



# What's On in Feock Parish: September

- Mon -** 5.30am - 10.00pm Cirque du Ciel, Circus Works Devoran -various classes for all ages.  
Contact [www.circusworksdevoran.org](http://www.circusworksdevoran.org) or email [circqueduciel123@gmail.com](mailto:circqueduciel123@gmail.com) for full details.
- 10am-12pm (school term only) - 'Sunbeams' stay & play toddlers group @ THE HUB, Carnon Community Methodist Church
- 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 @ 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](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 @ Devoran Village Hall. [07480 230035](tel:07480230035) [pammpoley27@gmail.com](mailto:pammpoley27@gmail.com)
- Tues -** 5.30am - 10.00pm Cirque du Ciel, Circus Works Devoran -various classes for all ages.  
Contact [www.circusworksdevoran.org](http://www.circusworksdevoran.org) or email [circqueduciel123@gmail.com](mailto:circqueduciel123@gmail.com) for full details.
- 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) (03.09.22 - Retallack Field, Feock, 13.09.22 @ Carnon Downs & 27.09.22 - Come-to-Good)
- 10am - Slow Flow - Anella Yoga Studio - Devoran - [07971238811](tel:07971238811)
- 10am - 11.30 - Adult Ed Tai Chi @ Devoran Village Hall - [melanies@truro-penwith.ac.uk](mailto:melanies@truro-penwith.ac.uk)
- 5.45pm - Kettlebells @ THE HUB, Carnon Community Methodist Church - [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 @ THE HUB, Carnon Community Methodist Church - [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, start 13<sup>th</sup> 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](http://www.thinkfitcornwall.com)
- Wed -** 5.30am - 10.00pm Cirque du Ciel, Circus Works Devoran -various classes for all ages.  
Contact [www.circusworksdevoran.org](http://www.circusworksdevoran.org) or email [circqueduciel123@gmail.com](mailto:circqueduciel123@gmail.com) for full details.
- 9.15am - The Body Project @ THE HUB, Carnon Community Methodist Church - [www.thinkfitcornwall.com](http://www.thinkfitcornwall.com)
- 9.30am - Veg van and Fish van @ Devoran Village Hall
- 10am - Mindfulness For Life - 21<sup>st</sup> Sept - 23<sup>rd</sup> Nov Anella Yoga Studio, Devoran - [07813 766616](tel:07813766616)  
booking required for 8 week course with Laura Howard, Psychologist & Mindfulness Teacher.
- 10.30am-noon - Coffee Morning @ THE HUB, Carnon Community Methodist Church
- 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 (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 - More info: 07796 142297

2.30pm - Carpet Bowls @ THE HUB, Carnon Community 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) Book online

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

**Thur -** 5.30am - 10.00pm Cirque du Ciel, Circus Works Devoran -various classes for all ages. Contact [www.circusworksdevoran.org](http://www.circusworksdevoran.org) or email [circqueduciel123@gmail.com](mailto:circqueduciel123@gmail.com) for full details.

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

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

1.30-2.30pm - Parent & Baby yoga @ Devoran Village Hall, [ruthbennettphysio@gmail.com](mailto:ruthbennettphysio@gmail.com)

3-4pm - Pilates @ Devoran Village Hall, [ruthbennettphysio@gmail.com](mailto: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](http://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 @ THE HUB, Carnon Community Methodist Church - [www.thinkfitcornwall.com](http://www.thinkfitcornwall.com)

7.15pm - BoxFit @ THE HUB, Carnon Community Methodist Church - [www.thinkfitcornwall.com](http://www.thinkfitcornwall.com)

7.30pm - Zumba by Charlotte - Carnon Downs village hall

**Fri -** 5.30am - 10.00pm Cirque du Ciel, Circus Works Devoran -various classes for all ages. Contact [www.circusworksdevoran.org](http://www.circusworksdevoran.org) or email [circqueduciel123@gmail.com](mailto:circqueduciel123@gmail.com) for full details.

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 @ THE HUB, Carnon Community Methodist Church - [www.thinkfitcornwall.com](http://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! More info: [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 @ THE HUB, Carnon Community Methodist Church, Polly Barton [01872 864779](tel:01872864779)

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

10.00am onwards Cirque du Ciel, Circus Works Devoran -various classes for all ages. Contact [www.circusworksdevoran.org](http://www.circusworksdevoran.org) or email [circqueduciel123@gmail.com](mailto:circqueduciel123@gmail.com) for full details.

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](http://www.tinytoesballet.co.uk/cornwall)

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

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

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



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

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

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

Fri 2<sup>nd</sup>, 7.30pm - Music for a Summers Evening - Stithians Ladies Choir & Friends @ The Hub Carnon Community Methodist Church, tickets £5 on door - supporting iSightCornwall. Raffle & Refreshments.

