn		0817	0824	0845	0942	1042	1142	1242	1342	1442	1542	1551	1652	1741 1844
St Cleer Church	0722	0827	0834	0855	0952	1052	1152	1252	1352	1452	1552	1602	1702	1751 1854
Tremar Telephone Box	0725	0831	0837	0900	0955	1055	1155	1255	1355	1455	1555	1605	1705	1756 1857
Trevecca Cottages	0730	0836	0842	0905	1000	1100	1200	1300	1400	1500	1600	1611	1710	1801 1902
Liskeard School & Community College		0840												
Liskeard Hospital Clemo Road 	0733		0845	0908	1003	1103	1203	1303	1403	1503	1603	1615	1713	1804 1905
Liskeard A390 opp Morrisons	0736		0848	0911	1006	1106	1206	1306	1406	1506	1606	1618	1716	1807 1908
Liskeard Post Office arr	0738	0845	0850	0913	1008	1108	1208	1308	1408	1508	1608	1620	1718	1809 1910
Liskeard Post Office dep	0745			0918	1018	1118	1218	1318	1418	1518	1620	1620	1725	1815
Liskeard Railway Station 	0747			0920	1020	1120	1220	1320	1420	1520	1623	1623	1727	1817

buses towards St Dominick & Callington

Service No	74	74	74	74	74	74	74	74	74	74	74	74	74	74
	SD	SSH								SSH	SD			
Liskeard Railway Station 				0945	1045	1145	1245	1345	1445	1445	1559	1647	1749	1852
Liskeard Lloyds Bank arr				0948	1048	1148	1248	1348	1448	1448	1602	1650	1752	1855
Liskeard Lloyds Bank dep	0715	0715		0905	0955	1055	1155	1255	1355	1455	1515	1605	1705	1800 1915
Liskeard School & Community College											1525			
Liskeard A390 outside Morrisons	0718	0718		0908	0958	1058	1158	1258	1358	1458		1608	1708	1803 1918
Liskeard Hospital Clemo Road 	0721	0721		0911	1001	1101	1201	1301	1401	1501		1611	1711	1806 1921
Trevecca Cottages	0725	0725		0915	1005	1105	1205	1305	1405	1505	1530	1615	1716	1810
Tremar opp Telephone Box	0730	0730		0920	1010	1110	1210	1310	1410	1510	1536	1620	1721	1815
St Cleer Church	0734	0734		0924	1014	1114	1214	1314	1414	1514	1541	1624	1726	1819
Darite Crows Nest Inn	0742	0742		0934	1024	1124	1224	1324	1424	1524	1551	1634	1736	1827
Pensilva The Cross	0750	0750		0942	1032	1132	1232	1332	1432	1532	1600	1642	1745	1835
St Ive Church	0755	0755		0949		1139		1339		1539	1606		1751	1840 1928
Callington Westover Road	0803	0803		0957		1147		1347		1547	1614		1759	1848 1936
Callington New Road arr	0805	0805		0959		1149		1349		1549	1616		1801	1850 1938
Callington New Road dep	0805		0840	1004		1154		1354		1554	1619		1802	
Callington Community College	0813													
Callington Tesco			0842	1006		1156		1356		1556	1622		1804	
Tavistock Road Ginsters			0843	1007		1157		1357		1557	1623			
Ashton Post Box			0848	1012		1202		1402		1602	1632			
St Dominick School			0850	1014		1204		1404		1604	1634			
Tavistock Road Ginsters			0856	1020		1210		1410		1610	1640			
Callington Tesco			0858	1022		1212		1412		1612	1642			
Callington New Road			0901	1025		1215		1415		1615	1645			

SD Schooldays only
SSH Saturdays and School Holidays only

These sections of journey are operated across by service 73
The full timetable can be found on the previous pages