

What's On in Feock Parish



May 2024

DAILY

5.30am to 10pm Cirque du Ciel Circus Works Devoran www.circusworksdevoran.org
circqueduciel123@gmail.com

MONDAYS

9 - 12noon Carnon Needle & Craft Group Carnon Downs Village Hall Mary 07977 625948
emarydunstan@icloud.com

9.30 – 10.30am Functional Training (High Intensity FT) Devoran Village Hall Zoejcrouse@gmail.com

10am to 12 noon Sunbeams Stay & Play Toddler group The Hub, Carnon Community Methodist Church Enquiries to join waiting list please contact: 07871 367859

10 to 10.50 am Bongo Babes 0-4 years Carnon Downs Village Hall Kayleigh 0771 8383510

10am pick up St Feock Community Minibus Day Trip *13th Charlestown, 20th Levant (no trips on Bank Holidays)* To book phone 07754 107835 Between 9.30am and 10.30am

12-1pm Functional Strength Devoran Village Hall Zoejcrouse@gmail.com

2pm U3A Yoga St Feock Community Church Hall Liz Walden 01326 376843

2pm Pilates for Life – Matwork Carnon Downs Village Hall Sarah Trotter

2 to 4pm Line Dancing The Hub, Carnon Community Methodist Church

4 to 6pm U3A Table Tennis St Feock Community Church Hall Merrick 01872 865336

4 to 5.30pm Youth Club 9 -14yr olds The Hub, Carnon Community Methodist Church Hall carnonhubpastor@truromethodist.org and 07842 278983
Book online www.lapilates.co.uk

6pm Pilates Flow Chycara 07971 238811

6.15pm Vinyasa Yoga Anella Yoga Studio, Devoran www.anellayoga.com
Zoejcrouse@gmail.com

6.30 – 7.30pm Pilates Devoran Village Hall

TUESDAYS

9.45 to 11.45am IT Class - bring own laptop etc. Carnon Downs Village Hall £3 including Coffee

10 to 11.30am MyFeock Walks & Talks *14th Mylor Bridge, 28th Devoran* FREE - Book via 01872 863333
Cathy@feockparishcouncil.co.uk

10am Slow Flow Yoga Anella Yoga Studio, Devoran 07971 238811
www.anellayoga.com

10 to 11.30am Adult Ed Tai Chi Devoran Village Hall Melanies@truro-penwith.ac.uk

12.30pm and 1.45pm Pilates for Life – Gentle Carnon Downs Village Hall Sarah Trotter

1.45pm Pilates

4.30 to 7pm Fish, Chip & Pizza Van Forth Coth, Carnon Downs Carnon Campsite from 7.15pm
www.thinkfitcornwall.com

5.45pm Kettlebells The Hub, Carnon Community Methodist Church

6pm Physio-Led Pilates Devoran Village Hall Ruthbennettphysio@gmail.com

6.15pm	Dynamic Vinyasa Yoga	Anella Yoga Studio, Devoran	07971238811 anellayoga.com
6.45pm	Beginners Low Impact	The Hub, Carnon Community Methodist Church	www.thinkfitcornwall.com
7.15pm	Pregnancy Yoga	Devoran Village Hall	Ruthbennettphysio@gmail.com
7.15 to 8.45pm	The Riverside Singers	Devoran Parish Centre	Helen 01209 821310
Term time			07747740987 – free trial session
7.30pm	P90X	The Hub, Carnon Community Methodist Church	www.thinkfitcornwall.com

