Geing Well

OCTOBER 2025

THE PARISH OF ST IVE AND PENSILVA

ISSUENO.523







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

Alan Masa	04.570.000004	Maylana Cayy	04570 000040
Alan Moss	01579 362064	Marlene Carr	01579 362919
Rosemary Farley	01579 384810	Martin Corney	01579 382450
Tony Hodson	079 7353 6964	Nigel Libby	079 6889 1814
Paul Mann (vice chair)	01579 363757	Patricia Steer	01579 363096
Steve Willis (chairman)	01579 363096	Craig Vaughley	01579 364083
James Bruce	074 1119 2645		

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: CIOSNBMLLST@devonandcornwall.pnn.police.uk

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

In an emergency call 999

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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 O1579 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

After the summer lull, the end of the year is absolutely packed with activities again, which means a bumper issue. These annual events aren't just a bit of fun though; they're how communities release surplus energy, create continuity, and bind themselves together. Without them, the social fabric frays, and we each retreat into our private worlds, where our attention can easily be led down a darker path by social media.

Annual events are like a cultural bookmark for us; they remind us who we are and where we've come from. In uncertain times they offer some stability, and there's power in that rhythm. Christmas wasn't cancelled because of World War II. These events ground us to the past, with our kids able to experience some of the same things their grandparents did. But that doesn't mean they should stay the same every year. Cultures evolve.

Halloween is a great example; it wasn't really a thing when I was young(er!) You can scoff and call it an American import if you like, but I call it an opportunity to dress up, have some fun, and make some noise. Speaking of which, this year's Halloween disco at Millennium House will be the biggest and shiniest yet, with the theme of "Enchanted Forest". It's a free event, open to all kids and parents alike, and the most wonderful team of volunteers at the Millennium House Events Group makes it magical every year.

Last month was the annual WI Horticultural show. I daresay the format hasn't changed since it's inception; though the number of trophies has probably gone up. Many of which my wife has claimed this year; sorry about that. In completely unrelated news, if you find a child wandering about the village asking for his bedroom back and mumbling something about a trophy room, rest assured you can safely ignore him.

I also apologise for some Christmas posters in this issue; I'm sure you've all collectively groaned at seeing the tinsel go up in Tesco or some garden centre, and thought "blimey, can we at least get Halloween done first?"

"No", the staff will respond, as they busily unload the new display of easter eggs.

James

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Chairman's Column

So, another summer over and we can now all prepare for winter (is there any difference these days?). Next stop-Christmas-calling at Hallowe'en and Guy Fawkes Night en route!

The Parish Council do not convene in August although work continued as normal. Looking back over my monthly reports, it could be argued that there is a Pensilvacentric bias but that could only be attributed to the relative sizes of both St Ive and Pensilva. However, at our last Parish Council meeting in September, the room was filled not only by ourselves but also three county councillors including our own Jim Gale and a large contingent of very concerned residents of St Ive Keason.

I think everyone in the room was shocked to hear of their plight visited upon them by faceless uncaring organisations, namely Cornwall Housing Ltd (CHL) and South West Water plc. Given that CHL actually own the majority of the properties concerned, one would imagine there would be a certain "Duty of Care" in this regard. Nothing could be further from the truth as it transpired that the sewerage system shared by these properties is in a state of collapse, caused without doubt by CHL's dereliction of duty in maintaining the system over many years. The residents' spokesman was able to demonstrate their failure by means of a report giving "chapter and verse" showing how the two organisations had "wiped their hands" of the matter yet persistently threatening the residents with exorbitant demands for payment to replace the system at their own expense!!

The matter is extremely complex and it would take more than an entire copy of "The Pump" to fully explain the convolutions. Suffice to say, the Parish Council will do all they can, along with our Cornwall Councillor Jim Gale, to resolve this horrendous episode. A meeting between all the parties concerned is to be brokered by Jim and I'm sure you will join with us in wishing this endeavour every success for a satisfactory outcome.

Until next time...

Millennium House

Hi Parish Pump Readers,

It feels as though we have jumped from Summer straight into Winter and skipped Autumn altogether! We won't be skipping over our annual Halloween Disco for the kiddies though! I hope you have been prepping your Halloween costumes ready for it!

This October at Millennium House we have ...

Wednesday 1st - Kixx Coach James (jamesurie@kixx. org.uk) is ready for you and your little one every Wednesday from 9.40am. Natalie (nataliecole@singandsign.co.uk) from Sing & Sign is here every Wednesday during term time for sessions from 10.15am to 12 noon for 0 to 30 months old. Liskeard Super 1's Cricket gather every Wednesday from 4.45pm. PT James (gymcatch.com/app/provider/8638) is ready for your weekly Boxercise & HITT classes from 6pm.

