



Feock Parish Council

What's On in Feock Parish: June 2023

DAILY - 5.30am - 10.00pm Cirque du Ciel, Circus Works Devoran -various classes for all ages. Contact www.circusworksdevoran.org or email circqueduciel123@gmail.com for full details

Mon - 9.15am - Total Body Workout (HIIT) @ Devoran Village Hall - zoejcrouse@gmail.com

10am-12pm (school term only) - 'Sunbeams' stay & play toddlers group @ THE HUB, Carnon Community Methodist Church

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)
5th Marazion/12th Mousehole/19th The Lizard/26th Wadebridge & Farm Shop

10.30am - Pilates @ Devoran Village Hall - zoejcrouse@gmail.com

2pm -Penpol & Point WI @ Penpol Chapel. For info please call Helen Gaches - [01872 870614](tel:01872870614)

2pm - U3A Yoga @ St Feock Community Church Hall - Liz Walden (01326 376843)

2pm - Pilates for Life - Pilates Matwork @ Carnon Downs Village Hall with Sarah Trotter

2-4pm - Line Dancing @ THE HUB, Carnon Community 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 - Vinyasa Yoga - Anella Yoga Studio, Devoran - [07971238811](tel:07971238811) www.anellayoga.com

Tues - 9.45-11.45am - IT Class @ Carnon Downs Village Hall - £2. Bring own equipment.

FREE - 10-11.30am - Walk & Talk (supported by MyFeock Wellbeing). Call Feock Parish Council: [01872 863333](tel:01872863333) (13th Penpol; 27th Devoran, please book for details).

10am - Slow Flow - Anella Yoga Studio - Devoran - [07971238811](tel:07971238811) www.anellayoga.com

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

12.30pm - Pilates for Life - Gentle Pilates @ Carnon Downs Village Hall with Sarah Trotter

1.45pm - Pilates for Life - Gentle Pilates @ Carnon Downs Village Hall with Sarah Trotter

5.45pm - Kettlebells @ THE HUB, Carnon Community Methodist Church - www.thinkfitcornwall.com

6.00pm - Physio Led Pilates @ Devoran Village Hall - contact ruthbennettphysio@gmail.com

6.15pm - Beginner Slow Flow Yoga @ Anella Studio, Devoran - www.anellayoga.com

6.45pm - Beginners Low Impact @ THE HUB, Carnon Community Methodist Church - www.thinkfitcornwall.com

7.15pm - Pregnancy Yoga @ Devoran Village Hall - contact ruthbennettphysio@gmail.com

7.15-8.45pm (term time, start 13th Sept) - The Riverside Singers @ Parish Centre (behind Devoran Church) - no auditions, free trial session. Helen [01209 821310](tel:01209821310) / [07747740987](tel:07747740987)

7.30pm - P90X @ THE HUB, Carnon Community Methodist Church - www.thinkfitcornwall.com

Wed - 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 and Fish van @ Devoran Village Hall

10.30am - Functional Strength @ Devoran Village Hall - zoejcrouse@gmail.com

10.30am-noon - Coffee Morning @ THE HUB, Carnon Community Methodist Church

12noon - Men's Pilates @ Devoran Village Hall - zoejcrouse@gmail.com

11am - 1pm - Perranwell Hub @ Perranwell Village Hall -14th Bingo, Games,Raffle 28th Healthwatch Cornwall Talk

1.30 - 4.00pm (1st/2nd/3rd wed of month) - U3A Art Group @ St Feock Church Community Hall
sandra.guille@virgin.net / [01872 865764](tel:01872865764)

1.30 - 4pm (last wed of month) **U3A French Films** -Genevieve Rosier 01872 273333
2pm - **The Carrick Singers Choir** @ Kea Community Centre - More info: 07796 14229
2.00pm - **Carnon Downs Bowling Club** Forth Coth TR3 6HX - alfoster11@icloud.com 07852683792
2.30pm - **Carpet Bowls** @ THE HUB, Carnon Community Methodist Church
2.45pm - **Pilates for Life** @ Carnon Downs Village Hall with Sarah Trotter
4pm - **Pilates** @ Devoran Village Hall - Zestforlifefitness. Further info: zoejcrouse@gmail.com
4-6pm - **U3A Table Tennis** @ **St Feock Church Community Hall** - 01872 865336
6pm - **Pilates Gentle (Lucy)** @ Chycara - www.lapilates.co.uk Book online
6-7pm - **QIGONG** @ Devoran Village Hall - Call 07774 282 087 to book, by Sifu Vanessa Backus
6.15pm - **Slow Flow Yoga** - Anella Yoga Studio, Devoran - 07971238811 www.anellayoga.com
7-8pm - **Chun Yuen Quan** @ Devoran Village Hall - Call 07774 282 087 to book, by Sifu Vanessa Backus

