

What's On in Feock Parish



September 2023



DAILY

5.30am to 10pm Cirque du Ciel Circus Works Devoran www.circusworksdevoran.org
circqueduciel123@gmail.com

MONDAYS

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 4th Minions & Cheesewring, To book phone 07754 107835
Minibus Day Trip 18th St Agnes, 25th Boscastle Between 9.30am and 10.30am

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 12th Carnon Downs, 26th FREE - Book via 01872 863333
Mylor Bridge Cathy@feockparishcouncil.co.uk
10am Slow Flow Anella Yoga Studio, Devoran 07971 238811

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
5.45pm Kettlebells The Hub, Carnon Community www.thinkfitcornwall.com
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 www.thinkfitcornwall.com
Methodist Church

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
9.15am	Veg & Fish Van	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 14 th Bingo, games, raffle 28 th Healthwatch Cornwall	ellen.moule@imagineif.net
1.30 to 4pm	U3A Art Group 1 st , 2 nd & 3 rd Weds	St Feock Church Community Hall	01872 865764
1.30 to 4pm	U3A French Films Last Weds	St Feock Church Community Hall	Genevieve Rosier 01872 273333
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
4.30 to 7pm	Fish, Chip & Pizza Van	Forth Coth, Carnon Downs	
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 Lamorran Gdns St Mawes £12, 14 th Helston, 21 st Sennen 28 th Strawberry Fields Nr Launceston	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

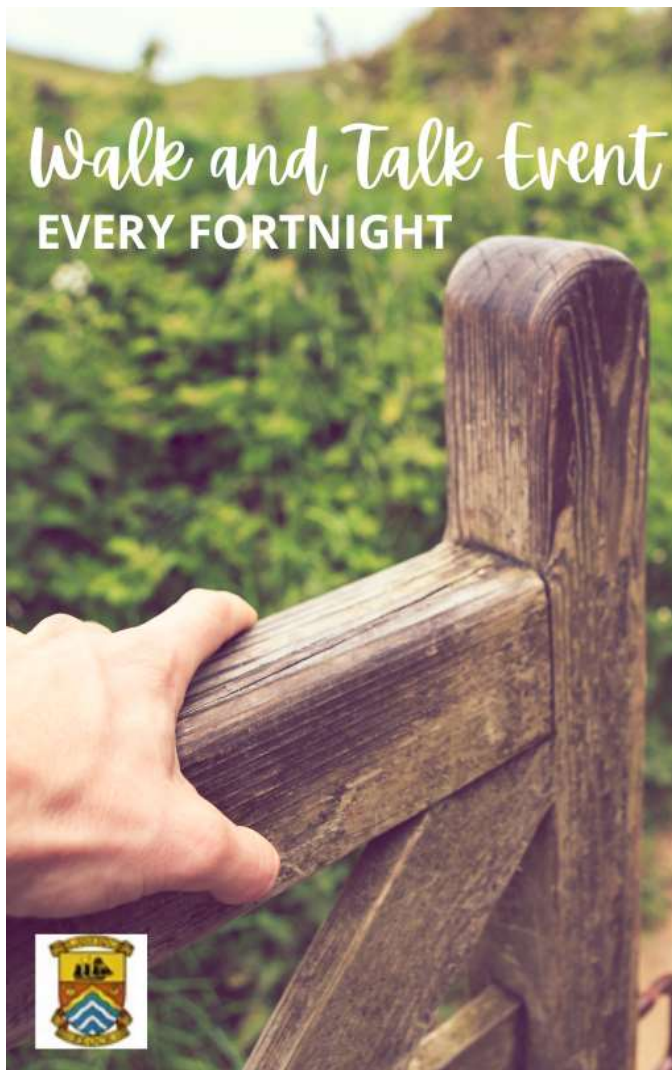
4.30pm	CircuitsRus	The Hub, Carnon Community Methodist Church	www.thinkfitcornwall.com
4.45pm & 5.45pm	Kids Fitness	The Hub, Carnon Community Methodist Church	www.thinkfitcornwall.com
5pm	Slice Pizza Van	Carnon Downs Village Hall	www.slicepizzacornwall.com
6.30 to 7.30pm	Dance Fitness	Perranwell Church 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
7.30pm	X-HAIL Class	Devoran Village Hall	Jessica Vella-Templeton Hello@jessicavt.com
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
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

September 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	Cutters Field, Tregye Road, Carnon Downs	www.facebook.com/claycuttersclaycuttersbaseball@gmail.com
Various dates	Cornish Piskees Tee Ball Club	Cutters Field, Tregye Road, Carnon Downs	www.cornish-claycutters.co.uk/the-cornish-piskies