Thursday 2nd - Baby & Toddler with Tammy is here 9.15am - 11.15am weekly during term time, with fun and snack time too. Laura Louise Yoga will be on the mat from 10am weekly (millenniumhouse.org.uk/yoga). Kids Art & Craft Workshop is here weekly from 3.30pm to 5pm, let your little ones get creative for £3 and you can enjoy a cuppa in the coffee shop! Ladies Walking Netball for all ages from 4pm to 5pm weekly for £2. Step onto a different sort of mat weekly with Aikido from 7.30pm with Ron & Luke.

Friday 3rd - Penmill Art Group gathers weekly from 10am to 1.30pm. Pensilva Community Table Tennis Club is weekly from 3.30pm to 5pm for under 16's and 5.30pm to 7pm for over 16's, £3 per session. Slimming World with Hayley is on weekly from 5.30pm.

Saturday 4th - Slimming World with Hayley is on weekly at either 8am or 9.30am. Get your dancing shoes on, DJ Bezzah brings you Bezzah's Big Disco from 7.30pm to midnight! Enjoy a family fun night out, let your hair down and dance the night away! Sunday 5th - Pensilva Monthly Market! 11am to 2pm. We have some new additions to the market as well as our hard working local stall holders. Please come along and support them! Phyllis and Hui are busy in the kitchen preparing food and drinks for you all and the bar opens from 12 noon to 5pm. Come along and support your local market!

Monday 6th - Peri Pilates with Sarah (smjlodge@hotmail.co.uk) weekly from 9.15am. Mims gentle exercise for all from 10.30am weekly. Laura Louise Yoga is on the mat weekly from 5.30pm (please book millenniumhouse.org.uk/yoga). Pensilva Badminton weekly from 7.30pm.

Tuesday 7th - Clare welcomes you to Singing for Wellbeing weekly from 10am (01579382341). Join in with the musical Westernairs from 7.30pm to 9pm weekly (susanne.daniel@btconnect.com). Pensilva Badminton is on court from 7.30pm.

Wednesday 8th - Pensilva W.I. will be gathering for their monthly meeting. You can join in too.

Thursday 9th - Pensilva Folk Dance get their dancing shoes on every 2nd & 4th Thursday from 7pm.

Friday 10th - NHS Blood Donors will be taking blood. Are you able to give blood? You can contact them and find out!

Sunday 12th - Kixx has started a weekly Sunday Session! There is even an all girls group! Contact Coach James for more info (jamesurie@kixx.org.uk)

Wednesday 15th - Bingo with Colleen & Ruth is on the 3rd Wednesday of every month for over 18's only. Eyes down at 7.30pm.

Thursday 16th - Millennium House Events meeting at 7pm. Feel free to join the events committee and help us plan and prep events for the local community!

Saturday 18th - Table Top and Jumble Sale in aid of Ukraine! Janey (07808663749) will be putting on a huge sale with refreshments too from 11am to 2pm. **Friday 24th** - Pensilva Film Club will be showing

"About Time". Doors open at 7pm, film starts at 7.30pm.

Tuesday 28th - Kixx Half Term Camp from 10am to 3pm! Contact Coach James to book at jamesurie@kixx.org.uk.

Wednesday 29th - Abi & Natalie from M2 Catering present Porktober for this month's meal night! Please see posters for the menu. Doors open at 5.30pm, to be served at 6pm. £20 per person. PLease book by Friday 24th October 2025 at reception or call 01579 363096.

Friday 31st - The Enchanted Forest Halloween Disco! 6pm to 8pm. Let the kiddos dance and have fun after their trick or treating! Adults can grab a drink from the bar and the little monsters can dance away and enjoy a buffet of food with their food token provided on entry! The disco is completely free! To make it even more fun we have our themed fancy dress! Win 1st, 2nd or 3rd place for the best dressed fae-folk, forest creature, fantastical beast, fairy, demon and even demon hunters of the K-Pop variety! We encourage adults to join in with the fancy dress fun too! We look forward to seeing all your spooky and fantastical costumes!

Please remember that November's Pensilva Market Day will be held on Sunday 9th November 2025 along with our Remembrance Sunday Children's Craft Event from 11am to 2pm. We will still be taking part in the Remembrance service at 11am. The Stamp Fair will be held on Saturday 1st November 2025 and the Cornish Marathon will be held on Sunday 2nd November 2025. We hope to see you at both events!

Have an other-worldly October!

