

THE AUGUST 2026
ISSUE 533
**PARISH
PUMP**

DISCLAIMER

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

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Your Cornwall Councillor is 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: **NPS-Liskeard@devonandcornwall.police.uk**

In an emergency call **999**

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

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: clerk@st-ive-parishcouncil.gov.uk

For Millennium House enquiries and reservations, please call
01579 363096

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

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

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Report a Pothole!

Just google "cornwall council report pothole"; the URL is too long to print here. Or scan the QR code on the right.



Letter from The Editor

Timing is a little strange this month. You might receive this before Carnival, during it, or after everything has finished. So I am sure it will be, is being, or was, wonderful. Delete as appropriate.

Shortly after the July issue went to print, the UK broke yet more heat records on top of those already broken in May; it's a similar story throughout Europe and much of the US. Here in Cornwall, weeks without any meaningful rain has left grass brown, gardens struggling, and streams running low.

Climate change is no longer something happening elsewhere, or "by the end of the century." It is here now – in overheated bedrooms, rising food prices, and strained water supplies.

For years, we have assumed that somebody, somewhere, must have a plan. But there isn't one. The IPCC reports underestimate the effects of tipping points while placing too much emphasis on theoretical future technology to solve a fundamental problem of physics: you can't pull all this carbon out of the air without spending at least as much energy as was generated from putting it there in the first place. So global emissions continue to rise and the action taken remains nowhere near appropriate for the scale of the problem.

The changes we see today were set in motion years ago. What we emit now will shape the climate our children inherit. Individual gestures will not solve this. Recycling carefully and buying a reusable cup cannot compensate for an economy still built around fossil fuels. But doing nothing would be equally foolish.

We now need to do two things at once: reduce

the long-term damage where we can, and prepare in the short-term for what is already unavoidable.

For our parish, that means focusing on four things: water, heat, power, and food.

Capture rainwater while it is plentiful. Learn how much your household uses and think about how you would cope if supplies were interrupted.

Keep homes cool by blocking sunlight before it reaches the glass. External shutters or awnings work best. Keep windows closed when it is hotter outside, then ventilate when temperatures fall in the evening. Downstairs rooms are generally cooler. More than 2,700 deaths from heat are estimated so far this year in the UK.

Prepare for power cuts. A small battery, solar panel, torches, power banks and a radio can keep phones charged, run a fan and help protect food in a fridge or freezer. A whistleblower from the UK energy grid recently shed light on how close we came to national blackouts during the June heatwave.

Finally, grow what you can. Nobody expects every household to become self-sufficient, and growing food is harder than it looks. But potatoes, beans, and fruit all help. If you have a large lawn, consider turning some of it into raised beds or planting fruit trees. You can't eat grass when the supermarket shelves are empty.

We cannot prevent every consequence of climate change – some are already locked in. But there's an enormous difference between minor disruption and catastrophe, and between a community that prepares and one that assumes somebody else will come to the rescue. *James*

Chairman's Column

As we all mooch about here in this sweltering heat (maybe by the time you read this we could be waiting for the torrential rain to stop, I don't know!), you'll probably think that I've had a touch of heatstroke when I mention road safety. You probably think this is something I would need to mention when the dark nights creep upon us. However, at the July council meeting, a member of the public mentioned an aspect of road safety which I doubt any of the councillors had ever considered.

As we have all seen, there are some members of our community who use mobility scooters to be able to access various parts of the village and to be able to access places such as Millennium House and all its delights. As we also know, both Pensilva and St Ive do not "enjoy" a complete set of pavements, obliging all the mobility scooter users to travel on the King's Highway at some point to get from A to B. This would be all very well were we to be blessed with perfect road surfaces where potholes do not exist. The reality, though, is very different, with scooter users having to negotiate these hazards on ever more busy roads. One misjudged pothole and the scooter-er (not sure what the proper term is!) is thrown off-balance and potentially into the path of an oncoming vehicle.

So please, if you're driving, keep an eye out for not only people on scooters, but also pedestrians (whether able-bodied or not) who, until our roads are like snooker tables, have to use them as is – potholes and all.

Changing the subject completely, I hope you all had a fabulous time during Carnival Week and "The Big Day" itself. I will have seen a lot of you there on the Saturday. There is no Parish Council meeting in August but any matters can still be raised with our Parish Clerk, Jenny (clerk@st-ive-parishcouncil.gov.uk)

See you next month.

Steve

What's on at Millennium House?