WEDNESDAYS

9.15am	The Body Project	The Hub, Carnon Community Methodist Church	www.thinkfitcornwall.com
9.15am	Gentle Pilates	Devoran Village Hall	Zoejcrouse@gmail.com
9.30am – 12 noon	Veg & Fish Van + Dairy	Devoran Village Hall	
10.15am	Vinyasa Yoga	Anella Yoga Studio, Devoran	07971238811 anellayoga.com
10.30am	Functional Strength	Devoran Village Hall	Zoejcrouse@gmail.com
10.30am to noon	Coffee Morning	The Hub, Carnon Community Methodist Church	
12 noon	Zest for Life Men's Pilates	Devoran Village Hall	Zoejcrouse@gmail.com
11am to 1pm	Perranwell Health & Wellbeing Hub (10 th , 24 th)	Perranwell Village Hall	Sue 07817 303112 or Vicky.taylor@imagineif.net
1.15 – 4.30pm 22 nd , 29 th May, 5 th , 12 th , 19 th , 26 th June	Men's Wellbeing Group Mindfulness Art Therapies.	Carnon Downs Village Hall (Requires referral from your social prescriber/life skills worker or similar professional)	Pre-qualifying session booking: Gaelle Penhallow 07782 506285 hello@mindfulreset.co.uk
1.30 to 4pm	U3A Art Group 1 st , 2 nd & 3 rd Weds	St Feock Church Community Hall	01872 865764
2pm	The Carrick Singers Choir	Kea Community Centre	Andrew 01872 870164
2pm	Carnon Downs Bowling Club 'Roll Up'	Carnon Downs Bowling Club	Alfoster11@icloud.com 07852 683792
2.30pm	Carpet Bowls	The Hub, Carnon Community Methodist Church	
2.45pm	Pilates for Life	Carnon Downs Village Hall	Sarah Trotter
4pm	Pilates	Devoran Village Hall	Zoejcrouse@gmail.com
6pm	Pilates Gentle with Lucy	Chycara	Book online www.lapilates.co.uk
6pm	Fal & Truro Chess Club	Carnon Downs village Hall	Robin Kneebone 07531 543651 chesscornwall@gmail.com
6 to 7pm	QIGONG	Devoran Village Hall	07774 282087 to book Sifu Vanessa Backus
6.15pm	Slow Flow Yoga	Anella Yoga Studio, Devoran	07971 238811 www.anellayoga.com
7 to 8pm	Chun Yuen Quan	Devoran Village Hall	07774 282087 to book Sifu Vanessa Backus

THURSDAYS

10am	St Feock Community Minibus Day Trip	2 nd Trerice, 9 th Padstow, 15 th tbc, 23 rd St Ives, 30 th Fowey	To book phone 07754 107835 Between 9.30am and 10.30am
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10am to 12 noon	'Time to Create' Mindfulness & Creative Art therapies for Wellbeing with Gaelle	Carnon Downs Village Hall (no session 9 th May)	Rates: £10 recommended but donations accepted. 07782 506285 to book hello@mindfulreset.co.uk
10.30am	Slow Flow + Crystal Bowls	Anella Yoga Studio, Devoran	07971238811 anellayoga.com
1.45 to 2.45pm	Mum & Baby Yoga	Devoran Village Hall	Ruthbennettphysio@gmail.com
2pm – 4.30pm	Ladies Table Tennis	St Feock Church Comm Hall	01872 863377
3.15 to 4.15pm	Physio-Led Pilates	Devoran Village Hall	Ruthbennettphysio@gmail.com
4.30pm	CircuitsRus	The Hub, Carnon Community Methodist Church	www.thinkfitcornwall.com
4.45pm & 5.45pm	Kids Fitness	The Hub, Carnon Community Methodist Church	www.thinkfitcornwall.com
5pm	Slice Pizza Van	Carnon Downs Village Hall	www.slicepizzacornwall.com
6.30 to 7.30pm	Dance Fitness	Perranwell Church Hall	Cathy 07746 425726
6.30pm	Circuits	The Hub, Carnon Community Methodist Church	www.thinkfitcornwall.com
6.30pm	Gentle Flow Yoga	Anella Yoga Studio, Devoran	07971 238811 www.anellayoga.com
7.30pm	Zumba with Charlotte	Carnon Downs Village Hall	07810 711832
FRIDAYS			
9am	Step Class	Devoran Village Hall	Zoejcrouse@gmail.com
9.15am	The Body Project	The Hub, Carnon Community Methodist Church	www.thinkfitcornwall.com
9.30am to 11am Term time	Tots & Toys Stay & Play Toddler Group	Devoran Village Hall	07702 800248 Jane@thewatersidechurches.com
10am	Gentle Yoga	Anella Yoga Studio, Devoran	07971 238811 www.anellayoga.com
10 to 12 noon	Carnon Downs Crafters Crochet & Sew Workshop	Carnon Downs Village Hall	Make fun street art, all abilities welcome, just turn up!
10.30 to 11.30am	Zest for Life Pilates	Devoran Village Hall	Zoejcrouse@gmail.com
2.20pm	Wesley Guild	The Hub – Carnon Community Methodist Church Hall	
SATURDAYS			
9am	Dynamic Vinyasa	Anella Yoga Studio, Devoran	07971 238811 www.anellayoga.com
10.30am	Slow Flow Yoga	Anella Yoga Studios, Devoran	07971238811 anellayoga.com
	Perranwell Football Club	Tregye Pitch, Carnon Downs	Simon 07712 435081 Phil 07803 002927
1.30pm	Produce Van	Devoran Village Hall Car Park	Except Village Market days
SUNDAYS			
9am	Tiny Toes Ballet	Devoran Village Hall	Tinytoesballet.co.uk/cornwall
10am	Church Service	Waterside Churches Devoran & St Feock	01872 276357
10am	Dynamic Hatha Yoga	Anella Yoga Studios, Devoran	07971238811 anellayoga.com
10am	Bissoe Trail Walking Group	Bissoe Valley Car Park 1 hour walk	Sallybeme@gmail.com Facebook page
10.30am	Church Service	The Hub, Carnon Community Methodist Church	

