

# What's On in Feock Parish



## July 2024



### DAILY MONDAYS

9 - 12noon	Carnon Needle & Craft Group	Carnon Downs Village Hall	Mary 07977 625948 <a href="mailto:emarydunstan@icloud.com">emarydunstan@icloud.com</a>
9.30 – 10.30am	Functional Training (High Intensity FT)	Devoran Village Hall	<a href="mailto:Zoejcrouse@gmail.com">Zoejcrouse@gmail.com</a>
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>1<sup>st</sup> St Mawes, 8<sup>th</sup> Bodmin Moor Jamaica Inn, 15<sup>th</sup> Bude, 22<sup>nd</sup> Lanhydroc, 29<sup>th</sup> Tintagel</i>	To book phone 07754 107835 Between 9.30am and 10.30am
12-1pm	Functional Strength	Devoran Village Hall	<a href="mailto:Zoejcrouse@gmail.com">Zoejcrouse@gmail.com</a>
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
6pm	Pilates Flow	Chycara	Book online <a href="http://www.lapilates.co.uk">www.lapilates.co.uk</a>
6.15pm	Vinyasa Yoga	Anella Yoga Studio, Devoran	07971 238811 <a href="http://www.anellayoga.com">www.anellayoga.com</a>
6.30 – 7.30pm	Pilates	Devoran Village Hall	<a href="mailto:Zoejcrouse@gmail.com">Zoejcrouse@gmail.com</a>

### 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>Please contact office</i>	FREE - Book via 01872 863333 <a href="http://Cathy@feockparishcouncil.co.uk">Cathy@feockparishcouncil.co.uk</a>
10am	Slow Flow Yoga	Anella Yoga Studio, Devoran	07971 238811 <a href="http://www.anellayoga.com">www.anellayoga.com</a>
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
5.45pm	Kettlebells	The Hub, Carnon Community Methodist Church	<a href="http://www.thinkfitcornwall.com">www.thinkfitcornwall.com</a>
6pm	Physio-Led Pilates	Devoran Village Hall	<a href="mailto:Ruthbennettphysio@gmail.com">Ruthbennettphysio@gmail.com</a>
6.15pm	Dynamic Vinyasa Yoga	Anella Yoga Studio, Devoran	07971238811 <a href="http://anellayoga.com">anellayoga.com</a>

6.30pm	Circuits	The Hub, Carnon Community Methodist Church	<a href="http://www.thinkfitcornwall.com">www.thinkfitcornwall.com</a>
7.15pm	Pregnancy Yoga	Devoran Village Hall	<a href="mailto:Ruthbennettphysio@gmail.com">Ruthbennettphysio@gmail.com</a>
7.15 to 8.45pm	The Riverside Singers	Devoran Parish Centre	Helen 01209 821310 07747740987 – free trial session
Term time			
7.30pm	P90X	The Hub, Carnon Community Methodist Church	<a href="http://www.thinkfitcornwall.com">www.thinkfitcornwall.com</a>

## WEDNESDAYS

9.15am	The Body Project	The Hub, Carnon Community Methodist Church	<a href="http://www.thinkfitcornwall.com">www.thinkfitcornwall.com</a>
9.15am	Gentle Pilates	Devoran Village Hall	<a href="mailto:Zoejcrouse@gmail.com">Zoejcrouse@gmail.com</a>
9.30am – 12 noon	Produce Van	Devoran Village Hall	
10.15am	Vinyasa Yoga	Anella Yoga Studio, Devoran	07971238811 <a href="http://anellayoga.com">anellayoga.com</a>
10.30am	Functional Strength	Devoran Village Hall	<a href="mailto:Zoejcrouse@gmail.com">Zoejcrouse@gmail.com</a>
10.30am to noon	Coffee Morning	The Hub, Carnon Community Methodist Church	
12 noon	Zest for Life Men's Pilates	Devoran Village Hall	<a href="mailto:Zoejcrouse@gmail.com">Zoejcrouse@gmail.com</a>
11am to 1pm	Perranwell Health & Wellbeing Hub (10 <sup>th</sup> , 24 <sup>th</sup> )	Perranwell Village Hall	Sue 07817 303112 or <a href="mailto:Vicky.taylor@imagineif.net">Vicky.taylor@imagineif.net</a>
1.30 to 4pm	U3A Art Group 1 <sup>st</sup> , 2 <sup>nd</sup> & 3 <sup>rd</sup> 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	<a href="mailto:Zoejcrouse@gmail.com">Zoejcrouse@gmail.com</a>
6pm	Pilates Gentle with Lucy	Chycara	Book online <a href="http://www.lapilates.co.uk">www.lapilates.co.uk</a>
6pm	Fal & Truro Chess Club	Carnon Downs village Hall	Robin Kneebone 07531 543651 <a href="mailto:chesscornwall@gmail.com">chesscornwall@gmail.com</a>
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 <a href="http://www.anellayoga.com">www.anellayoga.com</a>
7 to 8pm	Chun Yuen Quan	Devoran Village Hall	07774 282087 to book Sifu Vanessa Backus