JULY'S SPECIAL EVENTS

SATURDAY 1st: Carnival Day 🏰 12pm - 5pm

Bar will be open from 12pm

Coffee shop will be open from 9am to 5pm

WEDNESDAY 19th: Bingo with Colleen & Ruth. Eyes down at 7:30pm. (Every 3rd Wednesday).

FRIDAY 21st: Pensilva Film Club, showing "I swear" - Doors 7pm / Film starts 7.30pm.

WEDNESDAY 26th: M2 Meal Night - Mexican (Birria Beef & Chicken with Mole Sauce or Mushroom Birria & Sweet Potato Mole) Doors 5:30pm / Served 6pm. £20opp. **Please book by the 21st.**

THE WEEKLY TIMETABLE

☆ = Term time only activity. Check dates!

MONDAY

9:15am: Peri Pilates
10.30am: Mims Gentle Exercise
5:30pm: Yoga (with Laura Louise Yoga)
7.30pm: Pensilva Badminton

TUESDAY

10am: Singing for Wellbeing (with Clare)
7.30pm: Pensilva Badminton
7.30pm: Westernairs

WEDNESDAY

9.40am: Kixx (Ages 2-4 with Coach James)

10.15am: Sing & Sign (with Natalie) ☆
6pm: Table Tennis

THURSDAY

9.15am: Baby & Toddler (with Tammy) - until 11:15am ☆
10am: Yoga (with Laura Louise Yoga)
5.30pm: Slimming World (with Hayley)
7.30pm: Aikido

FRIDAY

10am: Penmill Art Group
6pm: Table Tennis (most Fridays - please check elsewhere in pump for full schedule)
7.30pm: Pensilva Badminton

SUNDAY

9am: Kixx (until 11:00am)

THE MEL BAR OPENING HOURS:

Monday to Saturdays from 5pm till late; Sundays from 12pm till 5:30pm

COFFEE SHOP OPENING HOURS:

Mondays, Thursday 10-3pm (Post Office not open);

Tuesdays, Wednesday, Friday 9-1pm (with the Post Office open until 11:30am)

MISSING YOUR EVENT?

*Make sure you email
stiveparishpump@gmail.com
before the 15th of the month prior.*

Hui

Pensilva WI Meeting Report

The summer months are always full of Pensilva WI being seen in our local community. There was a village litter pick (happy to report less litter in general!), and a walk at Siblyback lake which of course involved supporting the café there. We will also have a stall on Carnival day – 1st August, and will enter WI teams in the quiz.

A small group of members worked hard to create a beautiful entry into the Liskeard show and were very pleased to achieve 2nd place, with their themed “Afternoon Tea” display.

Edward Richardson from “Farm Cornwall” came to speak about this important and wide-reaching Cornish charity that gives support to farmers and their families in many circumstances. They can offer a range of practical advice and support, for situations that are unfortunately becoming more common – debt, mental health, succession planning, mediation, advice on animal health. He spoke of seeing the farm from the animal’s view and we were reminded that a cow’s vision is less than a human’s so adaptations are necessary. Did you know that both humans and cattle prefer to turn left?!



Farm Cornwall work with other charities to ensure that farmers who need it get the best possible support. They have set up some social groups, to help reduce isolation and are looking at ways to ensure that those who leave YFCs due to age, can continue with their friendships. They also reported to the Duke of Cornwall about the challenges for children of farmers and hope that this information will lead to improvements. More information about Farm Cornwall can be found on their website: farmcornwall.co.uk, or by calling 01736 367589.

Competition winners for June: Flower of the Month 1st Cherry Woodhouse; 2nd Pauline Caffery; 3rd Alison Grimes. A Corn Dolly 1st Pauline Caffery; 2nd Jenny Rendle (who creatively made a dolly by dressing a corn on the cob!); 3rd Trish Thomas.

Horticulture show – 12th September – schedules are now available. To be opened at 2.15pm by Councillor Jim Gale and the presentation of prizes is at 3pm. Cream teas will be on sale, all welcome. Closing date for entries 7th September – 10p per entry (not much is just 10p any more, so have a go – crafts, veg, flowers, photos – we have classes for almost everything!)

Pensilva WI continue to collect used stamps for CFWI. Box at Millennium House.

Next meeting: Wednesday 12th August – Mystery trip! Watch this space!

Contact us with any enquiries at pensilva@cornwallwi.org.uk

Update on Aid for Ukraine

A massive thank you to all of YOU who donated car boot sale items and made donations to help us get our 20th and 21st vehicles to Ukraine. Having crossed eight countries in 32-degree heat and endured long queues at the borders, these two vehicles, packed with medical aid, arrived safely at Uzhhorod, where we handed them over to our partner charity One + One Never Alone. From here they were then driven to the frontline to be used as evacuation medical vehicles for the wounded.