**CANCELLED** - Sat 3<sup>rd</sup> - 12-3.30pm 'Picnic in the Park' @ Retallack Field, Feock

**FREE** - Sat 3<sup>rd</sup> - 3.30pm - Walk & Talk - meeting at Retallack Field, Feock - supported by **HAIRE** (MyFeock Wellbeing). A gentle walk for 1hour 30mins using the Feock Trail (Route 7) - see Ad!

Sat 3<sup>rd</sup> - 1.30pm (1<sup>st</sup> Sat) - Film Club @ St Feock Church Community Hall - Nina Davey - [01872 865106](tel:01872865106)

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

Sun 4<sup>th</sup> - 19.30 (doors 19.00) - Miranda Sykes & Hannah Martin (Two of British folk's finest voices, Devoran Acoustic Sessions) @ Devoran Village Hall, £14.50. Booking Essential.

Tue 6<sup>th</sup> - 7.15pm (doors 6.45pm) - Carnon Downs Old Cornwall Society @ Carnon Downs Village Hall. 'Voyage of the Mayflower' by Dr Mike Haywood. Yearly subscription £12, Visitors £2.50. All Welcome.

Sat 9<sup>th</sup> (2<sup>nd</sup> Sat of month) - 9.30-12 - Devoran Market @ Devoran Village Hall & Hall Car Park

Sat 10<sup>th</sup> - from 1.45pm - Point & Penpoll Regatta - activities/performances

Sat 10<sup>th</sup> - 7.30pm 'Night of the Races' @ Carnon Downs Village Hall, £5 tickets with fizz & nibbles

Sun 11<sup>th</sup> - Point & Penpoll Regatta - 10.30am - Ecumenical Service

Sun 11 - 4pm, X-HAIL Extended Chill for Mums Hall @ Devoran Village

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

Tue 13<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)

14<sup>th</sup>/30<sup>th</sup> - 6pm (novices), 7.15pm main club - Falmouth/Truro Chess Club @ CD Village Hall. Coaching available. Robin Kneebone 07531543651. Future dates: Wed Oct 12<sup>th</sup> & 26<sup>th</sup>, then Wednesdays until Dec 9<sup>th</sup>

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

Thurs 15<sup>th</sup> - 7pm (3<sup>rd</sup> Thurs of month) - Gardening Club @ Devoran Village Hall. Steve [01872 864701](tel:01872864701) / Ian [870170](tel:870170)

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

Sun 18<sup>th</sup> - 10.30-12 - Coffee & Friends @ Devoran Chapel

**FREE** - Mon 19<sup>th</sup> - 10.00 -11.45am - 'Pop up Community Hub' @ Devoran Village Hall (Lower Hall) - supported by **HAIRE** (MyFeock Wellbeing) - Meet for a chat, cuppa & homemade cake, run by local volunteers. Find out local service information. Pop up Info stand with: Community Energy Plus

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

Tues 27<sup>th</sup> - Kenwyn Valley Flower & Garden Club. Glennis Beard: [glennisbeard@aol.co.uk](mailto:glennisbeard@aol.co.uk)

Wed 28<sup>th</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!

Wed 28<sup>th</sup> - 1-4pm (last Wed of Month) - U3A French Films @ St Feock Church Community Hall - Genevieve Rosier [01872 273333](tel:01872273333)

Thur 29<sup>th</sup> - 7pm - (last Thur of month) - Feock Home & Garden Society @ St Feock Church Community Hall - Andy Rendell [01872 862972](tel:01872862972) - Guest Speaker Bill Herring "Growing Seasonal Vegetables"



# Walk and Talk Event

## Saturday 3 Sept

Join Mary Weston at 3.30pm after Picnic in the Park from Retallack Field, Feock

It's a slow/medium walk, for 1hr 30mins. Mary doesn't push the group, she tends to walk at the pace of the slowest walker. She brings a spare walking pole if someone needs it. They will follow the Feock Trail Walk 7. The Feock Trails aim to embrace our local heritage. Along the walks, you can access further information on an area by scanning one of the many Feock Trail signs.

For more info:

<https://www.feockpc.com/walk-7>

or contact 01872 863333

[bex@feockparishcouncil.co.uk](mailto:bex@feockparishcouncil.co.uk)

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



Could you spare a little time helping your community to support local services, activities and events?

Please contact Bex or Cathy from our MyFeock Wellbeing Team (**HAIRE**)

Tel: 01872 863 333

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

Facebook: MyFeock Wellbeing

Email: [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)



**HAIRE** Project Presents

Further Details Coming Soon!!

# MUSIC NIGHT

FRIDAY 28TH OCTOBER, 7PM

At St Feock Church, Feock

In Aid of Hidden Help & St Feock Church

Bex Rawbone - 01872 863333

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