

What's On in Feock Parish



August 2025

August dates – clubs & events if not held weekly



Events Spotlight:

Fitness Bootcamps in our parks: Mon/Tues/Sats in August –

suitable for all ages and levels - see posters at the back of this publication for more information

Repair Café Tues 26th August – Hygiene Alert!!! vacuum cleaners must be empty, clean, with cable/battery and all tools with the item please

Various dates	"Swim Together" social sea swimming group	Loe Beach various dates	Facebook page 'Swim together @ Loe Beach'
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
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
Tuesdays: food van, 4-7	Carnon Downs Village Hall Car Park	Carnon Downs Campsite from 7.15	www.facebook.com/CarnonDownsCAMC
Sat early August 9am	Wellbeing Trail Rides on the Bissoe Cycle Trail	Kernow Racing Team – start venue tbc	See Kernow Cycle Team Facebook Monthly Saturdays
Tues 7.15pm	Old Cornwall Society	Carnon Downs Village Hall	Lewishock@aol.com 1 st Tues of month Sept to Apr
Sat 2 nd Aug 10am – 12 noon	Coffee, Tea and Cake Morning	Carnon Downs Bowling Club, Forth Coth.	1 st Saturday of month – £2
Tues 5 th Aug 6.45 for 7.30pm start	Feock Film Club	St Feock Church Community Hall	1 st Tues of month
Weds 6 th August 10am – 10.25am 10.40am – 11am 11.20am – 11.45am	Cornwall Council Mobile Library	Smithy Lane, Carnon Downs Penpol car park Restronguet Point	Monthly on Wednesdays
Thurs 7 th August 2-4pm	Carnon Downs Memory Cafe	Carnon Downs Village Hall	1 st & 3 rd Thursdays of the month
Thursdays 7.pm for 7.30pm	Quiz Night in aid of K9 Crusaders Dog Welfare	Devoran Village Hall	£3 pp 01872 864915 Oct to April (not Jan either)

Friday 8 th Aug 12.30pm (fortnightly)	St Feock Village Lunch 2 course home cooked £7.50	St Feock Church Community Hall	Donna Bryant 07939 819392 Booking Essential!
Saturday 9 th Aug 9.30 to 12 noon	Devoran Village Market	Devoran Village Hall & Car Park.	www.facebook.com/DevoranVillageMarket 2 nd Saturday of month
Sat 9 th Aug 10am – 12 noon	Just Coffee & Cake Fundraiser	Linden Hey Garden Tea Room, Penelewey	Fundraising for St Feock Parish Church
Tuesday 12 th Aug 10am	Coffee Spot	Devoran Parish Centre (behind Church)	2 nd and 4 th Tuesdays
Tues 12 th Aug 10am – 12noon	Jozef's Dream Support Group Drop-in/ stay & play/ access to advice	The Hub Carnon Downs	2 nd Tues of month – Sue 07921 537647 Medically complex children
Tuesday 12 th Aug 1.30pm – 4.30pm	Carnon Downs Community Art Group	Carnon Downs Village Hall New Hall	Patricia French 01872 865938 2 nd and 4 th Tuesday
Tues 12 th Aug 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)
Tues 6.30 – 10pm	Flower Club	St Feock Church Hall	2 nd Tues of month (Apr/May/Jun) (1.30pm Feb/Mar/Oct/Nov)
Tues 9 th Sept 1pm – 3pm	Accessible Guided Walks for MSK/arthritis conds.	National Trust Trelissick, Feock	Booking: info@cornwallarthritist.org
Weds Aug 2pm	WI	Carnon Downs Village Hall	
Tues 7.30pm	Carnon Downs Gardeners' Association	Carnon Downs Village Hall Main Hall	Sandyball1872@gmail.com 3 rd Tues of month Sept to Apr
Thurs 14 th Aug 9am -12pm	Cornwall Library Services Book Delivery / Returns	Feock Parish Council Micro Library, Devoran	Contact Cornwall Library Services 0300 1234 111 for enquiries
Sun 17 th Aug 4pm – 6pm Thurs 21 st Aug 2-4pm	Sunday Stars for 8-13yr olds Carnon Downs Memory Cafe	Devoran Parish Centre Carnon Downs Village Hall	3 rd Sunday of the month. Activities and Pizza. 1 st & 3 rd Thursdays of the month
Thurs 21 st Aug 7pm for 7.30pm	Devoran Gardening Club (3 rd Thurs of month)	Devoran Village Hall	Ian 01872 870170
Fri 6.30pm	Carnon Downs Film Club	Carnon Downs Village Hall	£4 members, £6 non-members 3 rd Friday of month – Sept to May
Friday 22 nd Aug 12.30pm (fortnightly)	St Feock Village Lunch 2 course home cooked £7.50	St Feock Church Community Hall	Donna Bryant 07939 819392 Booking Essential!
Tuesday 26 th Aug 10am	Coffee Spot	Devoran Parish Centre (behind Church)	2 nd and 4 th Tuesdays