At the Ukrainian border check, I was particularly moved by a border control officer, who told me that Odessa was currently being bombed heavily. It was clear that he had loved ones there and had lost family. He looked heartbroken. With the onset of a new Prime Minister in the UK, he told me that he was also worried that the UK would stop supporting Ukraine. I reassured him that whatever happened, our organisation would continue to support them.



After three days of hard driving and having dropped the vehicles off, Nick, Erin, Anton and I, had time to wander around Uzhhorod for a couple of hours and were moved to see that all the parks and town squares displayed walls of pictures of the fallen soldiers. It was extremely moving and so sad to see that so many of them were so young.



PUMA - Plymouth Ukraine Medical Aid, a non-profit organization that also delivers medical supplies and clothing have asked if we can collect WHITE plastic milk bottle tops which are used to repair drones. They must be WHITE NOT GREEN. Thank you for your donations.

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. There is also a high demand for incontinence pads and womens' sanitary products which we are now taking.

Please continue to support us where you can.

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.

Once again, thank you for all your kind donations

and support. Our annual fundraising total so far this year is £9,000.

I arrived home yesterday after an approximate 1,865-mile road trip, not including the flight home; more determined than ever to keep on doing what we do best. Fundraising! We are now looking to purchase our next vehicle which will be taken out to Ukraine in August. The Ukrainian people are extremely resilient and I didn't see one person complain about their lot. They just went about their business, trying to live their lives and make the best of what they had. The one thing I do know, is that they are extremely grateful for the effort we make here in the UK.

In the months to follow I am organising a series of fundraising events to help boost our Nightingales funds. On the 24th of October, we are holding a Giant Jumble Sale in Millennium House; and on the 4th of November, there will be a Ukrainian dinner with limited seating of 50 places available. If you are interested in attending, please contact me on the mobile number above. There will be more information to follow later on in the year. Once again, a big heartfelt thank you to you all. These trips would not be possible without your support.

"Our rewards in life will always be in exact proportion to the amount of consideration we show toward others." Earl Nightingale. God bless.

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

Over-the-counter medicines

- Paracetamol
- Ibuprofen
- Cold and cough Medicine
- Antihistamines
- Immodium

Prescribed in date medicines

- Antibiotics
- Antidepressants
- Painkillers, (no Codeine or controlled drugs)
- Blood Pressure and heart pills
- Asthma and COPD inhalers
- Prednisolone

Nursing Equipment

- Dressings/bandages
- Tape
- Dressing packs
- Antiseptic wipes and fluid
- Scissors
- Sutures
- Steristrips
- Eye wash and dressings

Surgical Equipment

- Urinary catheters/bags etc
- Colostomy stoma care and bags etc
- Splints, slings, orthopaedic kits, scalpels and basic surgical kits.

Medical Equipment

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

Humanitarian Aid

- Children's nappies, formula milk, bottles
- Adult continence pads
- Wet wipes, toothpaste, toothbrushes, deodorant, shower gel, mens toiletries.
- Nutritional drinks
- Torches, batteries

Please do not send

- Blankets, food, crutches, disability walkers and wheelchairs.

Thank you.

Janey





GORFENNA COMMUNITY CAFÉ

Homemade cake, hot drinks, and a warm welcome

OPEN TUESDAYS & THURSDAYS

10am - 2pm | Opening Thursday 2 July

Gorfenna is opening a new community café where our service users can welcome the public and serve homemade cake with a hot drink.

This new venture gives our service users the opportunity to experience working in hospitality and build their communication skills.

We are looking forward to meeting more people from our community and making new friends. The café welcomes local groups who would like to use the facility, as well as friends getting together.

Find us 100 metres down Quethiock Road
from the Butchers Arms junction - plenty of parking available
Gorfenna Community, Gorfenna, St. Ive, PL14 3LX

Telephone: 07704 724513

Pensilva Community Association and C-Fylm Present

PENSILVA FILM CLUB



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

I SWEAR

£4 for C-Fylm members

Non-members can join on the door for £8, which includes your first film.