Vanessa

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Pensilva WI Meeting Report

The weather would not dampen the spirits of Pensilva WI; plenty of events and activities on the agenda to attend over the coming weeks (even Christmas was mentioned!) and two big ones being hosted: The Horticultural Show -13th September, more news after the event! And the Macmillan Coffee Morning - Saturday 4th October at St. John's Church - 10.30-12 noon, all welcome. Plenty of coffee, tea, refreshments and cake, a raffle and bring and buy stall.



Tonight was also a chance to celebrate 110 years of the WI by having a cream tea (any excuse!). We sang "Pack up your troubles" which was written in 1915 (the same age as WI!) ably led by our entertainer Rachel Best. She walked us back to happiness,



told tales of some of the venues she visits, got us up dancing and delighted members by singing their requests including Doris Day and Tina Turner. Ladies guessed the year of the songs Rachel sang - can you remember which year Sandie Shaw won Eurovision?

Birthday posies were handed out to Rachael Palmer, Irene Elliott and Mary Lake, all celebrating a September special day.



Competition winners were:

My favourite song: 1st Jenny Rendle, 2nd Mary Yates.



Tucker, 2nd Verna Dawe, 3rd Alison Grimes.

Pensilva WI are still continuing to collect used stamps for CFWI. We are always happy to receive more.

Next meeting: Wednesday 8th October, 7.15pm - Harvest Auction, and bring and share supper. Friends and family welcome.

Pensilva WI Horticultural Show 2025

Another year, another great Pensilva WI Horticultural Show to look forward toand what a show, with lots of entries in all classes.

Elizabeth Baker and Margaret Johnson the joint Chairs of Cornwall Federation of Women's Institutes opened the Show ready for the public to come and view the array of entries. Considering the changeable weather this summer there were plenty of wonderful vegetables and flowers to look at—and it didn't stop at that, as the crafts, produce and preserves also boasted many entries.

The 2025 Cup winners are as follows:

- Pensilva WI Committee Cup for most points in vegetables, including vegetable collection - Hui Bruce
- The Downing Cup for vegetable collection Hui Bruce
- The Tessa Cup for pot plants Hui Bruce
- The F.French-Blake Cup for flowers Jill Pascoe
- The Albert Moore Cup for Domestic Jenny Rendle
- The Nicholls Cup for Handicraft Alison Willis
- The Les Morcom Cup for best photo Christina Tubby
- The Barnard Cup for most points in photography Christina Tubby
- The Photography shield for under 15's Will Hicks
- The Miss Lennon Cup, children 7 & under Freya Seaman
- The Pensilva WI Cup for most outstanding exhibit, children 7 & under Freya Seaman
- The Parfitt Cup for children 8 & over Kai Bruce
- The Harry Cup for most outstanding exhibit, children 8 & over Kai Bruce
- The Pensilva WI Committee Cup for overall winner for most points, omitting vegetables - Hui Bruce
- The Dr. Tregarthen Cup for most points gained in vegetable section Hui Bruce
- The Smerdon Trowel for most outstanding exhibit in pot plants Carol Morse
- The Bennett Cup, Opener's choice Jean Hoare
- The Coombes Cup, Judges choice Jenny Braund
- Member's Photography Shield Christina Tubby
- The Gordon Bennett Trophy, most points in preserves Christina Tubby
- The Mary Gilbert Cup for flower arrangement Janet Cudmore
- The Hogan Ede Cup, most outstanding cookery exhibit Hui Bruce
- Pensilva WI Plaque, most outstanding handicraft item Alison Willis
- The Collins Cup for most entries overall Hui Bruce

Here's looking to an even bigger and better show in 2026!

Millennium House Community Transport

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

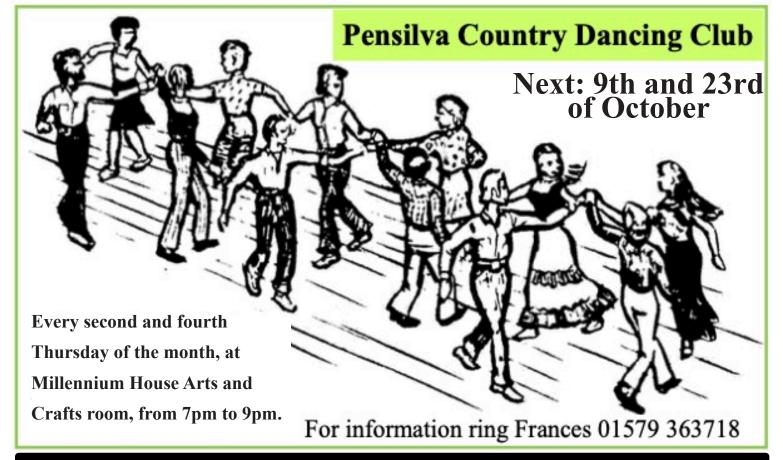
Our Parish has a number of volunteer drivers who have agreed to help those who do not have transport, by using their own vehicles to help those in need.