Tues 26 th Aug 1.30pm – 4.30pm Tues 26 th Aug 10 – 11am Tues 26th Aug 10am-11.30am	Carnon Downs Community Art Group Knit Knot Natter Repair Café Donations cash only pl.	Carnon Downs Village Hall Linden Hey Tearoom The Hub Carnon Community Methodist Church Hall	Patricia French 001872 865938 2 nd and 4 th Tuesdays Last Tues of month Repairs to be received by 11am Last Tues of month
Weds 27 th Aug 6.30pm – 8.30pm Weds 27 th Aug 1.30pm – 4pm	Slow and Easy Folk Sessions U3A French Films	Devoran Village Lower Hall St Feock Church Community Hall	devoranslowandeasy@outlook.com 4 th Weds of month, not Aug/Dec Genevieve Rosier 01872 273333 Last Weds of month

Daily Listings

MONDAYS

9.30 - 12noon	Carnon Lace & Needle Craft Group	Carnon Downs Village Hall	Mary 07977 625948 emarydunstan@icloud.com
9.15 – 10.15am	HIFT (High Intensity Functional Training)	Devoran Village Hall	Zoejcrouse@gmail.com
10.30 – 11.30am	Pilates	Devoran Village Hall	Zoejcrouse@gmail.com
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
10am pick up	St Feock Community Minibus Day Trip	<i>4th Pub Lunch, 11th Polperro, 18th Homestead Woodland Garden, 25th Bank Holiday</i>	To book phone 07754 107835 Between 9.30am and 10.30am
12-1pm	Fit For Life 60+	Devoran Village Hall	Zoejcrouse@gmail.com
12.15pm Pm 2pm	Gentle Pilates Knit & Stitch Group U3A Yoga	CDVH CDVH St Feock Community Church Hall	Liz Walden 01326 376843 Sept - May
4 to 6pm	U3A Table Tennis	St Feock Community Church Hall	Merrick 01872 865336
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>tbc</i>	FREE - Book via 01872 863333 Cathy@feockparishcouncil.co.uk as walks can be subject to change
10am	Slow Flow Yoga	Anella Yoga Studio, Devoran	07971 238811 www.anellayoga.com
12.30pm	Pilates (Fresh)	CDVH	
4.10pm	Pilates (Intermediate)	CDVH	
4.30 to 7pm 6pm	Fish, Chip & Pizza Van Physio-Led Pilates	Forth Coth, Carnon Downs Devoran Village Hall	Carnon Campsite from 7.15pm Ruthbennettphysio@gmail.com
6.15pm	Dynamic Vinyasa Yoga	Anella Yoga Studio, Devoran	07971238811 anellayoga.com

6.45 to 7.45pm Term time	Iyengar Yoga (UK)	Devoran Village (Lower) Hall	£5 donation/class
7.15pm	Pregnancy Yoga	Devoran Village Hall	Ruthbennettphysio@gmail.com
7.15 to 8.45pm Term time	The Riverside Singers	Devoran Parish Centre	Helen 01209 821310 07747740987 – free trial session
7.30pm	Quiz Night	The Old Quay Inn, Devoran	£3 per person, booking requires 01872 863142- half time snacks
WEDNESDAYS			
9.15am	The Body Project	The Hub, Carnon Community Methodist Church	www.thinkfitcornwall.com
9.15am	Pilates	Devoran Village Hall	Zoejcrouse@gmail.com
9.30am – 12 noon	Produce Van	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	Community 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 14 th & 28 th May	The Wellbeing Club	Perranwell Village Hall	Sue 07817 303112 fortnightly.
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
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
6.15pm	Deep Stretch + Crystal Bowls	Anella Yoga Studio, Devoran	07971 238811 www.anellayoga.com
6.30pm	Devoran Cubs & Scouts	Devoran Village Hall	Harryjones61@icloud.com 07785 392377
	Devoran Explorer Scouts	Devoran Village Hall	teamleaders@devoranexplorers.org
THURSDAYS			
9.15am 1 st August only	Step & Strength	Devoran Village Hall	zoejcrouse@gmail.com
9.30am	Yoga general, beginners,	CDVH	9.30 / 11.30
10am pick up	St Feock Community Minibus Day Trip	7 th Helston, 14 th Pub Lunch, 21 st Trelawney Grdn Centre, 28 th Pub Lunch	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	Deep Stretch + Crystal Bowls	Anella Yoga Studio Devoran	07971 238811 www.anellayoga.com
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 Sept - June
2pm	Whist Drive	CDVH	
3.15 to 4.15pm	Physio-Led Pilates	Devoran Village Hall	Ruthbennettphysio@gmail.com
5pm	Slice Pizza Van	Carnon Downs Village Hall	www.slicepizzacornwall.com
6.15pm	Iyengar Yoga	CDVH	
6.30pm	Gentle Flow Yoga	Anella Yoga Studio, Devoran	07971 238811 www.anellayoga.com