I BLINK
I TWITCH
I JUMP
I CLICK
I WHISTLE
I SHOUT



I SWEAR

STORY BY JOHN DAVIDSON, SCREENPLAY BY JOHN DAVIDSON AND JAMES MCKAY
DIRECTED BY JOHN DAVIDSON
CASTING BY JANE WILSON
COMING SOON TO CINEMAS IN THE UK

Based on the life of John Davidson, *I Swear* centers on a young boy living in 1980s Scotland who develops Tourette syndrome—a condition that causes him to blink, twitch, shout, and swear uncontrollably. Dealing with bullying, isolation, and a society that largely misdiagnoses or misunderstands his symptoms, John nevertheless finds inner resilience, supportive friends, and a community. The film tracks his adolescence and early adulthood as he becomes a pioneer in Tourette's awareness, ultimately facing the Queen and taking his message of empathy and acceptance to the global stage.

2hr ; Comedy Drama
SCAN FOR TRAILER ----->



Remember a village icon
and share memories

Bring plate nibbles

**Lawrence kneebone
(Larry) 1943-2026**

**Call ruth reilly
(stepdaughter) for
more info
07423303777**

8th August

Millennium
house, pensilva,
PL14 5NF

8pm



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.

News from the Pensilva gym!



We will soon be opening on Monday evenings 5pm to 9pm.

Commencing: Monday, September 7th, 2026.

For more details pop in and ask at the gym,
and look out for posters and flyers at Millennium House.



WEDNESDAY CLUB, PENSILVA

Meeting in the village hall every 3rd Wednesday of the month. Entry £2.50 which includes raffle and refreshments, 2-4pm. Thank you to all who came to the tabletop sale March, it was very well received!

August 19th - Beetle drive

September 16th - Steve Griffin, sausage making

Everyone Welcome. For further information please contact:

Cherry Woodhouse (Chairperson) 01579 363674

Jane Hall (Secretary) 01579 363379



Millennium House Coffee Shop - We Need You

We are a community led coffee shop run by volunteers, to enable us to open for longer we need your help.

If you can spare a morning or afternoon once or twice a week and would like to get involved with your community,

please pop into the coffee shop for a chat or email the pump editor who will pass your details on.

We are a friendly bunch and it would be lovely to have you on the team.

The Coffee Shop Crew

SIXTEEN+ 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 one of our reptiles...

THE GRASS SNAKE

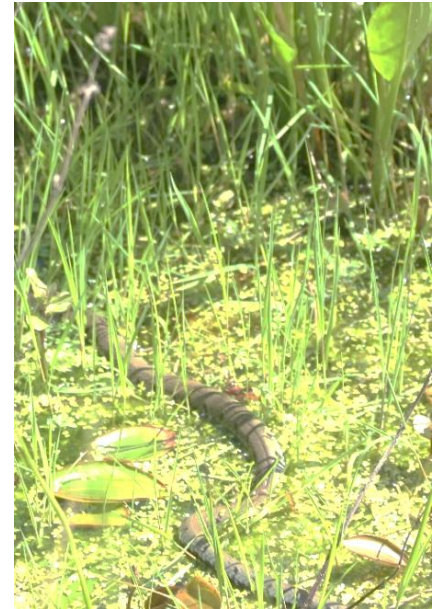


Snakes are not everyone's cup of tea, but I am always excited to see a grass snake in my garden and sadly, at the time of writing, I have not yet seen one this year. Whilst they are voracious hunters of their prey, they are quick to slither away if they detect a human (or any other predator) nearby. If you do see one and want a closer look, approach slowly and gently as they are sensitive to the vibrations set up by your foot fall. If threatened by a predator, they may hiss, emit a foul-smelling secretion or even play dead. The only one of these I have ever seen is playing dead, when a snake stayed stock still when I came up to it, slithering off only when I moved away.

Grass snakes are our longest snake and can reach lengths of over a metre and occasionally 1½ metres. They are usually a grey-green colour, but are most easily identified by their distinctive yellow and black collars. They have black bars down their bodies.



Frogs, toads and newts are their favourite prey (which explains why many of my sightings have been in our pond, like this large adult wriggling over the surface!). They will also take fish, small mammals and birds when the opportunity arises. As they have no venom, they have to rely on the element of surprise when hunting. Sometimes, the first hint I have had of a snake's presence is when it strikes out to take a frog or newt in the pond. I will also quite often see just the head above water where it patiently waits for something to come close enough to catch (as in the photo at the start). Its prey is usually eaten whole, so may be still alive when swallowed.



