

What's On in Feock Parish



June 2024



DAILY MONDAYS

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|-----------------------------------|---|---|---|
| 9 - 12noon | Carnon Needle & Craft Group | Carnon Downs Village Hall | Mary 07977 625948 emarydunstan@icloud.com Zoejcrouse@gmail.com |
| 9.30 – 10.30am | Functional Training (High Intensity FT) | Devoran Village Hall | |
| 10am to 12 noon Term time only | Sunbeams Stay & Play Toddler group | The Hub, Carnon Community Methodist Church | Enquiries to join waiting list please contact: 07871 367859 |
| 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 | <i>4th Portscatho/St Antony Head, 10th Trenance Rose Gdns, 17th Marazion, 24th Poppies Crantock</i> | To book phone 07754 107835 Between 9.30am and 10.30am |
| 12-1pm | Functional Strength | 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 |
| 6.30 – 7.30pm | Pilates | Devoran Village Hall | Zoejcrouse@gmail.com |
| TUESDAYS | | | |
| 9.45 to 11.45am | IT Class - bring own laptop etc. | Carnon Downs Village Hall | £3 including Coffee |
| 10 to 11.30am | MyFeock Walks & Talks | <i>11th Perranwell, 25th Carnon Downs.</i> | FREE - Book via 01872 863333 Cathy@feockparishcouncil.co.uk |
| 10am | Slow Flow Yoga | Anella Yoga Studio, Devoran | 07971 238811 www.anellayoga.com |
| 12.30pm and 1.45pm | Pilates for Life – Gentle Pilates | Carnon Downs Village Hall | Sarah Trotter |
| 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 |

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| 6.15pm | Dynamic Vinyasa Yoga | Anella Yoga Studio, Devoran | 07971238811 anellayoga.com |
| 6.30pm | Circuits | 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

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| 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 | |
| 10.15am | Vinyasa Yoga | Anella Yoga Studio, Devoran | 07971238811 anellayoga.com |
| 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 (10 th , 24 th) | Perranwell Village Hall | Sue 07817 303112 or Vicky.taylor@imagineif.net |
| 1.15 – 4.30pm 5 th , 12 th , 19 th , 26 th June | Men's Wellbeing Group Mindfulness Art Therapies. | Carnon Downs Village Hall (Requires referral from your social prescriber/life skills worker or similar professional) | Pre-qualifying session booking: Gaelle Penhallow 07782 506285 hello@mindfulreset.co.uk |
| 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 | Pilates | Devoran Village Hall | Zoejcrouse@gmail.com |
| 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

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| 9.15am | Step & Strength | Devoran Village Hall | zoejcrouse@gmail.com |
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| 10am | St Feock Community Minibus Day Trip | 6 th Coverack/Roskillys, 13 th St Antony House & Gdns, 20 th Boscastle, 27 th Tavistock | 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 |
| 10.30am | Zest for Life Pilates | Devoran Village Hall | zoejcrouse@gmail.com |
| 10.30am | Slow Flow + Crystal Bowls | Anella Yoga Studio, Devoran | 07971238811 anellayoga.com |
| 1.45 to 2.45pm | Mum & Baby Yoga | Devoran Village Hall | Ruthbennettphysio@gmail.com |
| 2pm – 4.30pm | Ladies Table Tennis | St Feock Church Comm Hall | 01872 863377 |
| 3.15 to 4.15pm | Physio-Led Pilates | Devoran Village Hall | Ruthbennettphysio@gmail.com |
| 4.30pm | Circuits R Us – all abilities welcome | Carnon Downs village Hall | Contact: Claire 07792 046151 www.circuitsrus.co.uk |
| 5.45pm | Think Fit Workout of the Week | 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 | Gentle Flow Yoga | Anella Yoga Studio, Devoran | 07971 238811 www.anellayoga.com |
| 7.30pm | Zumba with Charlotte | Carnon Downs Village Hall | 07810 711832 |
| FRIDAYS | | | |
| 9.30am to 11am Term time | Tots & Toys Stay & Play Toddler Group | Devoran Village Hall | 07702 800248 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! |
| 2.20pm | Wesley Guild | The Hub – Carnon Community Methodist Church Hall | |
| SATURDAYS | | | |
| 9am | Dynamic Vinyasa | Anella Yoga Studio, Devoran | 07971 238811 www.anellayoga.com |
| 10.30am | Slow Flow Yoga | Anella Yoga Studios, Devoran | 07971238811 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 | Dynamic Hatha Yoga | Anella Yoga Studios, Devoran | 07971238811 anellayoga.com |

