



What's On in Feock Parish: August

- MON -** 10am-12pm (school term only) - 'Sunbeams' stay & play toddlers group @ CD Methodist Hall
10am - Slow Flow (online) - Anella Yoga Studio, Devoran - [07971238811](tel:07971238811)
10-10.50 - Bongo Babes (0-4yrs) - Carnon Downs Village Hall - [0771838510](tel:0771838510) - Kayleigh
10am pick up, St Feock Community Minibus daytrip - to book [077541 07835](tel:07754107835) (9.30-10.30am)
2pm - Penpol & Point WI @ Penpol Chapel. For info please call Helen Gaches - [01872 870614](tel:01872870614)
2-4pm - Line Dancing @ Carnon Downs Methodist Church
4-6pm - U3A Table Tennis, St Feock Church Community Hall. Merrick - [01872 865336](tel:01872865336)
6pm - Pilates Flow @ ChyCara - www.lapilates.co.uk. Bookings online with Lucy
6.15pm - Slow Flow - Anella Yoga Studio, Devoran - [07971238811](tel:07971238811)
6.45-9.15pm - Celtic Chords @ Devoran Village Hall. [07480 230035](tel:07480230035) pammpoley27@gmail.com
- Tues -** 9.45-11.45am - IT Class @ Carnon Downs Village Hall - £2. Bring own equipment
FREE - 10-11.30am - Walk & Talk (supported by HAIRE MyFeock Wellbeing). Call Feock Parish Council: [01872 863333](tel:01872863333) (23.08.22 - Feock)
10am - Slow Flow - Anella Yoga Studio - Devoran - [07971238811](tel:07971238811)
5.45pm - Kettlebells @ Carnon Downs Methodist Church Hall - www.thinkfitcornwall.com
6.00pm - Physio Led Pilates, Devoran Village Hall - contact ruthbennettphysio@gmail.com
6.15pm - Moon Yoga @ Anella Studio, Devoran - www.anellayoga.com
6.45pm - Beginners Low Impact @ CD Methodist Church Hall - www.thinkfitcornwall.com
7.15pm - Pregnancy Yoga, Devoran Village Hall - contact ruthbennettphysio@gmail.com
7.15-8.45pm (term time only) - The Riverside Singers @ Parish Centre (behind Devoran Church) - no auditions, free trial session. More Info: Chris & Helen [01209 821310](tel:01209821310)
7.30pm - P90X @ Carnon Downs Methodist Church Hall - www.thinkfitcornwall.com
- Wed -** 9.15am - The Body Project @ Carnon Downs Methodist Church Hall - www.thinkfitcornwall.com
9.30am - Veg van and Fish van @ Devoran Village Hall
10am - Mindfulness Course - Anella Yoga Studio, Devoran - [07971238811](tel:07971238811)
10.30am-noon - Coffee Morning @ Carnon Downs Methodist Church Hall
10-12 - Butchers Bakehouse Van (selling fresh bread & cakes) @ Devoran Hall Car Park
Open Afternoon @ Carnon Downs Bowling Club - New Bowlers & Beginners Welcome! Free Tuition - Under 16s accompanied by adult. Wear flat shoes. Phil Beswick - [01872 863 006](tel:01872863006)
1.30 - 4.00pm (4th wed of month) - U3A Art Group @ St Feock Church Community Hall - sandra.guille@virgin.net / [01872 865764](tel:01872865764)
2pm - The Carrick Singers Choir @ Kea Community Centre - More info: [07796 142297](tel:07796142297)
2.30pm - Carpet Bowls @ Carnon Downs Methodist Church
4pm - Pilates @ Devoran Village Hall - Zestforlifefitness. Further info: zoeicrouse@gmail.com



4-6pm - U3A Table Tennis @ St Feock Church Community Hall - [01872 865336](tel:01872865336)

6pm - Pilates Gentle (Lucy) @ Chycara - www.lapilates.co.uk Book online

6.15pm - Beginner Yoga Course - Anella Yoga Studio, Devoran - [07971238811](tel:07971238811)

