

What's On in Feock Parish



March 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 Sunbeams Stay & Play Toddler group The Hub, Carnon Community Methodist Church

Term time only

10 to 10.50 am Bongo Babes 0-4 years Carnon Downs Village Hall Kayleigh 0771 8383510

10am pick up St Feock Community Minibus Day Trip *4th Trebah Gdns, 11th The Lizard, 18th Mevagissey, 25th Caerhayes Castle & Gdns* To book phone 07754 107835
Between 9.30am and 10.30am

10.30am Pilates Devoran Village Hall Zoejcrouse@gmail.com

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 - bring own laptop etc. Carnon Downs Village Hall £3 including Coffee

10 to 11.30am My Feock Walk & Talk *12th Carnon Downs Walk 3, 26th Penpol Farm* FREE - Book via 01872 863333
Cathy@feockparishcouncil.co.uk

10am Slow Flow Anella Yoga Studio, Devoran 07971 238811
www.anellayoga.com

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

12.30pm and 1.45pm Pilates for Life – Gentle Carnon Downs Village Hall Sarah Trotter

Pilates

4.30 to 7pm Fish, Chip & Pizza Van Forth Coth, Carnon Downs Carnon Campsite from 7.15pm
www.thinkfitcornwall.com

5.45pm Kettlebells The Hub, Carnon Community Methodist Church

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 – 12 noon	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 Health & Wellbeing Hub (14 th , 28 th)	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	7 th Padstow, 14 th Lostwithiel, 21 st Tavistock, 28 th St Ives	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	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	Physio-Led Pilates	Devoran Village Hall	Ruthbennettphysio@gmail.com
4.30pm	CircuitsRus	The Hub, Carnon Community Methodist Church	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	Dance Fitness	Perranwell Church Hall	Cathy 07746 425726
6.30pm	Circuits	The Hub, Carnon Community Methodist Church	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	Tots & Toys Stay & Play	Devoran Village Hall	07702 800248
Term time	Toddler Group		Jane@thewatersidechurches.com
10am	Gentle Yoga	Anella Yoga Studio, Devoran	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	Zest for Life Pilates	Devoran Village Hall	Zoejcrouse@gmail.com
2.20pm	Wesley Guild	The Hub – Carnon Community Methodist Church Hall	
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
1.30pm	Produce Van	Devoran Village Hall Car Park	Except Village Market days
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

February dates - clubs & events if not held weekly

Various dates	"Swim Together" social sea swimming group	Loe Beach	Facebook page 'Swim together @ Loe Beach'
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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
Saturday 2 nd Mar 7pm for 7.30pm	Tango & Jazz from La Romagna, Italy 'Liberdjango'	Chycara, Chyreen Lane, Carnon Downs TR3 6LN	Tickets £12 in advance www.crbo.co.uk/metronome £15 on the door / or 01726 63513
Sunday 3 rd Mar 10am	Non-communion Church Service – Jane Darlington	St Feock Church	
Tues 5 th Mar 10am	Knit, Knot & Natter with homemade cake	St Feock Community Hall	
Tuesday 5 th Mar 6.45 for 7pm	Feock Film Club	St Feock Church Community Hall – tea & Coffee	£4 members, £5 non-member (1 st Tues of month)
Tues 5 th Mar 7.15pm	CD Old Cornwall Society	Carnon Downs Village Hall	£2.50 (members £12 pa) 1 st Tues of month lewishock@aol.com
Tues 5 th Mar 7.30pm	Film 'Saving Grace' starring Brenda Blethyn	St Feock Community Hall	Surround sound & comfy seats and coffee first
Weds 6 th Mar 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
Thursday 7 th Mar 2 – 4pm	Carnon Downs Memory Café	Carnon Downs Village Hall	1 st & 3 rd Thurs of month
Thursday 7 th Mar 7pm for 7.30pm	Quiz Night in aid of DVH & K9 Crusaders Welfare	Devoran Village Hall	Entry £3 (1 st Thurs of month)
Friday 8 th Mar 12.30pm (fortnightly)	St Feock Village Lunch 2 course home cooked lunch £6.50	St Feock Church Community Hall	Everyone welcome, no need to book – more info from Nina Davey 01872 865106
Saturday 9 th Mar 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
Saturday 9 th Mar 10am – 12 noon	'Just Coffee & Cake' Social event	Linden Hey Garden Tea Room, Penelewey	In aid of upkeep of the Church
Sunday 10 th Mar 10am	Mothering Sunday with Nina Davey	St Feock Church	Posies of flowers to take home and Coffee & Simnel Cake after