Thur - 10am - **St Feock Community Minibus day trip** - to book: 077541 07835 between 9.30-10.30am
1st Padstow/8th Royal Cornwall Show/15th Bude/22nd RHS Rosemoor/29th Lavender Fields, Perranporth
10am-12noon - 'Time to Create' @ Carnon Downs Village Hall (*term-time only*). Mindfulness & creative arts with Gaele. Suggested donation £10, please book - 07782 506285 / gaellepenhallow@gmail.com
1.30-2.30pm - **Parent & Baby yoga** @ Devoran Village Hall, ruthbennettphysio@gmail.com
3-4pm - **Pilates** @ Devoran Village Hall, ruthbennettphysio@gmail.com
4.30pm - **Circuitsrus** - Carnon Downs Village Hall - 07792 046151
4.45 & 5.45pm - **Kids Fitness**, THE HUB, Carnon Community Methodist Church - www.thinkfitcornwall.com
5-6pm - **Seated Strength & Lyrical Class** @ Perranwell Church Hall. Cathy 07746 425726
6.30-7.30pm - **Dance Fitness** @ Perranwell Church Hall. Cathy 07746 425726
6.30pm - **Circuits** @ THE HUB, Carnon Community Methodist Church - www.thinkfitcornwall.com
7.00pm - **Gentle Yoga** - Anella Yoga Studio, Devoran - 07971238811 www.anellayoga.com
7.15pm - **Boxfit** @ THE HUB, Carnon Community Methodist Church - www.thinkfitcornwall.com
7.30pm - **Zumba** by Charlotte - Carnon Downs village hall
7:30pm - **X-HAIL classes** @ Devoran Village Hall with Jessica Vella-Templeton - hello@jessicavt.com

Fri - 9am - **Step** @ Devoran Village Hall - zoejcrouse@gmail.com
9.15am - **The Body Project** @ THE HUB, Carnon Community Methodist Church - www.thinkfitcornwall.com
9.30 - 11am - **Stay & Play Toddler Group**, Devoran Village Hall. jane@thewatersidechurches.com
07702 800248
10am - **Gentle Yoga** - Anella Yoga Studio, Devoran - 07971 238811 www.anellayoga.com
FREE - 10am-12pm - **Crochet & Sew Workshop** - Carnon Downs Village Hall - make fun street art, all welcome, just turn up! More info: 01872 863333
10.30-11.30am - **Pilates** - Zestforlifefitness @ Devoran Village Hall, £8

7.30pm - **Scottish Country Dancing** @ THE HUB, Carnon Community Methodist Church, Polly Barton 01872 864779
Sat - 9am - **Dynamic Vinyasa Flow** - Anella Yoga Studio, Devoran - 07971 238811 www.anellayoga.com
Perranwell Football Club @ Tregye Pitch - Simon 07712 435081 / Phil - 07803 002927

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
10am - **Bissoe Trail Walking Group** @ Bissoe Valley Car Park, 1hr walk. Facebook / sallybeme@gmail.com
10.30am - **Church Service** @ THE HUB, Carnon Community Methodist Church
10.30 - 11.30am - 'The Community Space' @ Penpoll Chapel - hot drink & a chat
10.30am - **Quaker Meetings**, Quaker Meeting House, Come-to-Good

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

FREE - VARIOUS DATES - Social Swim @ Loe Beach with 'Swim Together' - check out their page on Facebook & Instagram - supported by **Supported by MyFeock Wellbeing**.

Various - 'That Little Food Truck' @ Carnon Downs (Slice Pizza - Thurs 5-8pm, Fish & Chips - Wed 4-7pm)

Mondays - Returning September - 6pm (novices), 7.15pm main club to 10pm - **Falmouth/Truro Chess Club** @ CD Village Hall. Coaching available. Robin Kneebone 07531543651

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

Fri 2nd - 12.30pm - St Feock Village Lunch - Meet neighbours & friends @ St Feock Church Community Hall.
Call Nina Davey for info: 01872 865106. 2 course homecooked lunch, hot drink & snack bar - £6.50

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

Sat 3rd Point & Penpoll Regatta - Children's Sports, Crabbing Competition, The Lemonaires, Sailing Events
Sun 4th Ecumenical Service.

