



# What's On in Feock Parish: June

- Mon -** 10am-12pm (school term only) - 'Sunbeams' stay & play toddlers group @ Carnon Downs 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)
- 1.00pm - Mixed Pilate @ Devoran Village Hall - Zest for Life Fitness:  
[fleurdavis@btinternet.com](mailto:fleurdavis@btinternet.com)
- 2pm - Penpol & Point WI @ Penpol Chapel. For info please call Helen Gaches - [01872 870614](tel:01872870614)
- 2-3.30pm - U3A Yoga @ St Feock Church Community Hall - Liz Walden [01326 376843](tel:01326376843)
- 2-4pm - Line Dancing at Carnon Downs Methodist Church
- 2.30pm - Men's Pilates @ Devoran Village Hall - Zest for Life Fitness:  
[fleurdavis@btinternet.com](mailto:fleurdavis@btinternet.com)
- 4-6pm - U3A Table Tennis, St Feock Church Community Hall. Merrick Elderton [01872 865336](tel:01872865336)
- 6pm - Pilates Flow @ChyCara - [www.lapilates.co.uk](http://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 (ladies barbershop) @ Devoran Village Hall. Pam: [07480 230035](tel:07480230035) or [pampoley27@gmail.com](mailto:pampoley27@gmail.com)
- Tues -** 9.45-11.45am - IT Class @ Carnon Downs Village Hall - £2. Bring own equipment
- 10-11.30am - Walk & Talk (supported by HAIRE MyFeock Wellbeing). Call Feock Parish Council: [01872 863333](tel:01872863333) (14.06.22 - Trelissick – Roundwood Quay. 28.06.22 - Penelewey)
- 10am - Slow Flow - Anella Yoga Studio - Devoran - [07971238811](tel:07971238811)
- 5.45pm - Kettlebells @ Carnon Downs Methodist Church Hall - [www.thinkfitcornwall.com](http://www.thinkfitcornwall.com)
- 6.00pm - Physio Led Pilates, Devoran Village Hall - contact [ruthbennettphysio@gmail.com](mailto:ruthbennettphysio@gmail.com)
- 6.15pm - Moon Yoga @ Anella Studio, Devoran - [www.anellayoga.com](http://www.anellayoga.com)
- 6.45pm - Beginners Low Impact @ Carnon Downs Methodist Church Hall - [www.thinkfitcornwall.com](http://www.thinkfitcornwall.com)
- 7.15pm - Pregnancy Yoga, Devoran Village Hall - contact [ruthbennettphysio@gmail.com](mailto:ruthbennettphysio@gmail.com)
- 7.15-8.45pm (term time only) - The Riverside Singers @ Carnon Downs Methodist 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](http://www.thinkfitcornwall.com)
- Wed -** 9.15am - The Body Project @ Carnon Downs Methodist Church Hall - [www.thinkfitcornwall.com](http://www.thinkfitcornwall.com)
- 9.30am - Veg van and Fish van @ Devoran Village Hall
- 10am - Mindfulness Course - Anella Yoga Studio, Devoran - [07971238811](tel:07971238811)
- 10-12 - Butchers Bakehouse Van (selling fresh bread & cakes) @ Devoran Hall Car Park
- 10.30am-noon - Coffee Morning @ Carnon Downs Methodist Church Hall



1.30 - 4.00pm (except 4<sup>th</sup> Wed of month) - **U3A Art Group** @ St Feock Church Community Hall - [sandra.guille@virgin.net](mailto:sandra.guille@virgin.net) / [01872 865764](tel:01872865764)

2pm - **The Carrick Singers Choir** @ Kea Community Centre - For further details and prices: 07796 142297

2.30pm - **Carpet Bowls** @ Carnon Downs Methodist Church

4pm - **Pilates** @ Devoran Village Hall - Zestforlifefitness. Further info: [zoejcrouse@gmail.com](mailto:zoejcrouse@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](http://www.lapilates.co.uk) Bookings are done online and they can either sign up to a term (discounted rate) or do a one off session

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

**Thur -** 9-10am - **Dancefit** - Zestforlifefitness @ Devoran Village Hall, £8 [zoejcrouse@gmail.com](mailto:zoejcrouse@gmail.com)

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

10.30am - **Pilates on the Ball** - Devoran Village Hall. [fleurdavis@btinternet.com](mailto:fleurdavis@btinternet.com)

12.00 - **Men's Pilates** Devoran Village Hall. [fleurdavis@btinternet.com](mailto:fleurdavis@btinternet.com)

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

4.45pm - **Kids Fitness** @ Carnon Downs Methodist Church - [www.thinkfitcornwall.com](http://www.thinkfitcornwall.com)

5.45pm - **Kids Fitness** @ Carnon Downs Methodist Church - [www.thinkfitcornwall.com](http://www.thinkfitcornwall.com)

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

6.30pm - **Circuits** @ Carnon Downs Methodist Church - [www.thinkfitcornwall.com](http://www.thinkfitcornwall.com)