Grass snakes are the only UK snakes to lay eggs (the females of our other species maintain their eggs internally until they hatch). Eggs are laid in sheltered areas, amongst rotting vegetation, which makes compost heaps a favoured location. Clutches of up to 40 eggs are laid in June or July and hatch from late summer to early autumn. The young are darker miniature versions of their parents. However, mortality rates are high, and only a

few will reach adulthood. Birds of prey, herons, pheasants and even hedgehogs will predate them. The one above made it through its first winter and in May 2023, found the corrugated sheet I've put out for reptiles. It was about 23cm long, returning in September, then about 33cm long. In June 2024, what was almost certainly the same individual, again appeared under the corrugated iron, which it was happily sharing with slow-worms, some of which were larger than it! It continued to be seen until a sloughed (shed) skin was found there. All snakes will slough their skin as they get larger and I assumed that it was this growth that had made it too big to return.

However. In May 2025 a slightly larger snake (and therefore possibly the same one) returned in May and was frequently seen until it again sloughed its skin and has not been seen again since. By this time it was bigger than the slow-worms, but both species still seemed happy to co-habit.



Snakes are more vulnerable when sloughing their skins, so this also might have been a reason for it to stay under the corrugated iron. All reptiles need to warm up at the start of the day which is also why they are attracted to them, so making them a useful monitoring tool.

Like all reptiles, grass snakes are cold blooded and so have to seek warm, humid places to hibernate over winter. Compost heaps, rotting wood and rabbit warrens all provide possible sites. They commonly start to hibernate in October or November and emerge in March or April.

Grass snakes are widely found across England and Wales, but not in Scotland or Ireland. They are usually found near water as this is a major source of food. They can be seen in a variety of habitats, including woodland. If you have a rural or semi-rural garden with a pond, you may be lucky enough to see them.

In 2017 it was recognised that the grass snakes in the UK and western Europe were a different species to those in Eastern Europe. They were therefore reclassified and now have slightly different Latin names (*Natrix Helvetica* as opposed to *Natrix Natrix*) I have found no evidence of a change in their common name however.



I hope that I might have persuaded some of you with a fear of snakes that you would be very lucky to see one of these shy creatures which will usually be aware of you and disappear, long before you spot them!

HAPPY WILDLIFE WATCHING!
Hilary

PENSILVA



Free
Entry

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

Sellers
£5 per
table



←← MILLENNIUM HOUSE PRESENTS →→

PENSILVA MARKET DAY

**FIRST SUNDAY
OF EVERY MONTH
11am - 2pm**

Call Sandy on 01579363096 or email
millenniumhouse@btconnect.com
to book your table or other enquiries

PRINCESS ROAD, PL14 5NF

MILLENNIUM HOUSE COFFEE SHOP

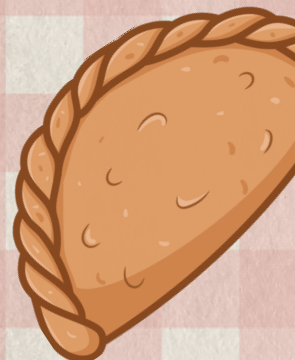
**RUN BY VOLUNTEERS
OPEN MONDAY 10-3PM, AND
TUESDAY, WEDNESDAY, FRIDAY 9AM TO 1PM***
(*POST OFFICE ALSO OPEN 9AM - 11:30AM)



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.



Explore More: Liskeard Summer Fun

This year Liskeard is offering a summer programme with events for everyone. Discover family activities, a fun trail around the town, evening entertainment and much more.

There's lots to do for children over the summer holidays, including packed events programmes at the Library, Liskeard and District Museum and Liskeard Leisure Centre.

From Liskeard to the World - no passport required! During the holidays head to Liskeard and District Museum for fun activities, talks and a special exhibition as they bring many foreign cultures to the museum.

This summer at Liskeard Library Extraordinary Explorers invites children to follow their curiosity and explore the things they love through reading. There are also plenty of other workshops and events for families and adults.

Liskeard Leisure Centre is hosting activity camps with summer crafts and fun sports, as well as its own soft play area and swimming pool. Discounted holiday rates will apply.

Every Thursday from 30th July to 27th August join Samuel's Market Day Safari in Liskeard Town Centre. Community Treasure Chest CIC are inviting families to join Samuel the Sheepdog on a fun-filled adventure around town. Pick up your FREE Trail Sheet from the Liskeard Tourist Information Centre.

Evening events include the Fodder Street Food Event with a wide variety of delicious flavours at The Workshed, Liskeard Cattle Market. Last Friday of every month, 5pm - 9pm. Also the Far & Field Wine Club and Live & Later at the Library.



Out of town, Sterts Arts and Environmental Centre has shows throughout the summer, including family favourites Squashbox Theatre with Myths and Monsters.