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| 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 |
| 11.15am | Meditation | Anella Yoga Studios, Devoran | 07971238811 anellayoga.com |

June dates - clubs & events if not held weekly

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| Various dates | "Swim Together" social sea swimming group | Loe Beach | Facebook page 'Swim together @ Loe Beach' |
| Various dates | Cornish Claycutters Baseball Club | Winter meetings – see website/Facebook | www.facebook.com/claycuttersclaycuttersbaseball@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 1 st June 2pm | Loe Beach Regatta | Loe Beach, Feock. Weather permitting. | Entry forms and sailing instructions: loebeachregatta.com |
| Thursday 6 th June 7pm for 7.30pm | Quiz Night in aid of DVH & K9 Crusaders Welfare | Devoran Village Hall | Entry £3 (1 st Thurs of month) |
| Not running in June 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 8 th June 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 |
| Monday 10 th June 2pm | Point& Penpol WI | Penpol Chapel 2 nd Monday of the month | President: Diana Coate-Bond 01872 859028 Diana.coatebond@gmail.com |
| Saturday 8 th June 10am – 12 noon | 'Just Coffee & Cake' Social event | Linden Hey Garden Tea Room, Penelewey | In aid of upkeep of the Church |
| Tuesday 11 th June 10am | Knit, Knot& Natter | St Feock Church Community Hall | Every fortnight |

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| Tuesday 11 th June 10am | Coffee Spot | Devoran Parish Centre (behind Church) | 2 nd and 4 th Tuesdays |
| Tues 11 th June 2pm – 4pm | Carnon Downs Pain Café monthly relaxing sessions | Carnon Downs Village Hall | Booking required: Libbyhuddy@imagineif.net or call 07496 825523 (2 nd Tues of month) |
| Thurs 13 th June 7pm | Cheese & Wine Party for 200 th Anniv Redruth & Chasewater Railway | Devoran Village Hall | Booking Essential - £10 from 01872 862046 between 5pm and 7pm |
| Thurs 20 th June 2-4pm | Carnon Downs Memory Café | Carnon Downs Village Hall | 1 st & 3 rd Thurs of month |
| Saturday 22 nd June 2.30pm | Point & Penpoll Regatta | Point Quay | Notice of Race: https://www.pofsa.co.uk/regattas_2024.htm |
| Sunday 23 rd June 10am – 4.30pm | Tender Loving Care Day Retreat for Carers | 'Little Narabo', Devoran www.NODAC.co.uk | Organiser: No One Dies Alone Cornwall CIC. Booking essential: admin@nodac.co.uk |
| Sunday 23 rd June 10.30am | Point & Penpoll Regatta Ecumenical Service | Point Quay | |
| Tues 25 th June 10am | Coffee Spot | Devoran Parish Centre (behind church) The Hub – Carnon | 2 nd and 4 th Tuesdays |
| Tues 25 th June 10am -11.30am | Repair Café | Community Methodist Church Hall | Last Tuesday of the month |
| Tues 25 th June 10am | Knit, Knot & Natter | St Feock Church Community Hall | Every fortnight |
| Sat 29 th June 6 -7.15pm Juniors + Academy 7.15- 10pm Carrick Chess Club | Falmouth & Truro Chess Club (fortnightly mainly Mondays) | 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 |



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