Monday 11 th Mar 2pm	Point& Penpol WI	Penpol Chapel 2 nd Monday of the month	President: Diana Coate-Bond 01872 859028 Diana.coatebond@gmail.com
Tuesday 12 th Mar 10am	Coffee Spot	Devoran Parish Centre (behind Church)	2 nd and 4 th Tuesdays
Tuesday 12 th Mar 1.30 – 3.30pm	Carnon Downs Pain Café Monthly relaxation sessions	Carnon Downs Village Hall	Booking required: libby.huddy@imagineif.net / 07496 825523 (2 nd Tues of month)
Tuesday 12 th Mar 6.30pm – 10pm	Flower Club	St Feock Church Community Hall	Wendy Gladwyn 01872 864596 (2 nd Tues of month)
Friday 15 th Mar 6.30pm	Carnon Downs Film Club	Carnon Downs Village Hall	£4 members, £6 non members 3 rd Friday
Fri 15 th Mar 9.30 - 10.15am	Community Breakfast- speaker Cherilyn Mackrory MP	The Hub Carnon Community Methodist Church	Tickets £5 01872 864892/ 862346/ 863816/ 864049
Fri 15 th Mar 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 16 th Mar 10 – 12.30pm	Devoran Parish Church Coffee Morning	Devoran Village Hall	
Saturday 16 th Mar Fron 2pm	St Feock Spring Show	St Feock Church Community Hall	Entry forms from Church/ 01872 865767
Thurs 21 st Mar 2-4pm	Carnon Downs Memory Café	Carnon Downs Village Hall	1 st & 3 rd Thurs of month
Friday 22 nd Mar 12.30pm	St Feock Village Lunch 2 course home cooked lunch £6.50	St Feock Church Community Hall	Everyone welcome – no need to book – more info from Nina Davey 01872 865106
Saturday 23 rd Mar 9.30am – 12.30pm	'Easter Coffee Morning' Plus craft/goodies stalls By Carnon Downs Memory Café	Carnon Downs Village Hall	Proceeds towards running the Memory Café and investing in new equipment
Saturday 23 rd Mar 2pm	Devoran Spring Flower Show	Devoran Village Hall	Free entry
Tues 26 th Mar 10am -11.30am	Repair Café	The Hub – Carnon Community Methodist Church Hall	Last Tuesday of the month
Tuesday 26 th Mar 10am	Coffee Spot	Devoran Parish Centre (behind Church)	2 nd and 4 th Tuesdays
Tuesday 26 th Mar 7pm for 7.30pm	Kenwyn Valley Flower & Garden Club	Carnon Downs Village Hall	4 th Tues of month
Weds 27 th Mar 1 to 4pm	U3A French Films	St Feock Church Community Hall	Genevieve Rosier 01872 273333 Last Weds of month

Weds 27th Mar
6.30 – 8.30pm

Slow & Easy Folk
Sessions

Devoran Village Hall

Last Weds of the month 07765
423751

Thursday 28th Mar

Feock Home & Garden
Society

St Feock Church Community
Hall

Andy Rendell 01872 862972
Last Thurs of month



Walk & Talk

Guided Walks in Feock Parish

In conjunction with the Soroptimists

Every 2nd and 4th Tuesday @ 10am – 12 noon

Come along and join our experienced walk leader for a slow/medium walk at the pace of our slowest walker through our beautiful locations and embrace our local heritage following the Feock Trails.

Locations are on our website www.myfeock.co.uk, on our 'What's On' pages, or from our red phone boxes within the parish.

Please wear sensible footwear (trainers/walking shoes). Bring a drink and snack if you wish. Dogs welcome on fixed lead.

PLEASE BOOK IN ADVANCE

For more information contact: 01872 863333 between 9am – 12 noon,
info@feockparishcouncil.co.uk, www.myfeock.co.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,
10 to 11.30am @ The Hub - Carron Community
Methodist Church Hall, Carron Downs**

Items must be received by 11am to allow for repairs up to 11.30am

**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