For up-to-date information on everything happening across the summer follow the QR code, go to visitliskeard.co.uk or pop into the Tourist Information Centre on Pike Street, Liskeard.



PENSILVA WOMENS' INSTITUTE
HORTICULTURAL SHOW

To be held in

Millennium House, Pensilva

On

Saturday 12th September 2026

To be opened at 2.15pm

By

COUNCILLOR

JIM GALE

Please return cups awarded in 2025
to either Trish Thomas or Alison Willis
by Monday 17th August 2026

HANDICRAFTS**SECTION 5 - OPEN****CLASS**

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

PHOTOGRAPHY**SECTION 6 – OPEN****CLASS**

- | | | |
|-----|---|-------|
| 68. | 'After the storm' | Print |
| 69. | Fishing/farming/mining | Print |
| 70. | 'Animal Antics' | Print |
| 71. | 'Holiday magic' | 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. | 'Animal antics' | Print |
| 75. | 'Holiday magic' | Print |
| 76. | Own choice | Print |

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



**St. Ive Village Hall
The Cross, 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@jemfitnesslisheard 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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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.

Liskeard & Looe Foodbank

**helping local people
in crisis**



St John's Mission Church Collection Point

**Please leave items
on the shelf in the
entrance hall
between**

10.00 am & 4.00 pm



Thank you

Pensilva Table Tennis Club

Wednesday	5 th August	6 - 7:30	League
Friday	7 th August	6 - 7:30	Community
Wednesday	12 th August	6 - 7:30	League
Friday	14 th August	6 - 7:30	Community
Wednesday	19 th August	6 - 7:30	League
Friday	21 th August	6 - 7:30	Community
Wednesday	26 th August	6 - 7:30	League
Friday	28 th August	6 - 7:30	Community
Wednesday	2 nd September	6 - 7:30	League
Friday	4 th September	6 - 7:30	Community
Wednesday	9 th September	6 - 7:30	League
Friday	11 th September	6 - 7:30	Community
Wednesday	16 th September	6 - 7:30	League
Friday	18 th September	6 - 8:30	League (6-7:15pm) & Community (7:15-8:30)
Wednesday	23 th September	No table tennis	
Friday	25 th September	No table tennis	
Wednesday	30 th September	6 - 8:30	League (6-7:15pm) & Community (7:15-8:30)

Just over two years ago a group of table tennis players moved out of their comfort zone to take on the community warriors from North Hill Table Tennis Club in an away match which surprisingly, what was to become the Pensilva Table Tennis Club, managed to win by a single point. Following this truly magnificent victory over the strongest table tennis club in our district, we decided that it was time to test ourselves against stronger opposition and in response we formed ourselves into two teams, The Aardvarks and The Beasties and entered Division Three of the North Cornwall Table Tennis League. The Aardvarks managed to remain undefeated throughout the season to emerge as champions in addition to also winning the Division Three Doubles Cup.

These successes lead us to enter a third team in the League in the following season and although we failed to hang onto our league title, we managed to win another trophy, namely the Handicap Cup, defeating North Hill A team in the final. All our players however, were all in their 70's and 80's. The games were tough; the games were a challenge, but Pensilva emerged winners, defeating a team who had come second in Division 1 of the North Cornwall League. Yes, we may well have started with a

few 'bonus' points, but then so did every other team in the competition.

However, not content with these successes, we now are looking to spread the game to a wider audience and develop further the community section to encourage greater participation. Local school children now play in both sections, and it is very likely that some will represent the club in our league matches next season. Parents, uncles and siblings have joined our club in recent weeks. In addition, Liskeard Scouting group are looking to add table tennis to their long list of activities by joining in with some of our Friday community group sessions.

In short, Pensilva Table Tennis Club is on the march and is looking for more players to join our existing groups either to play for fun (community), or to play to win (league). Check out the accompanying list and see if you could give ping pong a go over the summer month and discover a new and exciting activity to enjoy.

In two seasons we have won three trophy's and are looking to continue to improve with the appointment of a club coach. Come and join Pensilva Table Tennis Club and discover just how good you could become.