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.





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.

October 15th - Harvest auction.

November 19th - Singing by Pensilva school children.

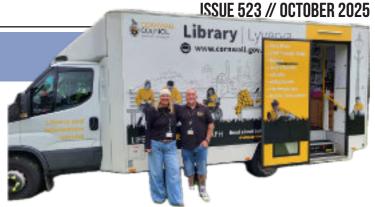
Everyone Welcome. For further information please contact:

Cherry Woodhouse (Chairperson) 01579 363674

Jane Hall (Secretary) 01579 363379

Mobile Library

The mobile library visits Pensilva on Fridays - 17th October, 14th November, and 12th December at 10.25-10.45am outside the old Victoria Inn at The Cross.



If you like reading please think about using this facility - the saying "use it or lose it" really does apply to this one.

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 O78 O866 3749. Thank you

MELODI LISKERRET

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

For more information, please contact Gerald, secretary, on 01579 363881 or email: charaton@btinternet.com













© Organised in aid of the British Heart Foundation, a registered charity in England and Wales (225971) and Scotland (SC039426)

Liskeard branch British Heart Foundation

You are invited to join us for a fundraising evening of musical entertainment with

The fabulous Burraton Boys The Public Hall, Liskeard

Friday 3rd October, 2025 at 7.30pm, doors open 7pm

Adults £5 / Child (up to 12) £2.50

Raffle

Tickets available from Liskeard Tourist Information Centre, Pike Street 01579 349148 or email tourism@liskeard.gov.uk
For more information contact Helen on 07593 134385

Free Entry

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

£5 per table



PENSILVA MARKET DAY

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

5TH OCTOBER

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

Table top and Jumble Sale IN AID OF UKRAINE

Millennium House Sports Hall Saturday 18th October 11am - 2pm



MILLENNIUM HOUSE EVENTS & PENSIL VA COMMUNITY ASSOCIATION PRESENT

Fore-Folk, Forest Creatures E Fointoistical Beasts HALLOWEEN MSCO

October 31st 2025, 6-8pm MILLENNIUM House, Pensilva Free entry & free food for all little monsters. Prizes for best costumes!



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 Village Hall

1st Monday of the month:

6:15 pm - Groove-it Fit & Flow A combo class of dance, Yoga, Pilates and Barre.

2nd, 3rd and 4th Mondays of the month:

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

Fit and Flow	Monday	Jayne
Barre, Yoga	Evenings	07597383171
and Pilate	6pm to 8pm	
	$(2^{nd}, 3^{rd} \text{ and } 4^{th})$	Facebook@jemfitnessliskeard
	Mondays)	Instagram jemfitnes_

Methodist Sunday	Check timetable in	Kathryn or Keith
Service	Parish Pump for	Mutton
	services	01579 382334

Pensilva Community Association and C-Fylm Present



FRIDAY, OCTOBER 24th
DOORS OPEN 7PM, FILM STARTS 7:30PM

ABOUT TIME

£4 for C-Fylm members

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



When Tim Lake (Domhnall Gleeson) is 21, his father (Bill Nighy) tells him a secret: The men in their family can travel through time. Although he can't change history, Tim resolves to improve his life by getting a girlfriend. He meets Mary (Rachel McAdams), falls in love and finally wins her heart via time-travel and a little cunning. However, as his unusual life progresses, Tim finds that his special ability can't shield him and those he loves from the problems of ordinary life.

Romance/Comedy/Fantasy/ Drama/Sci-Fi 2 hours 4 minutes SCAN FOR TRAILER ---->





- Visit Santa (11am-2pm, free!)
- Elves workshop
- Craft stalls
- Hot chocolate and other festive treats!

Free parking and free entry, at Millennium House, Pensilva PL14 5NF



6th₈ 7th
DECEMBER
10AM-3:00PM

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 for somebody who does, come and join us at StJohn's Mission Church for a cuppa and some cake.

We'd love to seeyou and hope that you will enjoy yourself.

Guest Speakers

Activities

2.00 to 4.00 pm

Quizzes

Games

Thursday 23rd October

Contact Geoff on 07475 920142





Tregovenek's Pumpkin Celebration

Saturday 18th October 3pm - 5pm

Family-friendly pumpkin-themed fun!