Various dates	Carnon Downs Community Association	Carnon Downs village Seasonal community events	www.carnondownsvillage.co.uk www.facebook.com/carnondownsvillage
Weekly food vans and live music	Carnon Downs Club Campsite	Carnon Downs Campsite	www.facebook.com/CarnonDownsCAMC
Food nights Various dates	The Valley	The Valley, Bissoe Road, Carnon Downs	www.facebook.com/TheValleyCottages
Saturday 2 nd Sept 1.30 to 4pm	Carnon Downs Community Bingo	Carnon Downs Village Hall	1 st and 3 rd Saturdays
Last Tuesday of the month 10am	MyFeock Repair Café	The Hub, Carnon Community Methodist Church	www.myfeock.co.uk
Tuesday 5 th Sept 6.45 for 7pm	Feock Film Club	St Feock Church Community Hall	£4 members, £5 non-member (1 st Tues of month)
Tues 5 th Sept 7.15pm	Carnon Downs Old Cornwall Society	Carnon Downs Village Hall	£2.50 (members £12 pa) 1 st Tues of month lewishock@aol.com
Thursday 7 th Sept	Carnon Downs Memory Café	Carnon Downs Village Hall	1 st & 3 rd Thurs of month
Friday 8 th Sept 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 9 th Sept 9.30 to 12 noon	Devoran Village Market	Devoran Village Hall & Car Park	www.facebook.com/DevoranVillageMarket 2 nd Saturday of month
Mondays - starting 11 th September	Falmouth & Truro Chess Club	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
Tuesday 12 th Sept 10am	Coffee Spot	Devoran Parish Centre (behind Church)	2 nd and 4 th Tuesdays
Tuesday 12 th Sept 6.30pm	Flower Club	St Feock Church Community Hall	01872 864386 (2 nd Tues of month)
Friday 15 th Sept 6.30pm	Carnon Downs Film Club	Carnon Downs Village Hall	£4 members, £6 non members 3 rd Friday
Saturday 16 th Sept 1.30 to 4pm	Carnon Downs Community Bingo	Carnon Downs Village Hall	1 st and 3 rd Saturdays
Friday 22 nd Sept 12.30pm	St Feock Village Harvest Lunch	St Feock Church Community Hall	Meet neighbours & friends Nina Davey 01872 865106 2 course homecooked lunch £6.50
Sunday 24 th Sept 4 to 6pm	Messy Church	Devoran Village Hall	Ann 07971 522479 Annemarie479@outlook.com 4 th Sunday

Tuesday 26 th Sept 10am	Coffee Spot	Devoran Parish Centre (behind Church)	2 nd and 4 th Tuesdays
Tuesday 26 th Sept 7pm for 7.30pm	Kenwyn Valley Flower & Garden Club	Carnon Downs Village Hall	4 th Tues of month
Tuesday 26 th Sept 10 to 11am	MyFeock Repair Cafe	The Hub, Carnon Community Methodist Church	www.myfeock.co.uk
Wednesday 27 th 6.30pm	Slow & Easy Folk Sessions	Devoran Village Lower Hall	07765 423751 No expertise needed, learn as you go! (4 th Weds of month)
Wednesday 27 th 1 to 4pm	U3A French Films	St Feock Church Community Hall	Genevieve Rosier 01872 273333 Last Weds of month
Thursday 28 th Sept	Feock Home & Garden Society	St Feock Church Community Hall	Andy Rendell 01872 862972 Last Thurs of month
Saturday 30 th Sept 7.00pm	Scarecrow Competition Film Red Carpet Premier	Carnon Downs Village Hall	Entry by donation (min £2 per person, U12s free)



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



Feock Parish Council



REPAIR CAFE



If you can carry it, we'll take a look

- Wooden items - bolting, tightening, gluing, & creating new pieces
- Clocks (not battery or electric)
- Electrical - plugs, fuses, basic wiring (no PAT testing)
- Clothing & Textiles - Mending, zips, darning, repairs
- Soft toys
- Knitting & Crochet
- Home & Garden DIY projects (non electrical)
- Woodwork
- Minor jewellery repairs
- Technology

**Pop in to see us - Last Tuesday of Every Month, 10-11am
@ The Hub - Carnon Community Methodist Church Hall,
Carnon Downs**

Please note: All items must be 'carried' into the Repair Café by the customer. The idea is 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. When required please complete a form to give your permission for this to happen. Additionally, you may need to purchase items (e.g. zips, batteries etc) in order for the repair to happen. Please discuss with our Volunteer Repairers. We will not accept any liability for any potential damage, fault or breakages of any item.

**Happy repairing and sharing - Please let others know we are here
Thank You for using our service!**

Donations for refreshments & repairs gratefully received for the Repair Cafe

Contact: info@feockparishcouncil.co.uk

www.myfeock.co.uk / [f](#) MyFeock Wellbeing / 01872 863333

Made with PosterMyWall.com





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