## THURSDAYS

9.15am	Step & Strength	Devoran Village Hall	<a href="mailto:zoejcrouse@gmail.com">zoejcrouse@gmail.com</a>
10am	St Feock Community Minibus Day Trip	<i>4<sup>th</sup> Trengwainton, 11<sup>th</sup> Perranporth, 18<sup>th</sup> Porthleven, 25<sup>th</sup> Mevagissey</i>	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 <a href="mailto:hello@mindfulreset.co.uk">hello@mindfulreset.co.uk</a>

10.30am	Zest for Life Pilates	Devoran Village Hall	<a href="mailto:zoejcrouse@gmail.com">zoejcrouse@gmail.com</a>
10.30am	Slow Flow + Crystal Bowls	Anella Yoga Studio, Devoran	07971238811 <a href="http://anellayoga.com">anellayoga.com</a>
1.45 to 2.45pm	Mum & Baby Yoga	Devoran Village Hall	<a href="mailto:Ruthbennettphysio@gmail.com">Ruthbennettphysio@gmail.com</a>
2pm – 4.30pm	Ladies Table Tennis	St Feock Church Comm Hall	01872 863377
3.15 to 4.15pm	Physio-Led Pilates	Devoran Village Hall	<a href="mailto:Ruthbennettphysio@gmail.com">Ruthbennettphysio@gmail.com</a>
4.30pm	Circuits R Us – all abilities welcome	Carnon Downs village Hall	<a href="mailto:Contact: Claire 07792 046151">Contact: Claire 07792 046151</a> <a href="http://www.circuitsrus.co.uk">www.circuitsrus.co.uk</a>
5.45pm	Think Fit Workout of the Week	The Hub, Carnon Community Methodist Church	<a href="http://www.thinkfitcornwall.com">www.thinkfitcornwall.com</a>
5pm	Slice Pizza Van	Carnon Downs Village Hall	<a href="http://www.slicepizzacornwall.com">www.slicepizzacornwall.com</a>
6.30pm	Gentle Flow Yoga	Anella Yoga Studio, Devoran	07971 238811 <a href="http://www.anellayoga.com">www.anellayoga.com</a>
7.30pm	Zumba with Charlotte	Carnon Downs Village Hall	07810 711832
<b>FRIDAYS</b>			
9.30am to 11am Term time	Tots & Toys Stay & Play Toddler Group	Devoran Village Hall	07702 800248 <a href="mailto:Jane@thewatersidechurches.com">Jane@thewatersidechurches.com</a>
10am	Gentle Yoga	Anella Yoga Studio, Devoran	07971 238811 <a href="http://www.anellayoga.com">www.anellayoga.com</a>
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	
<b>SATURDAYS</b>			
9am	Dynamic Vinyasa	Anella Yoga Studio, Devoran	07971 238811 <a href="http://www.anellayoga.com">www.anellayoga.com</a>
10.30am	Slow Flow Yoga	Anella Yoga Studios, Devoran	07971238811 <a href="http://anellayoga.com">anellayoga.com</a>
1.30pm	Perranwell Football Club Produce Van	Tregye Pitch, Carnon Downs Devoran Village Hall Car Park	07971 951201 Except Village Market days
<b>SUNDAYS</b>			
9am	Tiny Toes Ballet	Devoran Village Hall	<a href="http://Tinytoesballet.co.uk/cornwall">Tinytoesballet.co.uk/cornwall</a>
10am	Church Service	Waterside Churches Devoran & St Feock	01872 276357
10am	Dynamic Hatha Yoga	Anella Yoga Studios, Devoran	07971238811 <a href="http://anellayoga.com">anellayoga.com</a>
10am	Bissoe Trail Walking Group	Bissoe Valley Car Park 1 hour walk	<a href="mailto:Sallybeme@gmail.com">Sallybeme@gmail.com</a> 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	<a href="http://www.facebook.com/CornwallAdoptionCentre">www.facebook.com/CornwallAdoptionCentre</a>
11.15am	Meditation	Anella Yoga Studios, Devoran	07971238811 <a href="http://anellayoga.com">anellayoga.com</a>