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 Community College											1510			
Callington Tesco														1805
Callington New Road	0740	0755	0915		1115		1315		1515	1520		1715	1808	
Callington Lansdowne Road	0743	0758	0920		1120		1320		1520	1525		1720	1811	
St Ive Butchers Arms	0751	0806	0928		1128		1328		1528	1533		1728	1819	
Pensilva The Cross	0759	0812	0935	1035	1135	1235	1335	1435	1535	1540	1645	1735	1825	
Crows Nest Crows Nest Inn	0807	0819	0943	1043	1143	1243	1343	1443	1543	1548	1653	1743	1832	
St Cleer Market Inn	0722	0817	0829	0952	1052	1152	1252	1352	1452	1552	1557	1702	1752	1842
Tremar Telephone Box	0725	0821	0832	0957	1057	1157	1257	1357	1457	1557	1602	1707	1757	1845
Liskeard Trevecca Cottages	0730	0826	0837	1003	1103	1203	1303	1403	1503	1603	1608	1713	1803	1850
Liskeard School & Community College		0830												
Liskeard Hospital	0733		0840	1007	1107	1207	1307	1407	1507	1607	1612	1717	1807	1853
Liskeard Morrisons	0736		0843	1010	1110	1210	1310	1410	1510	1610	1615	1720	1810	1856
Liskeard Post Office arr	0738	0835	0845	1014	1114	1214	1314	1414	1514	1614	1619	1724	1814	1858
Liskeard Post Office dep	0745			1018	1118	1218	1318	1418	1518	1620	1620	1725	1815	
Liskeard Railway Station	0747			1020	1120	1220	1320	1420	1520	1623	1623	1727	1817	

buses towards 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	
Liskeard Lloyds Bank arr				0948	1048	1148	1248	1348	1448	1448	1602	1650	1752	
Liskeard Lloyds Bank dep	0715	0715	0855	0955	1055	1155	1255	1355	1455	1515	1605	1705	1800	1830
Liskeard School & Community College										1525				
Liskeard Morrisons	0718	0718	0858	0958	1058	1158	1258	1358	1458		1608	1708	1803	1833
Liskeard Hospital	0721	0721	0901	1001	1101	1201	1301	1401	1501		1611	1711	1806	1836
Liskeard Trevecca Cottages	0725	0725	0905	1005	1105	1205	1305	1405	1505	1530	1615	1716	1810	
Tremar Telephone Box	0730	0730	0910	1010	1110	1210	1310	1410	1510	1536	1620	1721	1815	
St Cleer Market Inn	0734	0734	0914	1014	1114	1214	1314	1414	1514	1541	1624	1726	1819	
Crows Nest Crows Nest Inn	0742	0742	0924	1024	1124	1224	1324	1424	1524	1551	1634	1736	1827	
Pensilva The Cross	0750	0750	0932	1032	1132	1232	1332	1432	1532	1600	1642	1745	1835	
St Ive Butchers Arms	0755	0755	0939		1139		1339		1539	1606		1751	1840	
Callington Westover Road	0803	0803	0947		1147		1347		1547	1614		1759	1848	1851
Callington New Road	0805	0805	0949		1149		1349		1549	1616		1802	1850	1853
Callington Community College	0813													
Callington Tesco												1804		

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

Monday to Saturday except for bank holidays

Service No	74A	74A	74A	74A	74A	74A
	SSH	NS			SSH	
Callington New Road	0830	0915	1115	1315	1515	1715
Callington Tesco	0833	0918	1118	1318	1518	1717
Ashton Post Box	0839	0924	1124	1324	1524	1723
St Dominick Primary School	0844	0929	1129	1329	1529	1725
Callington Tesco	0854	0939	1139	1339	1539	1733
Callington New Road	0857	0942	1142	1342	1542	1735

SSH Saturdays and School Holidays only

NS Not Saturdays

Up to date times can be found
on the Transport for Cornwall
website - PLEASE check
before travel if timing is
critical:

[transportforcornwall.co.uk/
services/TFCN/74](https://transportforcornwall.co.uk/services/TFCN/74)

St John's Mission Church

Refreshments served before and after services

Services for August 2026

Sunday	2 nd	11.00 am	Holy Communion
Sunday	9 th	11.00 am	Holy Communion
Sunday	16 th	11.00 am	Morning Worship
Sunday	23 rd	11.00 am	Morning Worship
Sunday	30 th	<i>No service at St John's</i>	
		10.30 am	St Cleer Parish Church

Thursdays 10.00 am Morning Prayer Fellowship

AUGUST EVENTS *Please see posters for full details*

Wednesday	5 th	2.00 - 4.00 pm	<i>Kowetha</i>
Friday	7 th	2.30 - 4.00 pm	Afternoon Tea
Tuesday	25 th	2.00 - 4.00 pm	Stitch, Knit & Natter
Thursday	27 th	2.00 - 4.00 pm	Memory Café

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



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OF ENGLAND

The Tribute Benefice

Contact for Baptisms & Marriages

Reverend Li Selman 07790 272714

revliselman@icloud.com



Church Wardens
Geoff & Carolyn Cox
07475 920142



AFTERNOON TEA

St John's Church
Pensilva

Friday 7th August
2.30 to 4.00 pm



Raffle
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*Donations to support church
work in our community*

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knit and
natter**

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There is no charge
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would like to make a
cash contribution.