7.15pm - **Boxfit** @ Carnon Downs Methodist Church - [www.thinkfitcornwall.com](http://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](http://www.thinkfitcornwall.com)

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

**NEW** - 10am - 12 - **Crochet & Sew Workshop (supported by HAIRE)** - Carnon Downs Village Hall - make fun street art, beginners & all ages welcome. Free - just turn up! 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](http://www.anellayoga.com)

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

7.30pm - **Scottish Country Dancing** @ Carnon Downs 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)



3pm - Perranwell Football Club @ Tregye Pitch - Simon Fisher - [07712 435081](tel:07712435081) / Phil Rees - [07803 002927](tel:07803002927)

**Sun -** From 9am - Tiny Toes Ballet @ Devoran Village Hall - [www.tinytoesballet.co.uk/cornwall](http://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, Quacker House

Afternoon: Messy Church @ Devoran Village Hall - further details 01872 864049

## Clubs/Events by date:

Thurs 2<sup>nd</sup> - 2 - 4pm (1<sup>st</sup> & 3<sup>rd</sup> Thurs of month) - Carnon Downs Memory Café @ CD Village Hall

Sat 4<sup>th</sup> - 1.30pm (1<sup>st</sup> Sat) - Film Club @ St Feock Church Community Hall - Nina Davey - [01872 865106](tel:01872865106)

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

Wed 8<sup>th</sup> - Open Afternoon @ Carnon Downs Bowling Club - New Bowlers & Beginners Welcome! Free Tuition - Under 16s accompanied by adult. Flat shoes must be worn. Call Phil Beswick - 01872 863 006

Saturday 11<sup>th</sup> (2<sup>nd</sup> Sat of month) - 9.30-12 - Devoran Market @ Devoran Village Hall & Hall Car Park

Tues 14<sup>th</sup> June - 10.30am - Coffee Spot (2<sup>nd</sup> & 4<sup>th</sup> of month) @ Parish Centre, behind Devoran Church

Wed 15<sup>th</sup> June - 6.30pm - Guitar Club (3<sup>rd</sup> Weds of month) Carnon Downs Methodist Church

Thurs 16<sup>th</sup> - 2 - 4pm (1<sup>st</sup> & 3<sup>rd</sup> Thurs of month) - Carnon Downs Memory Café @ CD Village Hall

Thurs 16<sup>th</sup> - 6.30pm (2<sup>nd</sup> Tues of month) - Flower Club @ St Feock Church Community Hall - Lorna Weaver [01872 864386](tel:01872864386)

Sat 18<sup>th</sup> - 1.30 - 4pm (1<sup>st</sup> & 3<sup>rd</sup> Saturdays) - Carnon Downs Community Bingo @ CD Village Hall

Sunday 19<sup>th</sup> June - 10.30-12noon - Community Sunday Coffee - Devoran Chapel (schoolroom) - come and join us for a relaxed cup of coffee with friends and neighbours!

Monday 20<sup>th</sup> - 10-11.30am - Community Coffee Morning - Devoran Village Hall (Lower Hall) - supported by HAIRE (MyFeock Wellbeing) - Join us for refreshments, cake and '[Healthwatch Cornwall info point](#)'

Tues 21<sup>st</sup> - 7pm (3<sup>rd</sup> Tues of month) - Gardening Club @ Devoran Village Hall. Steve [01872 864701](tel:01872864701) / Ian [01872 970170](tel:01872970170)

Wed 22<sup>nd</sup> - 6.30pm (4<sup>th</sup> Weds of month) - Slow & Easy Folk Sessions @ Devoran Village Lower Hall. Contact [0776 5423751](tel:07765423751). No expertise required just learn as you go!

Tues 28<sup>th</sup> - 10.30am - Coffee Spot (2<sup>nd</sup> & 4<sup>th</sup> of month) @ the Parish Centre, behind Devoran Church

Wed 29<sup>th</sup> - 1-4pm (last Wed of Month) - U3A French Films @ St Feock Church Community Hall - Genevieve Rosier [01872 273333](tel:01872273333)

Thur 30<sup>th</sup> June - 6.30pm - (last Thur of month) - Feock Home & Garden Society @ St Feock Church Community Hall - Andy Rendell [01872 862972](tel:01872862972)



## Would you like to help support your community? Can you spare a little time helping people?

**Volunteering** opportunities available with Feock Parish Council, including with our Wellbeing Project: **HAIRE** Feock. For more info: [info@feockparishcouncil.co.uk](mailto:info@feockparishcouncil.co.uk)

## 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](http://www.myfeock.co.uk)

**Bex Rawbone** – **HAIRE** Feock Co-Ordinator – [bex@feockparishcouncil.co.uk](mailto:bex@feockparishcouncil.co.uk)

**Cathy Whitmore** – **HAIRE** Feock Administrator – [cathy@feockparishcouncil.co.uk](mailto:cathy@feockparishcouncil.co.uk)

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**Website:** [www.myfeock.co.uk](http://www.myfeock.co.uk)

**Facebook:** MyFeock Wellbeing