Bring your home-grown beauty to contribute to the autumn display in the new polytunnel (take it home after!)

There 'Il be other pumpkins and squash there for you to decorate too.

Enjoy mulled apple juice by the fire and tuck into pay-asyou-feel treats like pumpkin soup, cakes and pies.

> "If a year was tucked inside of a clock," then autumn would be the magic hour"

Tregovenek Community Garden (next to Pentiddy Community Woodland), Attwood Lane, Pensilva, PL14 5QU outreach@tregovenek.org.uk www.tregovenek.org.uk







PENSILVA

COFFEE and CAKE MORNING. In aid of Macmillan Cancer support. Saturday 4th October. 10.30 am to 12.

Bring and buy and raffle. £4.00 entry to include coffee and cakes.

St John's Church, Pensilva.

St. Ive Village Hall 100 Years Celebration Brunch

Join Us for a

Special Saturday Brunch

Let's get together, celebrate a century of fun and events that have taken place within the village hall and the village

Please bring your photos, stories and any memorabilia to share

Celebrating 100 Years of Community at the Village Hall

Date: Saturday, November 8th

Time: 10:00am - 1:00pm

Venue: St. Ive Institute & Village Hall, The

Cross, St. Ive

FREE EVENT

Invitation only – invites will be distributed in the Parish Pump

This event is exclusively for the residents of St. Ive village.



Stagers

ST IVE CHURCH

Sat 18th October 7.30pm

Bar.Refreshments.Raffle

Entry by donation



Remembrance Sunday
Sunday 9th November
10.40 am Remembrance Service
and Wreath laying at the
Pensilva Memorial, Millennium House
followed by the
Service of Remembrance

followed by the
Service of Remembrance
St John's Mission Church



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Bus Timetable

Up to date times can be found on the Transport for Cornwall website - PLEASE check before travel if timing is critical. https://www.transportforcornwall.co.uk/services/TFCN/74

74

Callington - Liskeard via Pensilva | St Cleer

Service No	74	74	74	74	74	74	74	74	74	74	74	74	74	74	74
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Callington Tesco							1111		1311		1511			1711	181
Callington Community College	3											1510			
Callington New Road		0750	0800	0820	0916		1116		1316		1516	1520		1716	1820
Callington Westover Road	1	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 (1)	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 O	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	74
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Liskeard Railway Station O					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 (1)	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			1642				
Callington New Road			0901	1025		1215		1415			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.

St Ive & District Gardening Club Report

On Monday 1st September 2025 we welcomed Mark Wash from Trecanna Nursery for our first indoor meeting of the year.

Mark's topic was on looking for plants in South Africa - in particular the stunning crocosmia. Mark grows, propagates, and sells 150 varieties of crocosmia at his garden nursery. He has shown at Chelsea and Hampton Court show. The story of his love for these plants started when he was working in the 1980's at a garden centre.

Part of his role at the garden centre was to visit Holland to buy Tupi bulbs. In the 80's the on trend colours were pastels; it was "not trendy" to have bright yellows and reds in the garden! On one visit he looked around and saw a patch of vibrant red - he was intrigued. He found out these were a plant called "crocosmia", with a large variety of bright colours, orange, red, and yellows. Mark went home and started to research these mysterious plants. The research lead him to South Africa and a visit of a lifetime which not only showed him crocosmia in the wild but other brave, intricate, and exquisite flowers and plants.

Mark began his account of South Africa by telling us about the vast expanse and how it is so easy to go days on end without seeing a single soul! However, it wasn't humans he was interested in, it was flowers and plants. So not seeing a human was in no way a problem for Mark!

Mark's visit started in Western Cape where it was a dry area, rain only comes at certain times of the year. Plants which live in this part of the country thrive on the dry air, the heat, and the irregular downpours. Mark described it like an outdoor conservatory.

The Eastern side of the country sees snow and cold weather so it's more like a outdoor garden. Mark explained that plants in this area are in constant competition which each other, who can make the best bloom to attract the most insects. The most intense the sunshine the increase there is in colour.

Crocosmia only have seven original varieties in the wild which have been photographed. The eighth variety is so rare there isn't even a photograph of it! There are over 600 hybrid varieties so to find the originals in the wild was a great achievement for Mark. In the eastern Cape the crocosmia want to curve to the side as they like moisture and will lean over towards the stream or river. The attraction they have to do

this is so strong that when those original varieties are growing in other places they still lean over! Mark showed us a photo where he was in a very precarious position by the side of a fast running river all in the name of getting the shot of a leaning crocosmia!