**Tuesday
25th
August**

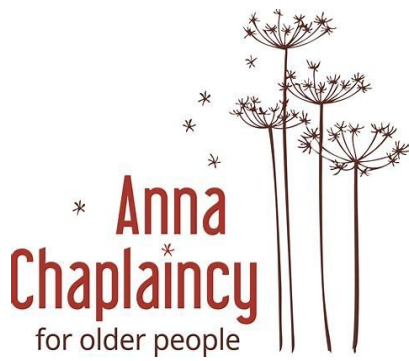
**St John's
Mission Church
Pensilva**

**on the
last Tuesday
of the month**

**2.00
to
4.00 pm**

**Contact Kathleen
07778 515975**

Kowetha



The Tribute Benefice



**Companionship
Friendship**



THE CHURCH
OF ENGLAND

**A welcoming place to drop in
for
company
and
refreshments**



**St John's Mission Church
Pensilva**

2.00 - 4.00 pm

Note change to 1st Wednesday in August

Wednesday 5th August

Contact: Geoff Cox

07475 920142

gefferys1963@gmail.com



Unity Methodist Church

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

Sunday 9th August - United Service at St Ive Village Hall 10.30am
led by Julian Langston

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

Sunday 23rd August - United Service at St Ive Village Hall 10.30am
led by Rev Stuart Reed with Communion.

Sunday 30th August - United Benefice Service. Please see Church
dates for information.

Upcoming dates for you diaries.

Sunday 6th September - Joint Macmillan Coffee afternoon at St Ive
Parish Church. 3 - 5pm please come and join in this fundraising
event.

Sunday 20th September. Joint Village Harvest Festival service at St
Ive Parish Church 11.15am.

The Chattermakers craft group will be having a summer break
through August. Back again in September.



St Ive Church

Aug 2 nd	Morning Service	11:15am	In Church
Aug 9 th	Chapel Service	10:30am	In village Hall
Aug 16 th	Holy Communion	11:15am	In Church
Aug 23 rd	Chapel Service	10:30am	In Village Hall
Aug 30 th	Benefice Service	10:30am	St Cleer Church

Events

Aug 2nd, 16th, 30th, and Sept 6th: Afternoon Teas in Church, 3pm to 5pm. Includes a Cornish Cream Tea. Sept 6th is in aid of McMillan.

Oct 2nd Polperro Fisherman's Choir with the Wreckers

PENSILVA MEMORY CAFE

If you have memory problems or you are a carer for somebody who does, come and join us at St John's Mission Church for a cuppa and some cake. We'd love to see you and hope that you will enjoy yourself.

Guest Speakers

Activities

Quizzes

Games

2.00 to 4.00 pm

Thursday 27th August

Contact Geoff on 07475 920142



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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.

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11th June	Saltram House & Tamar View Nurseries
23rd June	Buckfastleigh, Butterflies & Otters
6th July	River Fal Cruise & Falmouth
16th July	Forde Abbey and Gardens
4th August	Paignton, Kingswear, Dartmouth & Totnes
15th August	RHS Rosemoor Garden Flower Show
4th-6th Sept	Burghley Horse Trials
21st-25th Sept	Autumn Tour - Oxford & The Cotswolds
14th October	Tavistock Goose Fair
20th October	Seaton Tramway and Sidmouth
7th November	Bridgwater Guy Fawkes Carnival

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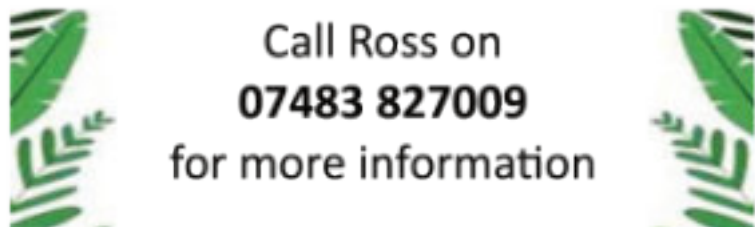
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Amazing Value



- ✓ 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

*** Free to use ATM ***
*** Card Payment ***

Friendly Staff + Service with a Smile !!!

Pensilva Stores is a family run business who have been serving local people and visitors for more than 30 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.**