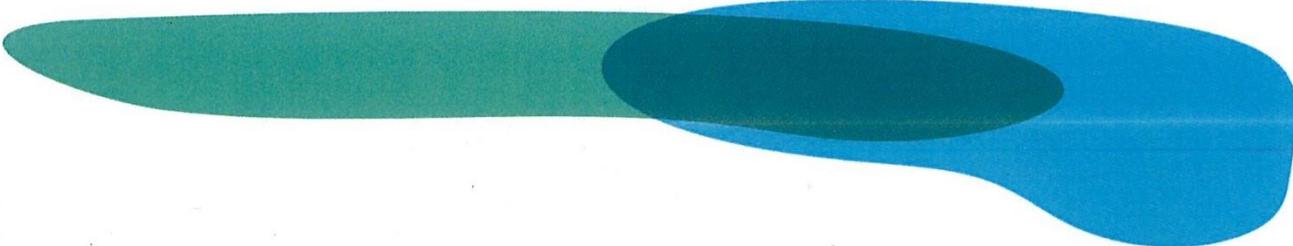
## July dates - clubs & events if not held weekly

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	<a href="http://www.facebook.com/claycuttersclaycuttersbaseball@gmail.com">www.facebook.com/claycuttersclaycuttersbaseball@gmail.com</a>
Various dates	Carnon Downs Community Association	Carnon Downs village Seasonal community events	<a href="http://www.carnondownsvillage.co.uk">www.carnondownsvillage.co.uk</a> <a href="http://www.facebook.com/carnondownsvillage">www.facebook.com/carnondownsvillage</a>
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 <a href="http://www.cornwallchess.org.uk/html/clubs/falmouth.shtml">www.cornwallchess.org.uk/html/clubs/falmouth.shtml</a> Robin Kneebone 07531 543651
Tuesdays: food van, 4-7	Carnon Downs Village Hall Car Park	Carnon Downs Campsite from 7.15	<a href="http://www.facebook.com/CarnonDownsCAMC">www.facebook.com/CarnonDownsCAMC</a>
Tuesday 2 <sup>nd</sup> July 6.45 for 7.30	Film Club – 'Grow Your Own'	St Feock Church Community Hall	Tea, coffee, biscuits and chat before screening at 7.30pm
Thurs 4 <sup>th</sup> July 2-4pm	Carnon Downs Memory Cafe	Carnon Downs Village Hall	1 <sup>st</sup> & 3 <sup>rd</sup> Thursdays of the month
Thursday 4 <sup>th</sup> July 7pm for 7.30pm	Quiz Night in aid of DVH & K9 Crusaders Welfare	Devoran Village Hall	Entry £3 (1 <sup>st</sup> Thurs of month)
Monday 8 <sup>th</sup> July 2pm	Point& Penpol WI	Penpol Chapel 2 <sup>nd</sup> Monday of the month	President: Diana Coate-Bond 01872 859028 Diana.coatebond@gmail.com Every fortnight
Tuesday 9 <sup>th</sup> July 10am	Knit, Knot & Natter	St Feock Church Community Hall	
Tuesday 9 <sup>th</sup> July 10am	Coffee Spot	Devoran Parish Centre (behind Church)	2 <sup>nd</sup> and 4 <sup>th</sup> Tuesdays
Tuesday 9 <sup>th</sup> July 1.30pm – 4.30pm Tues 9 <sup>th</sup> July 2pm – 4pm	Carnon Downs Community Art Group Carnon Downs Pain Café monthly relaxing sessions	Carnon Downs Village Hall New Hall Carnon Downs Village Hall	Patricia French 01872 865938 2 <sup>nd</sup> and 4 <sup>th</sup> Tuesday Booking required: <a href="mailto:Libbyhuddy@imagineif.net">Libbyhuddy@imagineif.net</a> or call 07496 825523 (2 <sup>nd</sup> Tues of month)
Friday 12 <sup>th</sup> July 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