10.30 to 11.30am	The Community Space	Penpoll Chapel	Hot drink and a chat
10.30am	Quaker Meeting House	Come to Good	Quiet reflection
11am - weather permitting	Carnon Downs Car Boot Sale	Cats Protection field, Point Road, Carnon Downs	www.facebook.com/CornwallAdoptionCentre
11.15am	Meditation	Anella Yoga Studios, Devoran	07971238811 anellayoga.com

May dates - clubs & events if not held weekly

Various dates	"Swim Together" social sea swimming group	Loe Beach	Facebook page 'Swim together @ Loe Beach'
Various dates	Cornish Claycutters Baseball Club	Winter meetings – see website/Facebook	www.facebook.com/claycuttersclaycuttersbaseball@gmail.com
Various dates	Carnon Downs Community Association	Carnon Downs village Seasonal community events	www.carnondownsvillage.co.uk www.facebook.com/carnondownsvillage
Tuesdays: food van, 4-7	Carnon Downs Club Village Hall Car Park	Carnon Downs Campsite from 7.15	www.facebook.com/CarnonDownsCAMC
Thursday 2 nd May 2 – 4pm	Carnon Downs Memory Café	Carnon Downs Village Hall	1 st & 3 rd Thurs of month
Thursday 2 nd May 7pm for 7.30pm	Quiz Night in aid of DVH & K9 Crusaders Welfare	Devoran Village Hall	Entry £3 (1 st Thurs of month)
Sat 4 th 10am – 12 noon	Carnon Downs Community Association Village Trail & Quiz	Carnon Downs Village Hall	Maps/Quiz Sheets 10am -12 noon both days. £2 per map
Sun 5 th May 3pm – 5pm	Village Trail and Quiz	Carnon Downs Village Hall	Maps/Quiz sheets 10am – 12 noon Answers and live music, refreshment, raffle 3
Tues 7 th May 7.15pm	CD Old Cornwall Society	Carnon Downs Village Hall	£2.50 (members £12 pa) 1 st Tues of month lewishock@aol.com
Tuesday 7 th May 7.30pm – 10pm	Truro Flower Club	St Feock Church Community Hall	Wendy Gladwyn 01872 864596 (2 nd Tues of month)
Friday 10 th May 12.30pm (fortnightly)	St Feock Village Lunch 2 course home cooked lunch £6.50	St Feock Church Community Hall	Everyone welcome, no need to book – more info from Nina Davey 01872 865106
Saturday 11 th May 9.30 to 12 noon	Devoran Village Market – produce, crafts, refreshment, refill service, knife sharpening	Devoran Village Hall & Car Park	www.facebook.com/DevoranVillageMarket 2 nd Saturday of month
Saturday 11 th May 10am – 12 noon	'Just Coffee & Cake' Social event	Linden Hey Garden Tea Room, Penelewey	In aid of upkeep of the Church