Mark continued his talk on his adventure across mountain, dry, barren land where only succulents grow - one of which was 150 years old! Whilst in the mountains, Mark saw original cave paintings which he said were such a delight he didn't expect to come across.

On his exploration Mark took the opportunity to visit a Kingdom within South Africa - Lesotho. This Kingdom has its own Royal Family, own laws, and the most amazing plants and flowers. Mark showed us a photo of a variety of spiral aloe which is so rare it's officially protected. There was a field of four and a half acres full of red hot pokers - a truly stunning sight of these red tips stretching up to the sky. There was even a bird which has the perfect beak for the bloom and is its main (if not only) pollinator.

Mark visited a witch doctor whilst he was in Lesotho. Outside the witch doctor's hut there was a large patch of crocosmia growing. Mark asked the witch doctor about this, and the witch doctor said they were a lucky plant, they would protect, bring wealth, and many wives! Mark said he wasn't sure about the wives but the witch doctor did introduce him to many of his children!

Mark's talk was both compelling and insightful. We really felt we had travelled around South Africa with him!

Next meeting:

Monday 6th October

Speaker: Brian Lamb from Tamar Valley Apples
St Ive Village Hall, PL14 3LZ

7:30pm

Refreshments available

Visitors will be most welcome. If you wish to have a membership it's £5.

Update on Aid for Ukraine

Currently an estimated 218,000 people need evacuation from the Donetsk region, in eastern Ukraine, including 16,500 children. The area, which is crucial to the country's defence, is bearing the brunt of Russia's invasion, including daily attacks from drones and missiles. Some residents are unable to leave due to poor health. Others are unwilling. Authorities will help evacuate those in front-line areas, but they can't rehouse them once they are out of danger. Imagine having to live like this.



This is a timely reminder of why we do what we are doing. Below is a picture of a frontline ambulance destroyed by Russian drones Although there were some injuries it was a lucky escape for the Ukrainian crew. Our next delivery is scheduled for a few weeks' time and we are actively searching for our next vehicle: a 4WD Pick Up. Our budget is limited but if you know of a reliable, good runner that is available please contact us.

Throughout September, we raised another £900.00 from proceeds donated for sale at the car boot and the stand outside my house. THANK YOU! Without your donations which are received locally and from the wider community, we simply could not do the work we do. Our running total for the year to date in this village, is now £6,600.00.

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 **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. We are also appealing for Paracetamol and Ibuprofen, as well as men's toiletries such as wet wipes, shower gel, deodorant etc.

The car boot season has now officially come to an end but we are hoping to continue our fundraising activities by holding pop up events. At the end of each month, we will be



holding a Bingo evening in local Village Halls along with a Raffle. Please check the Millennium House notice boards for up-to-date information.

On Saturday 18th October, we're also holding a table top sale of new, and used clothing, household and jumble sale items in the Millennium House sports hall. This event is from 11am until 2pm and there will be a Xmas stall for those looking for an early bargain. There will also be light refreshments available. Please continue to support us where you can. Due to limited space I can no longer accept car boot sale items but would be very grateful for donations of new items for raffle prizes. Thank you.

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 Health Centre. If you would like me to collect any items, please contact me on 07808663749.

As the war continues on and we head towards another winter, please think kindly of our friends in Ukraine. Reports are that they are tiring. Imagine what eight billion humans could accomplish if we all loved and respected each other. Imagine. (A D Williams). God bless.

Janey

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

Over-the-counter medicines

- Paracetamol
- Ibuprofen
- 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

Thank you.



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 a bird I have only seen once in our garden...





Although I have only seen a fieldfare once in my garden, I know that other people in the area see them more frequently. It is a member of the thrush family and is slightly bigger than a blackbird. It has a grey head, brown back and wings and a speckled breast. Some (like the one in our garden) have a dark neckband, but this is not always present. It's appearance here was by our pond and very brief, so I only managed one very poor photo which is at the top of the next page. My thanks therefore to a royalty free and free to use site on the internet for the additional photos.

The Fieldfare is usually only seen in winter, migrating here from Scandinavia, where most of them will return in the spring to breed. Typically, the first will arrive in September and all will have left by the end of April. They often form mixed flocks with other thrush species such as the song thrush and redwings. Indeed, I did see one such flock in a field bordering Sibblyback when out walking round the lake.

While they are here, fieldfare feed mainly on berries and fallen fruit. Trees such as yew, holly, juniper and hawthorn are all important food sources for them. In the Summer their diet changes to invertebrates and insects, so making the best use of available food sources throughout the year. They have a loud clacking call which can alert you to their

presence, as flocks of fieldfare fly from berry tree to berry tree. (examples are available to listen to on the internet)

When Fieldfares find a particularly good food source, such as fallen fruit, they will guard it vigorously, chasing away any other birds which try to join in the feasting. Fieldfares normally stick to rural areas, but will



venture into towns and gardens seeking new opportunities when food less plentiful.

