

What's On in Feock Parish



January 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

9.15am

Total Body Workout (HIIT)

Devoran Village Hall

Zoejcrouse@gmail.com

10am to 12 noon
Term time only

Sunbeams Stay & Play
Toddler group

The Hub, Carnon Community
Methodist Church

10 to 10.50 am

Bongo Babes 0-4 years
St Feock Community
Minibus Day Trip

Carnon Downs Village Hall
Mystery Cornish Pub Lunches
8th, 15th, 22nd, 29th

Kayleigh 0771 8383510

To book phone 07754 107835
Between 9.30am and 10.30am

10.30am

Pilates

Devoran Village Hall

Zoejcrouse@gmail.com

2pm

Penpol & Point WI

Penpol Chapel

Helen Gaches 01872 870614

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

6pm

Pilates Flow

Chycara

Book online www.lapilates.co.uk

6.15pm

Vinyasa Yoga

Anella Yoga Studio, Devoran

07971 238811

www.anellayoga.com

TUESDAYS

9.45 to 11.45am

IT Class

Carnon Downs Village Hall

£2 bring own laptop etc.

10 to 11.30am

My Feock Walk & Talk

9th Carnon Downs Village,
23rd Trelissick

FREE - Book via 01872 863333

Cathy@feockparishcouncil.co.uk

10am

Slow Flow

Anella Yoga Studio, Devoran

07971 238811

www.anellayoga.com

10am Pick-up

S Feock Community
Minibus DayTrip

Tues 12th Widdecombe Fayre

To book phone 07754 107835

between 9.30 and 10.30am

10 to 11.30am

Adult Ed Tai Chi

Devoran Village Hall

Melanies@truro-penwith.ac.uk

12.30pm and

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

5.45pm

Kettlebells

The Hub, Carnon Community
Methodist Church

www.thinkfitcornwall.com

6pm

Physio-Led Pilates

Devoran Village Hall

Ruthbennettphysio@gmail.com

6.15pm	Beginner Slow Flow 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	Veg & Fish Van + Dairy	Devoran Village Hall	
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 Wellbeing Hub	Perranwell Village Hall	Sue 07817 303112 or Vicky.taylor@imagineif.net
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	Zest for Life Pilates	Devoran Village Hall	Zoejcrouse@gmail.com
4 to 6pm	U3A Table Tennis	St Feock Church Community Hall	01872 865336
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	<i>Mystery Cornish Pub Lunches</i> 11 th , 18 th , 25 th	To book phone 07754 107835 Between 9.30am and 10.30am
10am to 12 noon	'Time to Create' Mindfulness & Creative Art therapies for Wellbeing with Gaelle	Carnon Downs Village Hall Returns 18 th Jan	Rates: £10 recommended but donations accepted. 07782 506285 to book hello@mindfulreset.co.uk
1.45 to 2.45pm	Mum & Baby Yoga	Devoran Village Hall	Ruthbennettphysio@gmail.com