Thur - 9-10am - Dancefit - Zestforlifefitness @ Devoran Village Hall, £8 zoejcrouse@gmail.com

10am - Hatha - Anella Yoga Studio, Devoran - [07971238811](tel:07971238811)

4.30pm - Circuitsrus - Carnon Downs Village Hall - 07792 046151

4.45 & 5.45pm - Kids Fitness, Carnon Downs Methodist Church - www.thinkfitcornwall.com

5-6pm - Seated Strength & Lyrical Class @ Perranwell Church Hall. Cathy [07746 425726](tel:07746425726)

6.15pm - Hatha - Anella Yoga Studio, Devoran - [07971238811](tel:07971238811)

6.30-7.30pm - Dance Fitness @ Perranwell Church Hall. Cathy [07746 425726](tel:07746425726)

6.30pm - Circuits @ Carnon Downs Methodist Church - www.thinkfitcornwall.com

7.15pm - BoxFit @ Carnon Downs Methodist Church - www.thinkfitcornwall.com

7.30pm - Zumba by Charlotte - Carnon Downs village hall

Fri - 9-10am - Step Class - Zestforlifefitness with Zoe @ Devoran Village Hall, £8

9am - Gentle Yoga - Anella Yoga Studio, Devoran - [07971238811](tel:07971238811)

9.15am - The Body Project @ Carnon Downs Methodist Church - www.thinkfitcornwall.com

9.30-11.30am - Baby & Toddler Group, Devoran Village Lower Hall. £2 includes snack.

FREE - 10am-12pm - Crochet & Sew Workshop (supported by HAIRE) - Carnon Downs Village Hall - make fun street art, beginners & all ages welcome. Free - just turn up! For more info call: Feock Parish Council Wellbeing team - [01872 863333](tel:01872863333)

10am - St Feock Community Minibus daytrip - to book [077541 07835](tel:07754107835) (9.30-10.30am)

10.30-11.30am - Pilates - Zestforlifefitness @ Devoran Village Hall, £8

11am - Intro to Yin @ Anella Studio, Devoran - www.anellayoga.com

12-1pm - Functional Strength Class - Zestforlifefitness @ Devoran Village Hall, £8

7.30pm - Scottish Country Dancing @ CD Methodist Hall - Polly Barton - [01872 864779](tel:01872864779)

Sat - 9am - Slow Flow - Anella Yoga Studio, Devoran - [07971 238811](tel:07971238811)

10.15am - Slow Flow (Online) - Anella Yoga Studio, Devoran - [07971 238811](tel:07971238811)

Perranwell Football Club @ Tregye Pitch - Simon [07712 435081](tel:07712435081) / Phil - [07803 002927](tel:07803002927)

Sun - From 9am - Tiny Toes Ballet @ Devoran Village Hall - www.tinytoesballet.co.uk/cornwall

10am - Church Service @ The Waterside Churches - St Feock & Devoran - 01872 276357

10.30am - Church Service @ Carnon Downs Methodist Church

10.30 - 11.30am - 'The Community Space' @ Penpoll Chapel - hot drink & a chat

10.30am - Quaker Meetings, Quaker House

4-6pm - Messy Church (4th Sunday of month) @ Devoran Village Hall, info: 01872 864049



Clubs/Events (by date, if not weekly):

No meet in August - Falmouth/Truro Chess Club @ CD Village Hall. Coaching available. Robin Kneebone 07531543651. Next meet 14th/30th Sept, 6pm for novices, main club from 7.15pm

Thurs 4th - 2 - 4pm (1st & 3rd Thurs of month) - Carnon Downs Memory Café @ CD Village Hall

Sat 6th - 9.45-1.30pm - Vocal Training with Shirley Tyack & Celtic Chords @ Devoran Village Hall - Women's Only Event, join our Barbershop Chorus for a morning of voice training - £5

Sat 6th - 10-12 - Coffee Morning @ CD Village Hall - raising funds for Carnon Downs Crafters village craft project

Sat 6th - 1.30pm (1st Sat) - Film Club @ St Feock Church Community Hall - Nina Davey - 01872 865106