Monday 13 th May 2pm	Point& Penpol WI	Penpol Chapel 2 nd Monday of the month	President: Diana Coate-Bond 01872 859028 Diana.coatebond@gmail.com
Tues 14 th May 10am	Knit, Knot & Natter	St Feock Church Community Hall	Every 1 st & 3 rd , 5 th Tuesday of the month
Tuesday 14 th May 10am	Coffee Spot	Devoran Parish Centre (behind Church)	2 nd and 4 th Tuesdays
Tues 14 th May 2pm – 4pm	Carnon Downs Pain Café monthly relaxing sessions	Carnon Downs Village Hall	Booking required: Libbyhuddy@imagineif.net or call 07496 825523 (2 nd Tues of month)
Thurs 16 th May 2-4pm	Carnon Downs Memory Café	Carnon Downs Village Hall	1 st & 3 rd Thurs of month
Sunday 19 th May 10am – 4.30pm	Tender Loving Care Day Retreat for Carers	'Little Narabo', Devoran www.NODAC.co.uk	Organiser: No One Dies Alone Cornwall CIC. Booking essential: admin@nodac.co.uk
Monday 20 th May 6 -7.15pm Juniors + Academy 7.15- 10pm Carrick Chess Club	Falmouth & Truro Chess Club (fortnightly mainly Mondays)	Carnon Downs Village Hall 6pm to 10pm Coaching 6pm to 7.15pm	Check website for dates www.cornwallchess.org.uk/html/clubs/falmouth.shtml Robin Kneebone 07531 543651
Thursday 23 rd May 8pm	Chippy – a play by Henry Darke	Devoran Village Hall	Tickets: www.carntocove.co.uk
Friday 24 th May 12.30pm	St Feock Village Lunch 2 course home cooked lunch £6.50	St Feock Church Community Hall	Everyone welcome – no need to book – more info from Nina Davey 01872 865106
Tues 28 th May 10am	Coffee Spot	Devoran Parish Centre (behind church) The Hub – Carnon	2 nd and 4 th Tuesdays
Tues 28 th May 10am -11.30am	Repair Café	Community Methodist Church Hall	Last Tuesday of the month
Thursday 30 th May 6.30pm	Feock Home & Garden Society	St Feock Church Community Hall	Andy Rendell 01872 862972 Last Thurs of month

June Dates:

Saturday 1st June Loe Beach Regatta



Walk & Talk

Guided Walks in Feock Parish

In conjunction with the Soroptimists

Every 2nd and 4th Tuesday @ 10am – 12 noon

Come along and join our experienced walk leader for a slow/medium walk at the pace of our slowest walker through our beautiful locations and embrace our local heritage following the Feock Trails.

Locations are on our website www.myfeock.co.uk, on our 'What's On' pages, or from our red phone boxes within the parish.

Please wear sensible footwear (trainers/walking shoes). Bring a drink and snack if you wish. Dogs welcome on fixed lead.

PLEASE BOOK IN ADVANCE

For more information contact: 01872 863333 between 9am – 12 noon,
info@feockparishcouncil.co.uk, www.myfeock.co.uk





REPAIR CAFE

If you can carry it, we'll take a look!

- Wooden items - bolting, tightening, gluing & creating new pieces and woodwork
- Bike repairs and maintenance advice
- Clocks (not battery or electric)
- Electrical - plugs, fuses, basic wiring (no PAT testing)
- Clothing & textiles - mending, zips, darning, repairs
- Soft toys, knitting and crochet
- Minor jewellery repairs
- Technology



**Pop into see us - last Tuesday of the month,
10 to 11.30am @ The Hub - Carnon Community
Methodist Church Hall, Carnon Downs**

Items must be received by 11am to allow for repairs up to 11.30am

**Donations for refreshments & repairs gratefully received
towards the cost of running the Repair Cafe**

Contact: info@feockparishcouncil.co.uk

www.myfeock.co.uk  MyFeock Wellbeing 01872 863333

Please note: All items must be 'carried' into the Repair Cafe by the customer. The idea is, where possible, for the customer to watch and learn whilst the item is being fixed to promote skill sharing. Some items may not be fixable on-site and may take time to repair offsite. When required please complete a form to give your permission for this to happen. Additionally you may need to purchase items (eg. zips, batteries etc.) required for the repair, cost to be discussed with our Volunteer Repairers. We will not accept any liability for damage, fault or breakages of any items during repair.



Could you spare a little time helping your community?

Would you like to support our local services, activities and events? Lots of local groups are looking for volunteer support.

We would love to hear from you if you have time to volunteer!

Please get in touch:

Feock Parish Council 01872 863333 or Cathy@feockparishcouncil.co.uk

Follow us on Facebook – MyFeock Wellbeing

This What's On listing has been produced by MyFeock wellbeing (Feock Parish Council's wellbeing service).

If you would like your event, group or activity added please get in touch.

A copy of this listing as well an electronic calendar can be found on

www.myfeock.co.uk