Fieldfares build cup shaped nests of twigs and grass, usually in small colonies in trees, but occasionally on the ground. Into these, they typically lay clutches of 5 or 6 eggs. The eggs are incubated for 11 - 14 days by the female. As with their food sources, the colony will defend their nesting site fiercely, even bombarding intruders with droppings. Once hatched, the young are fed by both parents. The fledglings leave the nest 12 to 15 days after hatching and continue to be dependent on their parents for a further two weeks. When conditions are favourable, they will occasionally have a second brood.

The overwhelming majority of fieldfares leave us for Scandinavia to breed. Only a handful breed in the UK every year and these will usually be in the far north of England and up into Scotland and on to Shetland. The numbers breeding have continued to decrease over recent years - so not something we can expect to see down in Cornwall and getting less likely anywhere in the UK as our climate continues to warm up. Indeed, in 2027, only 2 nests were recorded in the UK. The reason for this decline is not fully understood, and the fieldfare has been on the UK red list since 2009. The British Trust for Ornithology (BTO) is trying to research the issue. You can help by reporting any particularly early (before September) or late (after April) sightings of fieldfares to either them, or the RSPB.



This handsome and feisty member of the thrush family should be starting to appear by the time this issue of The Pump appears, so do keep an eye (and an ear) out for them.

HAPPY WILDLIFE WATCHING!

Hilary

St John's Mission Church

Refreshments served before and after services

Services for October 2025

5th Sunday Holy Communion 11.00 am 12th Sunday 11.00 am Morning Worship 19th Sunday Morning Worship 11.00 am 26th Sunday 11.00 am Morning Worship

Thursdays 10.00 am Morning Prayer Fellowship

OCTOBER EVENTS Please see posters for full details

8th Wednesday 2.00 - 4.00 pm Kowetha 9th Thursday 12.00 - 1.30 pm Baked Potato & Pudding Lunch Sunday 19th 3.45 pm Tea Time Church for children & their families Thursday 23rd Memory Café 2.00 - 4.00 pm Tuesday 30th 2.00 - 4.00 pm Stitch, Knit & Natter Friday 31st All Hallows' Eve Light Party 6.00 - 7.30 pm

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 Tribute Benefice

Contact for Baptisms & Marriages
Reverend Li Selman 07790 272714

revliselman@icloud.com



Church Wardens
Geoff & Carolyn Cox
07475 920142



ST IVE PARISH PUMP ISSUE 523 // OCTOBER 2025

Baked Potato & Pudding Lunch









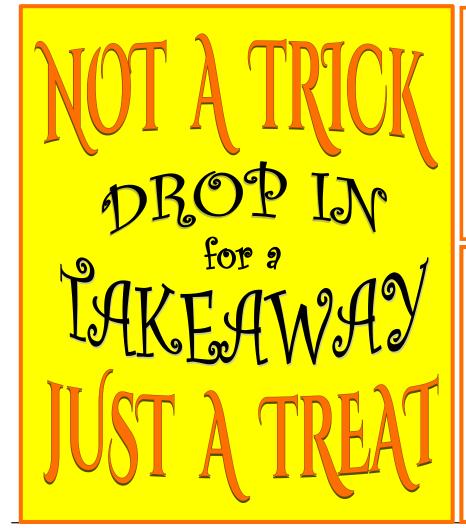
St John's Mission Church Pensilva

Thursday 9th October 12.00 to 1.30 pm



Bring & Buy Stall

Donations in aid of church work in our community



St John's Mission Church
Pensilva
All Hallows' Eve
Light Party
Friday 31st October

Family Funtime

6.00 pm to 7.30 pm

Games ~ Craft Activities

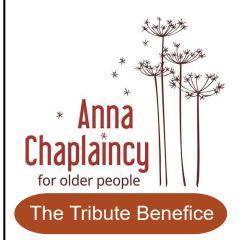
Hot chocolate drinks and marshmallows

Celebrate God's light in our lives

Everyone welcome



Kowetha







A place to drop in



chat and eat cake





St John's Mission Church
Pensilva

2.00 - 4.00 pm

Wednesday 8th October

The 2nd Wednesday of the month



Contact: Geoff Cox 07475 920142

gefferys1963@gmail.com



Teatime Church









For children and their families Playing Games

Singing and Praying Together

Sharing a Bible Story

3.45 pm Sunday 19th October St John's Mission Church Pensilva

Eating Tea

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





Tuesday 28th October

St John's Mission Church Pensilva

on the last Tuesday of the month 2.00 to

4.00 pm

Contact Kathleen 01579 363686

ST IVE PARISH PUMP ISSUE 523 // OCTOBER 2025

Unity Methodist Church

Sunday 5th October - United Service @ Parish
Church 11.15am; 6pm Unity at Bealbury with their
Harvest Festival celebrations led by David Pett.



