



What's On in Feock Parish: **May**

- 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
- 1.00pm - Mixed Pilate @ Devoran Village Hall - Zest for Life Fitness:
fleurdavis@btinternet.com
- 2pm - Penpol & Point WI @ Penpol Chapel. For info please call Helen Gaches - [01872 870614](tel:01872 870614)
- 2.30pm - Men's Pilates @ Devoran Village Hall - Zest for Life Fitness:
fleurdavis@btinternet.com
- 2-3.30pm - U3A Yoga @ St Feock Church Community Hall - Liz Walden [01326 376843](tel:01326 376843)
- 2-4pm - Line Dancing at Carnon Downs Methodist Church
- 4-6pm - U3A Table Tennis, St Feock Church Community Hall. Merrick Elderton [01872 865336](tel:01872 865336)
- 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:07480 230035) or pampoley27@gmail.com
- 10am pick up, St Feock Community Minibus daytrip - to book [077541 07835](tel:077541 07835) (9.30-10.30am)
- Tues -** 9.45-11.45am - IT Class @ Carnon Downs Village Hall - £2. Bring own equipment
- 10.30am - Coffee Spot (2nd & 4th of month) @ the Parish Centre, behind Penpoll Church
- NEW** - 10-11.30am - Walk & Talk (**HAIRE** Feock) - Feock Parish Council - [01872 863333](tel:01872 863333) - (10.05.22 - Penpol Farm. 24.05.22 - Perranwell Station)
- 10am - Slow Flow - Anella Yoga Studio - Devoran - [07971238811](tel:07971238811)
- 6.00pm - Physio Led Pilates, Devoran Village Hall - contact ruthbennettphysio@gmail.com
- 6.15pm - Moon Yoga @ Anella Studio, Devoran - www.anellayoga.com
- 6.30-10pm (2nd Tues of month) - Flower Club @ St Feock Church Community Hall - Lorna Weaver [01872 864386](tel:01872 864386)
- 7pm (every 3rd Tuesday, October - April) - Carnon Downs Gardeners Association @ Village Hall - new members welcome. Contact Sandra Ball: [01872 863544](tel:01872 863544) / sandrball@sky.com
- 7.15pm - Pregnancy Yoga, Devoran Village Hall - contact 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:01209 821310)
- Wed -** 9.30am - Veg van and Fish van, 11.45am Baker Tom (Bread) van @ Devoran Village Hall
- 10am - Mindfulness Course - Anella Yoga Studio, Devoran - [07971238811](tel:07971238811)
- 10.30am-noon - Coffee Morning @ Carnon Downs Methodist Church Hall
- 1-4pm (last Wed of Month) - U3A French Films @ St Feock Church Community Hall - Genevieve Rosier [01872 273333](tel:01872 273333)
- 1.30 - 4.00pm (except 4th Wed of month) - U3A Art Group @ St Feock Church Community Hall - sandra.guille@virgin.net / [01872 865764](tel:01872 865764)

- 2-4pm - The Carrick Singers Choir @ Kea Hall, Playing Place - [07796 142297](tel:07796142297)
- 2.30-4.30pm - Carpet bowls @ Carnon Downs Methodist Church Hall
- 4-5pm - Pilates - Zestforlifefitness @ Devoran Village Hall - zoejcrouse@gmail.com
- 4-6pm - U3A Table Tennis @ St Feock Church Community Hall - [01872 865336](tel:01872865336)
- 6.15pm - Beginner Yoga Course - Anella Yoga Studio, Devoran - [07971238811](tel:07971238811)
- 6.30pm - Guitar Club (3rd Weds of month) Carnon Downs Methodist Church
- 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 -**
- 9-10am - Dancefit - Zestforlifefitness @ Devoran Village Hall, £8 zoejcrouse@gmail.com
 - 9.30am - Tai Chi @ Devoran Village Lower Hall. Steve Sharp: [07833 655400](tel:07833655400)
sharpontheedge@rocketmail.com
 - 10.30am - Pilates on the Ball - Devoran Village Hall. fleurdavis@btinternet.com
 - Think Fit Classes @ Carnon Downs Methodist Church - www.thinkfitcornwall.com
 - 10am - Hatha - Anella Yoga Studio, Devoran - [07971238811](tel:07971238811)
 - 12.00 - Men's Pilates Devoran Village Hall. fleurdavis@btinternet.com
 - 2 - 4pm (1st & 3rd Thurs of month) - Carnon Downs Memory Café @ CD Village Hall
 - 2 - 4.30pm - Ladies Table Tennis @ St Feock Church Com Hall - Ann Jones [01872 865767](tel:01872865767)
 - 4.30pm - Circuitsrus - Carnon Downs Village Hall - 07792 046151
 - 6.15pm - Hatha - Anella Yoga Studio, Devoran - [07971238811](tel:07971238811)
 - 6.30pm - (last Thur of month) - Feock Home & Garden Society @ St Feock Church Community Hall - Andy Rendell [01872 862972](tel:01872862972)
 - 7pm (3rd Thurs of month) - Gardening Club @ Devoran Village Hall. Steve [01872 864701](tel:01872864701) / Ian [01872 970170](tel:01872970170)
 - 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)
 - 9.30 - 11.30am - Baby & Toddler Group, Devoran Village Lower Hall. £2 includes snack.
 - NEW** - 10am - 12 - Crochet & Sew Workshop (HAIRE Feock) - 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
 - 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)

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

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

Sun - 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

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

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

Events in Feock Parish:

Various - West Cornwall Walkers - 2x weekly walks (mix of coastal and inland) www.wcfps.co.uk

Tuesday 10th May - 7.30pm - Devoran Village Hall AGM (lower hall) - dvhsecretary@outlook.com

Saturday 14th May - 12-3.30pm - 'Party in the Park' Community Event, supported by HAIRE (wellbeing) Project @ Pengelly Meadows Recreation Area, Carnon Downs

Saturday 14th May - 2-4pm - Stress Reduction Workshop - Anella Yoga, Devoran - 07813 766616

Monday 16th May - 10-11.30am - Community Coffee Morning - Devoran Village Hall (Lower Hall) - supported by HAIRE (wellbeing) Project

Sunday 22nd May - Community Sunday Coffee - Devoran Chapel (schoolroom) - 10.30-12noon - come and join us for an opportunity to share time with friends and neighbours over a relaxed cup of coffee!

Sunday 22nd May - 1-3pm - Pawsome Afternoon Tea @ Cats Protection Adoption Centre, TR3 6GE

Thursday 26th May - 7pm - Feock Home and Garden Society meet on at Feock Church Hall with Jan Pentreath, "Snapshots of Cornish Maritime History"

Thursday 26th May - 7.30pm - History talk by Mark Norris - Devoran in the 1940s

Fri 27th May - 7.30pm - 'A Concert for Oliver' with Nankersey Male Choir @ Carnon Downs Methodist Church - fundraising for Just4Children: Oliver's Scoliosis Journey - £5 (under 16s free) - Raffle & retiring collection



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: bex@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

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