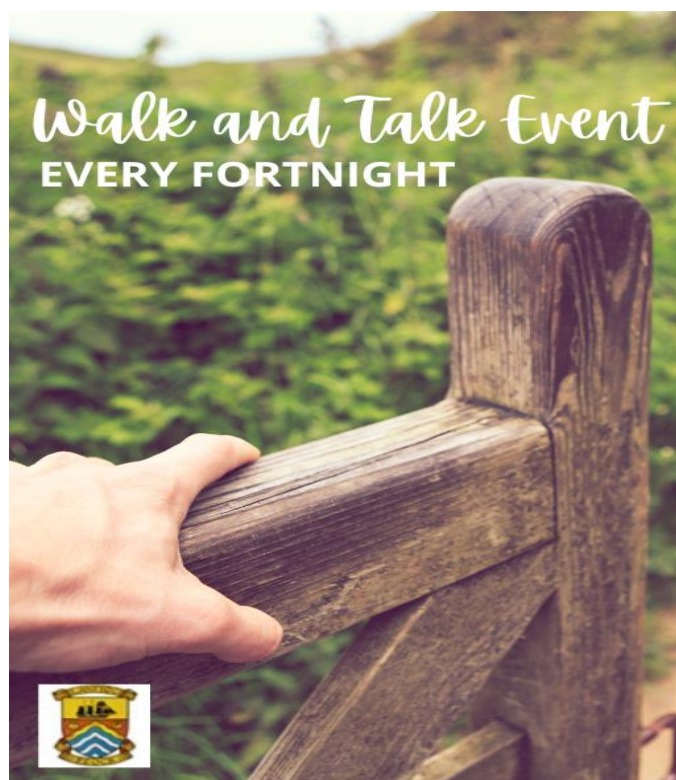
3.15 to 4.15pm 4.30pm	Physio-Led Pilates CircuitsRus	Devoran Village Hall The Hub, Carnon Community Methodist Church	Ruthbennettphysio@gmail.com www.thinkfitcornwall.com
4.45pm & 5.45pm	Kids Fitness	The Hub, Carnon Community Methodist Church	www.thinkfitcornwall.com
5pm	Slice Pizza Van	Carnon Downs Village Hall	www.slicepizzacornwall.com
6.30 to 7.30pm 6.30pm	Dance Fitness Circuits	Perranwell Church Hall The Hub, Carnon Community Methodist Church	Cathy 07746 425726 www.thinkfitcornwall.com
7pm	Gentle 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 10am	Tots & Toys Stay & Play Toddler Group Gentle Yoga	Devoran Village Hall Anella Yoga Studio, Devoran	07702 800248 Jane@thewatersidechurches.com 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 2.20pm	Zest for Life Pilates Wesley Guild	Devoran Village Hall The Hub – Carnon Community Methodist Church Hall	Zoejcrouse@gmail.com
SATURDAYS			
9am	Dynamic Vinyasa Flow	Anella Yoga Studio, Devoran	07971 238811 www.anellayoga.com
	Perranwell Football Club	Tregye Pitch, Carnon Downs	Simon 07712 435081 Phil 07803 002927
SUNDAYS			
9am	Tiny Toes Ballet	Devoran Village Hall	Tinytoesballet.co.uk/cornwall
10am	Church Service	Waterside Churches Devoran & St Feock	01872 276357
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

January 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/claycutters claycuttersbaseball@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
Tuesday 2 nd Jan 6.45 for 7pm	Feock Film Club 'A Haunting In Venice'	St Feock Church Community Hall – tea & Coffee	£4 members, £5 non-member (1 st Tues of month)
Thursday 4 th Jan 2 – 4pm	Carnon Downs Memory Café	Carnon Downs Village Hall	1 st & 3 rd Thurs of month
Friday 5 th Jan 12.30pm (fortnightly)	St Feock Village Lunch	St Feock Church Community Hall	Meet neighbours & friends. Nina Davey 01872 865106 2 course homecooked lunch £6.50
Saturday 6 th Jan 1.30 to 4pm	Carnon Downs Community Bingo	Carnon Downs Village Hall	1 st and 3 rd Saturdays
Tues 9 th Jan 7.15pm	CD Old Cornwall Society Chaz Wenmoth 'Tudor Penryn – Prayer Book Rebellion'	Carnon Downs Village Hall –	£2.50 (members £12 pa) 1 st Tues of month lewishock@aol.com
Tuesday 9 th Jan 10am	Coffee Spot	Devoran Parish Centre (behind Church)	2 nd and 4 th Tuesdays
Tuesday 9 th Jan In the afternoon	Flower Club	St Feock Church Community Hall	01872 864386 (2 nd Tues of month)
Weds 8 th Nov 6-7.15pm Juniors + Academy 7.15- 10pm Carrick Chess Club	Falmouth & Truro Chess Club (fortnightly)	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
Thurs 11 th Jan 7pm for 7.30pm	Devoran Acoustic Sessions – 'An Evening with Raynor Winn'	In Aid of Devoran Village Hall @Devoran Village Hall	Tickets: £10 from Truro Visitor Cntr www.visistruro.org.uk 01872 274555
Saturday 13 th Jan 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
Thurs 18 th Jan	Carnon Downs Memory Café	Carnon Downs Village Hall	1 st & 3 rd Thurs of month
Thurs 18 th Jan 7pm for 7.30pm	Devoran Gardening Club	Devoran Village Hall	Contact Steve 864701 or Ian 870170. 3 rd Thurs of month
Friday 19 th Jan 6.30pm	Carnon Downs Film Club	Carnon Downs Village Hall	£4 members, £6 non members 3 rd Friday