Friday 12 <sup>th</sup> July	Scarecrow Competition Deadline!	Carnon Downs Community Association	Caroline 01872 864567
Saturday 13 <sup>th</sup> July 9.30 to 12 noon	Devoran Village Market – produce, crafts, refreshment, refill service, knife sharpening	Devoran Village Hall & Car Park	<a href="http://www.facebook.com/DevoranVillageMarket">www.facebook.com/DevoranVillageMarket</a> 2 <sup>nd</sup> Saturday of month
Thurs 18 <sup>th</sup> July 2-4pm	Carnon Downs Memory Café	Carnon Downs Village Hall	1 <sup>st</sup> & 3 <sup>rd</sup> Thurs of month
Thurs 18 <sup>th</sup> July 7 for 7.30pm	Devoran Gardening Club	Devoran Village Hall	<a href="mailto:j.ival@talktalk.net">j.ival@talktalk.net</a> Steve 01872 864701, Ian 01872 870170
Fri 19 <sup>th</sup> – Sun 21 <sup>st</sup> July	Scarecrow Competition	Carnon Downs Village Hall and Village	Caroline 01872 864567 <a href="mailto:carnondownsvillage@gmail.com">carnondownsvillage@gmail.com</a>
Tuesday 9 <sup>th</sup> July 1.30pm – 4.30pm	Carnon Downs Community Art Group	Carnon Downs Village Hall New Hall	Patricia French 01872 865938 2 <sup>nd</sup> and 4 <sup>th</sup> Tuesday
Friday 26 <sup>th</sup> July 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
Tues 23 <sup>rd</sup> July 10am	Knit, Knot & Natter	St Feock Church Community Hall	Every fortnight
Tues 23 <sup>rd</sup> July 10am	Coffee Spot	Devoran Parish Centre (behind church)	2 <sup>nd</sup> and 4 <sup>th</sup> Tuesdays
Sunday 28 <sup>th</sup> July 2 – 4pm	Companionship Café by Tender Loving Care	Temperance Hall	Free event <a href="http://www.nodac.co.uk">www.nodac.co.uk</a>
Tues 30 <sup>th</sup> July 10am -11.30am	Repair Café	The Hub – Carnon Community Methodist Church Hall	Last Tuesday of the month

## August early dates:

Thurs 1 <sup>st</sup> Aug 2-4pm	Carnon Downs Memory Cafe	Carnon Downs Village Hall	1 <sup>st</sup> & 3 <sup>rd</sup> Thursdays of the month
Thursday 1 <sup>st</sup> Aug 7pm for 7.30pm	Quiz Night in aid of DVH & K9 Crusaders Welfare	Devoran Village Hall	Entry £3 (1 <sup>st</sup> Thurs of month)



# Walk & Talk

## Guided Walks in Feock Parish

In conjunction with the Soroptimists

Every 2<sup>nd</sup> and 4<sup>th</sup> 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](http://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](mailto:info@feockparishcouncil.co.uk), [www.myfeock.co.uk](http://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 - Carnon Community  
Methodist Church Hall, Carnon 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](mailto:info@feockparishcouncil.co.uk)**

**[www.myfeock.co.uk](http://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.

**CARNON DOWNS**



# SCARECROW Competition



**Friday 19th to Sunday 21st July**  
**This years theme is the Paris Olympics**

Maps available from:  
MyDentist (Friday only)

Maps  
£2 each

Carnon Downs Caravan Park

Village Hall 10am - 4pm (Sat & Sun)

Results announced on Sunday 21st July  
at the Village Hall at 4.30pm

Refreshments, cakes, games and raffle  
from 3pm

To enter a scarecrow please contact:

Caroline on 01872 864567 or

Email: [carnondownsvillage@gmail.com](mailto:carnondownsvillage@gmail.com) or  
message us via Facebook

Deadline for entries 12th July

Funds raised go to The Flicka Foundation  
and Village Christmas Lights



Carnon Downs Community Association  
Carnon Downs Scarecrow Competition



Mary Berryman's  
**The Flicka  
Foundation**

Donkey Sanctuary

Registered Charity No. 110822





## 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](mailto: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 as an electronic calendar can be found on

[www.myfeock.co.uk](http://www.myfeock.co.uk)

