

What's On in Feock Parish



November 2023

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 The Hub, Carnon Community
Term time only Toddler group Methodist Church
10 to 10.50 am Bongo Babes 0-4 years Carnon Downs Village Hall Kayleigh 0771 8383510
10am pick up St Feock Community 6th Marconi's Museum, To book phone 07754 107835
Minibus Day Trip Porthcurno, 13th Penlee Art Between 9.30am and 10.30am
Gallery, 20th Newquay Zoo, 27th Goonhavern Garden Cntr
10.30am Pilates Devoran Village Hall Zoejcrouse@gmail.com
2pm Penpol & Point WI Penpol Chapel Helen Gaches 01872 870614
2pm U3A Yoga St Feock Community Church Liz Walden 01326 376843
Hall
2pm Pilates for Life – Carnon Downs Village Hall Sarah Trotter
Matwork
2 to 4pm Line Dancing The Hub, Carnon Community
Methodist Church
4 to 6pm U3A Table Tennis St Feock Community Church Merrick 01872 865336
Hall
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 Carnon Downs Village Hall £2 bring own laptop etc.
10 to 11.30am My Feock Walk & Talk 10th Trelissick, 24th Carnon FREE - Book via 01872 863333
Downs Walk No 2 Cathy@feockparishcouncil.co.uk
10am Slow Flow Anella Yoga Studio, Devoran 07971 238811
www.anellayoga.com
10am Pick-up S Feock Community Tues 12th Widdecombe Fayre To book phone 07754 107835
Minibus DayTrip between 9.30 and 10.30am
10 to 11.30am Adult Ed Tai Chi Devoran Village Hall Melanies@truro-penwith.ac.uk
12.30pm and Pilates for Life – Gentle Carnon Downs Village Hall Sarah Trotter
1.45pm Pilates
4.30 to 7pm Fish, Chip & Pizza Van Forth Coth, Carnon Downs Carnon Campsite from 7.15pm
3.30 – 5pm Youth Club 11-17 yr olds The Hub, Carnon Community Drop-in after school
Methodist Church Hall
5.15 -7pm Devoran Youth Group Devoran Village Hall – Lower Run by Kernow Connect, Action
& Years 7,8,9 Hall. for Children
7pm – 8.45 Years 10+

5.45pm	Kettlebells	The Hub, Carnon Community Methodist Church	www.thinkfitcornwall.com
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	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 Wellbeing Hub	Perranwell Village Hall <i>8th Nutrition for Healthy Ageing; 22nd Tai Chi Taster</i>	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	<i>2nd Fowey, 9th Godolphin House, 16th Liskeard, 23rd Trecire NT, 30th Mevagissey</i>	To book phone 07754 107835 Between 9.30am and 10.30am
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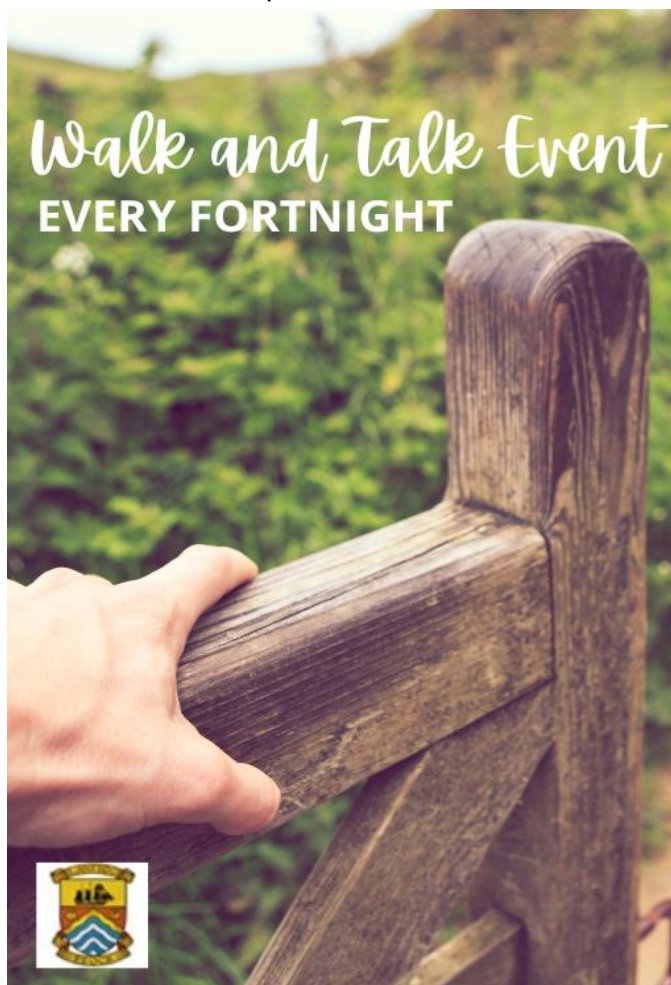
10am to 12 noon	'Time to Create' Mindfulness & Creative Art therapies for Wellbeing with Gaelle	Carnon Downs Village Hall	Rates: £10 recommended but donations accepted. 07782 506285 to book hello@mindfulreset.co.uk
1.45 to 2.45pm	Mum & Baby Yoga	Devoran Village Hall	Ruthbennettphysio@gmail.com
3.15 to 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	6 th - 'Cantabile' local choir 13 th – Revd Jonathan Froggatt 20 th – 'The Mining Widows of Cornwall' Talk 27 th – 'The society of Friends' talk by Come-to-good Quakers
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
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
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November dates - clubs & events if not held weekly