Friday 19 th Jan 12.30pm	St Feock Village Lunch	St Feock Church Community Hall	Meet neighbours & friends Nina Davey 01872 865106 2 course homecooked lunch £6.50
Fri 19 th Jan 7.30pm	Series of Talks ' <i>Devoran – 4000 Years in 3 Hours</i> '	Devoran Village Hall	£10 (£5 under 18) per talk, on the door. Cash wine bar.
Saturday 18 th Nov 10 – 12.30pm	Devoran Parish Church Coffee Morning	Devoran Village Hall	
Saturday 20 th Jan 1.30 to 4pm	Carnon Downs Community Bingo	Carnon Downs Village Hall	1 st and 3 rd Saturdays
Sun 21 st Jan 7pm for 7.30pm	Devoran Acoustic Sessions ' <i>Stolen From God</i> '	Devoran Village Hall	Tickets: Truro Visitor Cntr www.visittruro.org.uk 01872 274555
Tuesday 23 rd Jan 10am	Coffee Spot	Devoran Parish Centre (behind Church)	2 nd and 4 th Tuesdays
Tuesday 23 rd Jan 7pm for 7.30pm	Kenwyn Valley Flower & Garden Club - Demo by Fiona Hammond	Carnon Downs Village Hall	4 th Tues of month
Thursday 25 th Jan	Feock Home & Garden Society	St Feock Church Community Hall	Andy Rendell 01872 862972 Last Thurs of month
Thurs 25 th – Sun 28 th Jan	Pantomime ' <i>Mother Goose</i> '	Carnon Downs Drama Group @ Perranwell Village Hall	
Tues 30 th Jan 10am -11.30am	Repair Café	The Hub – Carnon Community Methodist Church Hall	Last Tuesday of the month
Weds 31 st Jan 1 to 4pm	U3A French Films	St Feock Church Community Hall	Genevieve Rosier 01872 273333 Last Weds of month



EVERY 2nd & 4th TUESDAY

Join our experienced walk leader from 10 am - 12 noon

Meet locations are on our website www.myfeock.co.uk on our What's On page, or from our red phone boxes within the parish. It's a slow/medium walk, for 1hr 30mins. The leader doesn't push the group, they tend to walk at the pace of the slowest walker. They also bring a spare walking pole if someone needs it. The Feock Trails aim to embrace our local heritage so come along and enjoy our beautiful location.

For more info contact
01872 863333
info@feockparishcouncil.co.uk
www.myfeock.co.uk



BASEBALL

for all!

*where passion meets play,
and everyone is welcome!*

Dive into the exhilarating world of **Cornish Baseball**!

Regardless of your age, gender, or ability, the **Cornish Baseball** franchise opens its arms wide, inviting you to **join the thrill**. If you've ever harboured a curiosity for **something new**, now's your golden opportunity. Embrace the excitement, camaraderie, and sheer joy of the game. Step up to the plate and swing for the fences.

Cornish Baseball is not just a club; it's a community where everyone belongs. Seize the moment, and let the games begin!

3 teams,
catering for...

ALL AGES GENDERS ABILITIES

www.cornish-baseball.co.uk

NSPCC



Baseball • Softball **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,
10am to 11am @ The Hub - Carnon Community
Methodist Church Hall, Carnon Downs**

**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