FRIDAYS

9.30am to 11am Term time only	Tots & Toys Stay & Play Toddler Group	Devoran Village Hall	07702 800248 Jane@thewatersidechurches.com
10am	Pilates (intermed/improvers)	CDVH	
10 to 12 noon	Carnon Downs Crafters Crochet & Sew Workshop	Carnon Downs Village Hall	Make fun street art, all abilities welcome, just turn up!
1pm	Bridge Club	CDVH	
2.20pm	Wesley Guild	Carnon Community Methodist Church Hall	
4.15 – 5.45pm	Ceilidh Dance (Barn Dance)	Devoran Village Hall	All ages (12+) contact www.ceilidhcornwall.com
6.15 – 7.15pm	Restorative + Reiki	Anella Yoga Studio Devoran	07971 238811 anellayoga.com

SATURDAYS

10am	Vinyasa	Anella Yoga Studio, Devoran	07971 238811 www.anellayoga.com
10.30am	Youth Theatre	CDVH	
please check	Perranwell Football Club	St Feock Church Com. Hall	07971 951201
1.30pm	Produce Van	Tregye Pitch, Carnon Downs Devoran Village Hall Car Park	Except Village Market days

SUNDAYS

9am	Tiny Toes Ballet	Devoran Village Hall	Tinytoesballet.co.uk/cornwall
9.30 -10.30	Pilates	Anella Yoga Studio Devoran	07971 238811 anellayoga.com
10am	Church Service	Waterside Churches Devoran & St Feock	01872 276357
10.45 – 11.45am	Dynamic Hatha Yoga	Anella Yoga Studios, Devoran	07971238811 anellayoga.com
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

Deadline for events for inclusion in September 'What's On' is 21st August 2025



WALK & TALK

Improve your wellbeing with our Guided Walks in Feock Parish

Walks held
every 2nd and
4th Tuesday @
10am - 1.5 hrs
walk time

2nd Tuesday of
'even' months
will be a
shorter 30
minute 'Feock
Strolls' walk

Come and join our
experienced walk leader
through our beautiful
local countryside, embrace
our local heritage on the
Parish Council's 'Feock
Trails' walks and new
Active Feock 'Feock
Strolls' walks.

Dogs welcome on
fixed leads, bring a
drink and a snack.



To book your free place:
Call 01872 863333, 9am - 12 noon weekdays
or email myfeock@feockparishcouncil.gov.uk



Walk meeting points are listed on our websites
www.myfeock.co.uk - www.feockparishcouncil.gov.uk
Monthly 'What's On' listing available from the red
phone boxes within the parish and Devoran
Community Library.



The Hub
Carnon Community Methodist Church



CORNWALL
repair
cafe
NETWORK



REPAIR CAFE



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

- ✓ Wooden items - bolting, tightening, gluing and creating new pieces and woodwork
- ✓ Clocks (not battery or electric)
- ✓ Electrical - plugs, fuses, basic wiring (sorry no PAT testing)
- ✓ Clothing & textiles - mending, zips, darning, repairs
- ✓ Soft toys, knitting and crochet
- ✓ Minor jewellery repairs
- ✓ Technology
- ✓ Vacuums (must be clean/empty, all attachments present and recharger/cord and plug present)
- ✓ South West Water and Community Energy Plus drop in help desks plus meet your Parish Councillor



**Pop into see us - last Tuesday of the month,
10 to 11.30am @ The Hub - Carnon Community
Methodist Church Hall, Carnon Downs**

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

Cash donations for refreshments & repairs gratefully received
towards the cost of running the Repair Cafe

Contact: myfeock@feockparishcouncil.gov.uk

www.myfeock.co.uk  MyFeock Wellbeing 01872 863333

S U M M E R

B O O T C A M P



21ST JULY - 30TH AUGUST

ROTATING ACROSS:
FEOCK- CARNON DOWNS- DEVORAN

MONDAYS 9-10AM
TUESDAYS 6-7PM
SATURDAYS 8-9AM



Suitable for all fitness levels



Bring your friends or family



Expect to sweat, smile, and feel stronger



Come rain or shine – we'll be moving!

**DROP US A MESSAGE ON FACEBOOK / INSTAGRAM FOR
THE SIGN UP LINK AND WHATSAPP GROUP**

ALTERNATIVELY CONTACT BILLIE ON 07969095597

**MESSAGE TO SECURE YOUR
SPOT TODAY!**

S U M M E R

B O O T C A M P



**BENEFIT
BODY AND
MIND**

21ST JULY - 30TH AUGUST

ROTATING ACROSS:
FEOCK- CARNON DOWNS- DEVORAN

**MONDAYS 9-10AM
TUESDAYS 6-7PM
SATURDAYS 8-9AM**

PRICES: (PAID UPFRONT)

3-DAY / WEEK = **£90** (£5 PER SESSION)

2-DAY / WEEK = **£72** (£6 PER SESSION)

1-DAY / WEEK = **£42** (£7 PER SESSION)

DROP INS = **£8** PER SESSION (PAY AS YOU
GO)

***MESSAGE TO SECURE YOUR
SPOT TODAY!***

**DROP US A MESSAGE ON FACEBOOK / INSTAGRAM FOR
THE SIGN UP LINK AND WHATSAPP GROUP
ALTERNATIVELY CONTACT BILLIE ON 07969095597**



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 myfeock@feockparishcouncil.gov.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