Sat 6th - 1.30 - 4pm (1st & 3rd Saturdays) - Carnon Downs Community Bingo @ CD Village Hall

Sunday 7th August - 1.30 - 4.30pm - A Greatest Show Workshop (for 6-18 yrs) - Carnon Downs Village Hall - stagezoneyouththeatre@gmail.com to book - £3 - sing & act

Tues 9th - 10.00am - Coffee Spot (2nd & 4th of month) @ Parish Centre, behind Devoran Church

Tue 9th - 6.30pm (2nd Tues of month) - Flower Club @ St Feock Church Community Hall - Lorna Weaver 01872 864386

Saturday 13th - 12-6pm - Devoran Village Regatta @ Devoran Quay - various activities/competitions for the whole family. Bring a picnic. Bar available.

Saturday 13th August - 2-4pm - "Pause Me" Intro to Mindfulness - Anella Yoga, Devoran - 07813 766616

Mon 15th - 10.00-11.45am - Community Coffee Morning - Devoran Village Hall (Lower Hall) - supported by HAIRE (MyFeock Wellbeing) - Join us for refreshments, fresh coffee, homemade cake. Meet, chatter & a place to find out useful local service information.

Thurs 18th - 2 - 4pm (1st & 3rd Thurs of month) - Carnon Downs Memory Café @ CD Village Hall

Thurs 18th - 7pm (3rd Thurs of month) - Gardening Club @ Devoran Village Hall. Steve 01872 864701 / Ian 01872 870170

Sat 20th - 1.30 - 4pm (1st & 3rd Saturdays) - Carnon Downs Community Bingo @ CD Village Hall

Sun 21st - 10.30-12 - Coffee & Friends @ Devoran Chapel

Tues 23rd - 10.00am - Coffee Spot (2nd & 4th of month) @ Parish Centre, behind Devoran Church

No meet in August - Kenwyn Valley Flower & Garden Club. Glennis Beard: glennisbeard@aol.co.uk -- due to meet again on 27th September.

Wed 24th - 6.30pm (4th Weds of month) - Slow & Easy Folk Sessions @ Devoran Village Lower Hall. Contact 0776 5423751. No expertise required just learn as you go!

Thur 25th - 6.30pm - (last Thur of month) - Feock Home & Garden Society @ St Feock Church Community Hall - Andy Rendell 01872 862972

Wed 31st - 1-4pm (last Wed of Month) - U3A French Films @ St Feock Church Community Hall - Genevieve Rosier 01872 273333



Free Fun Event for the diary:

3rd September - 12-3.30pm - 'Picnic in the Park' @ Retallack Recreation Area, Feock - Our Wellbeing Team (My Feock) invites you to our fun Community Event - Everyone is welcome, refreshments, cake, stalls, live performances/music, demonstrations on our newly installed outdoor gym equipment and find out What's On in your area.

Bring your own picnic, a blanket/chair. Parking available at Ferris Garage.

PLUS @ 3.30pm - Guided Walk from this event - lead by our Experienced walk leader Mary Weston. (Duration approx. 1hr 30, wear suitable footwear and bring a drink).

Would you like to help support your community? Can you spare a little time helping your community to support local services, activities and events?

Please contact Bex or Cathy from our Wellbeing Team for more info: Bex Rawbone – **HAIRE** Feock Co-Ordinator – bex@feockparishcouncil.co.uk
Cathy Whitmore – **HAIRE** Feock Administrator – cathy@feockparishcouncil.co.uk

Tel: 01872 863 333

Website: www.myfeock.co.uk

Facebook: MyFeock Wellbeing

Additional Local Information?

NEW – Boardgame Library – available on loan at our Parish Council Offices – call for more info and to see what's available

The Guide has been produced by **HAIRE** Feock. If you would like your event, group, activity added or updated please get in touch!

This monthly guide is available in hard copy from Devoran Library (Market St), your village red phone box, Devoran GP surgery & Linden Hey Tea Garden. For an eco-friendly electronic copy please check out our new wellbeing website: www.myfeock.co.uk