Sunday 12th October - United Service **@** the Village Hall 10.30am led by Julie Tamblyn; 6pm Unity **@** Bealbury led by the local congregation.

Sunday 19th October - United Service **@** Parish Church 11.15am; 6pm Unity **@** Bealbury led by Alan Libby.

Sunday 26th October - United Service **@** the Village Hall 10.30pm led by Rev Stuart Reed with communion; 6pm Unity **@** Bealbury Annual Sankey Hymn singing evening.

The Chattermakers craft group continue to meet fortnightly at the Village Hall from 7.30pm. All welcome to come and chat and craft over a cup of tea/coffee. For more details please contact Kathryn on 01579 382334.

A big thank you to all who supported the two joint events last month. £405.50 for Macmillan Cancer Support at our coffee afternoon. Also four big boxes three bags of food along with a cheque for £61 was delivered to the Lighthouse Community Centre after our Harvest Festival celebrations. Thank you all once again.

St Ive Church

October 5th Morning Service 11:15am in Church

October 12th Chapel Service 10:30am in village Hall

October 19st Holy Communion 11:15am in Church

October 26th Chapel Service 10:30am in Village Hall

Other Events

October 11th Mass Mail Voice Choirs

October 18th Sterts Singers (poster elsewhere)

TBC December 21st Johnny Cowling

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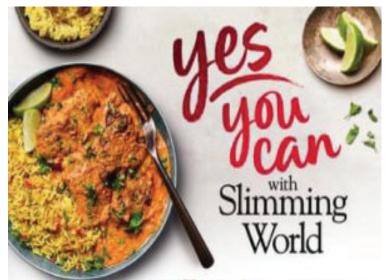
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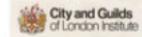
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21st - 24th Nov 29th November

5th December

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Tavistock Dickensian Evening

13th December Christmas Train of Lights, Dartmouth

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A Full Footcare visit in your own home, for just £30

Yes £30....Because all who respond to this advert, will be offered their 1st visit by our Footcare specialist Naomi for just £30.

So we can prove to you our expertise & value for money Normal costs £42 & only £45 if we include finger nails. A couple together, just £70 or £75 with finger nails

Established in Liskeard in 1989 we are probably the largest, longest established & most reliable HCPC registered Chiropody, Footcare & Orthotics team in the South West, so......Make sure you get the best care possible, so issues are spotted & dealt with before they become serious.

Contact us NOW to arrange your 1st visit by Naomi at JUST £30 - on (01579) 344090 and we will arrange for Naomi to do her first visit to you for just £30. You will probably wish you had found us sooner.

Got a 'TONGUE-TIED' child & need professional 'Division' help NOW......with No waiting list?

Then Emma Preece, member of the Nursing & Midwifery Council, as well as a Peadeatric Nurse & Advanced Nurse Practitioner can help you

Working Privately, from Liskeard's Well Being Centre on Fridays, Emma can see you NOW AND, with a FREE initial telephone consultation

So....Give the WBC a call on (01579) 344090 for Emma to phone you back for that 1st FREE telephone assessment.

Face to face Examination & 'Division' costs, dependent upon Free initial assessment,

but done here in Liskeard

Acupuncture **Biomechanics Body Alignment Bowen technique CHIROPODY** HCPC reg **Counselling** Craniosacral therapy Cryosurgery **Deep tissue** massage Ear Wax removal micro suction **Facial** rejuvenation acupuncture Footcare services **Hearing, FREE** tests Holistic massage **HOPI** ear treatment Hot stone massage **Hypnotherapy Indian head** massage **Orthotics & Osteopathy**

The WELL BEING CENTRE

Pigmeadow Lane, Liskeard, Cornwall, PL14 6AT (01579) 344090 Adjacent to the co-op in Westbourne carpark since 1989

Pensilva Stores

Amazing Value

Premier

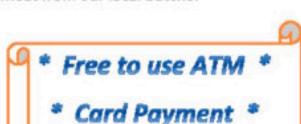
a great deal more from your local store

Mon-Sat. 7:00 AM. - 9:30 PM.

Sunday 8.00 AM. - 9:30 PM.

- ✓ 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.