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
Thursday 2 nd Nov 2 – 4pm	Carnon Downs Memory Café	Carnon Downs Village Hall	1 st & 3 rd Thurs of month
Friday 3 rd Nov 12.30pm (fortnightly)	St Feock Village Lunch	St Feock Church Community Hall	Meet neighbours & friends. Nina Davey 01872 865106 2 course homecooked lunch £6.50
Saturday 4 th Nov 10am	Coffee Morning with Homemade Cakes	Carnon Downs Bowling Club Forth Coth TR3 6JY	
Saturday 4 th Nov 1.30 to 4pm	Carnon Downs Community Bingo	Carnon Downs Village Hall	1 st and 3 rd Saturdays
Sat 4 th Nov 6.30pm	Bonfire & Fireworks Party (£5 /£1 cash only)	Devoran Quay	See Devoran Quay Society Facebook for updates
Tuesday 7 th Nov 6.45 for 7pm	Feock Film Club	St Feock Church Community Hall	£4 members, £5 non-member (1 st Tues of month)
Tues 7 th Nov 7.15pm	CD Old Cornwall Society Roger Radcliffe 'Sets & Spells Part 3' The North Coast	Carnon Downs Village Hall	£2.50 (members £12 pa) 1 st Tues of month lewishock@aol.com
Weds 8 th Nov 6-7.15pm Juniors + Academy	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
7.15- 10pm Carrick Chess Club			
Saturday 11 th Nov 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
Tuesday 14 th Nov 10am	Coffee Spot	Devoran Parish Centre (behind Church)	2 nd and 4 th Tuesdays
Tuesday 14 th Nov In the afternoon	Flower Club	St Feock Church Community Hall	01872 864386 (2 nd Tues of month)
Weds 15 th Nov 10am – 1.30pm	'A Walk for You' walk at Namphillows Wood	Free sensory walk starting at Trelissick with Maria	Booking essential: 07922 046740 motivatedbymaria@gmail.com
Thurs 16 th Nov	Carnon Downs Memory Café	Carnon Downs Village Hall	1 st & 3 rd Thurs of month
Thurs 16 th Nov 7pm for 7.30pm	Devoran Gardening Club	Devoran Village Hall	Contact Steve 864701 or Ian 870170. 3 rd Thurs of month

Friday 17 th Nov 6.30pm	Carnon Downs Film Club	Carnon Downs Village Hall	£4 members, £6 non members 3 rd Friday
Friday 17 th Nov 12.30pm	St Feock Village Lunch	St Feock Church Community Hall	Meet neighbours & friends Nina Davey 01872 865106 2 course homecooked lunch £6.50
Saturday 18 th Nov 10 – 12.30pm	Devoran Parish Church Coffee Morning	Devoran Village Hall	
Saturday 18 th Nov 1.30 to 4pm	Carnon Downs Community Bingo	Carnon Downs Village Hall	1 st and 3 rd Saturdays
Monday 20 th Nov 6-7.15pm 7.15-10pm	Carrick Chess Academy/Club	Carnon Downs Village Hall	chesscornwall@gmail.com www.cornwallchess.org.uk see entry 8 th Nov above 07765 423751
Wednesday 22 nd Nov 6.30pm	Slow & Easy Folk Sessions	Devoran Village Lower Hall	No expertise needed, learn as you go! (4 th Weds of month) Tickets £15.50 /advance tickets www.snappytickets.co.uk
Saturday 25 th Nov 7.00 for 7.30pm	Devoran Acoustic Sessions – ‘Harbottle & Jonas’ Folk Duo	Devoran Village Hall	
Sunday 26 th Nov 4 to 6pm	Messy Church	Devoran Village Hall	Ann 07971 522479 Annemarie479@outlook.com 4 th Sunday 2 nd and 4 th Tuesdays
Tuesday 28 th Nov 10am	Coffee Spot	Devoran Parish Centre (behind Church)	
Tuesday 28 th Nov 7pm for 7.30pm	Kenwyn Valley Flower & Garden Club	Carnon Downs Village Hall	4 th Tues of month
Weds 29 th Nov 1 to 4pm	U3A French Films	St Feock Church Community Hall	Genevieve Rosier 01872 273333 Last Weds of month
Thursday 30 th Nov	Feock Home & Garden Society	St Feock Church Community Hall	Andy Rendell 01872 862972 Last Thurs of month



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



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,
10am to 11am @ The Hub - Carnon Community
Methodist Church Hall, Carnon Downs**

**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