Sun 4th - 12noon - Cornish Claycutters Baseball Match vs Bristol Buccaneers - Tregye Field, Carnon Downs TR3 6JH

Tues 6th (1st Tues of month) - 6.45 for 7.30pm Feock Film Club 'The Duke' £4 members £5 other

Sat 10th (2nd Sat of month) - 9.30-12 - Devoran Market @ Devoran Village Hall & Hall Car Park

Sat 10th (2nd Sat of month) - 10am-12 - Just Coffee and Cake @ Linden Hey (St Feock Church fundraiser)

Sun 11th - 12.30 onwards - Come & Sing Mozart's Requiem @Truro Cathedral. Workshop & Performance
Booking: www.hallforcornwall.co.uk

Tues 13th - 10am - Coffee Spot (2nd & 4th of month) @ Parish Centre, behind Devoran Church

Tue 13th - 6.30pm (2nd Tues of month) - Flower Club @ St Feock Church Community Hall - [01872 864386](tel:01872864386)

Thur 15th - 2 - 4pm (1st & 3rd Thurs of month) - **Carnon Downs Memory Café** @ CD Village Hall

Thur 15th - 7pm (3rd Thurs of month) - Gardening Club @ Devoran Village Hall. Steve [01872864701](tel:01872864701)/Ian [870170](tel:870170)

Fri 16th - Coffee Morning 10 -12noon - Truro Fundraising Group for Cornwall Hospice Care @ Loe Veian, Loe Beach Feock. £5 include Coffee & Cake - (no parking at venue).

Fri 16th - 12.30pm - St Feock Village Lunch - Meet neighbours & friends @ St Feock Church Community Hall.
Call Nina Davey for info: 01872 865106. 2 course homecooked lunch, hot drink & snack bar - £6.50

Fri 16th - 6.30pm (3rd Fri of month) - Carnon Downs Film Club @ Village Hall - **£4 members (£6 non-members)**

Sat 17th - 1.30 - 4pm (1st & 3rd Saturdays) - **Carnon Downs Community Bingo** @ CD Village Hall

Sunday 24th - 4-6pm (4th Sunday of month) - Messy Church @ Devoran Village Hall. Anne Ramsden - 07971522479 / annemarie479@outlook.com

Tues 27th - 10.00am - Coffee Spot (2nd & 4th of month) @ Parish Centre, behind Devoran Church

Tues 27th - 7pm for 7.30pm start (4th Tues of month) - Kenwyn Valley Flower & Garden Club @ Carnon Downs Village Hall

Wed 28th - 6.30pm (4th Weds of month) - Slow & Easy Folk Sessions @ Devoran Village Lower Hall. Contact [0776 5423751](tel:07765423751). No expertise required just learn as you go!

Thur 29th - 10am -2pm Tregye Students' Marvelous Community Event @ Devoran Parish Centre, All Welcome, Plant sales, `Crafting table, Raffle, Tea & Cakes, Games + more and Launch of their Community Enterprise

Thur 29th - 7pm (last Thur of month) - Feock Home & Garden Society @ St Feock Church Community Hall - Andy Rendell [01872 862972](tel:01872862972)

Fri 30th - 12.30pm - St Feock Village Lunch - Meet neighbours & friends @ St Feock Church Community Hall.
Call Nina Davey for info: 01872 865106. 2 course homecooked lunch, hot drink & snack bar - £6.50

Walk and Talk Event

EVERY FORTNIGHT

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



Fancy a cool dip in the sea to invigorate your mind & senses?

Meet at Loe Beach, with Jess & Jo for a social swim - a chance to chat, dip or swim.

Follow 'Swim Together' on Facebook & Instagram

Supported by MyFeock Wellbeing



Feock Parish Council



REPAIR CAFE



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

- Wooden items - bolting, tightening, gluing, & creating new pieces
- Clocks (not battery or electric)
- Electrical - plugs, fuses, basic wiring (no PAT testing)
- Clothing & Textiles - Mending, zips, darning, repairs
- Soft toys
- Knitting & Crochet
- Home & Garden DIY projects (non electrical)
- Woodwork
- Minor jewellery repairs
- Technology

**Pop in to see us - Last Tuesday of Every Month, 10-11am
@ The Hub - Carnon Community Methodist Church Hall,
Carnon Downs**

Please note: All items must be 'carried' into the Repair Café by the customer. The idea is 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. When required please complete a form to give your permission for this to happen. Additionally, you may need to purchase items (e.g. zips, batteries etc) in order for the repair to happen. Please discuss with our Volunteer Repairers. We will not accept any liability for any potential damage, fault or breakages of any item.

**Happy repairing and sharing - Please let others know we are here
Thank You for using our service!**

Donations for refreshments & repairs gratefully received for the Repair Cafe

Contact: info@feockparishcouncil.co.uk

www.myfeock.co.uk / [f](#) MyFeock Wellbeing / 01872 863333

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Could you spare a little time helping your community?
Would you like to support our local services, activities, events?
We would love to hear from you!

Please get in touch:

Contact: 01872 863 333 / www.myfeock.co.uk / info@feockparishcouncil.co.uk / Follow us on Facebook



The Guide has been produced by MyFeock Wellbeing (Feock Parish Council). If you would like your event, group, activity added or updated please get in touch!

For an eco-friendly electronic copy please check out our new wellbeing website:

www.myfeock.co.uk