

# What's On in Feock Parish



## July 2025

July dates – clubs & events if not held weekly



### Events Spotlight:

**Point & Penpol Regatta Saturday 12<sup>th</sup> July from 3.15pm**

**Devoran Church Cream Tea 20<sup>th</sup> July 2.30pm**

**Repair Café Tues 29<sup>th</sup> July – Hygiene Alert!!!** vacuum cleaners must be empty, clean, with cable/battery connection 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	<a href="http://www.facebook.com/claycutters">www.facebook.com/claycutters</a> <a href="mailto:claycuttersbaseball@gmail.com">claycuttersbaseball@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/carnondowns">www.facebook.com/carnondowns</a> <a href="http://www.facebook.com/carnondownsvillage">village</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>
Sat early July 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 <sup>st</sup> Tues of month Sept to Apr 1 <sup>st</sup> Tues of month
Tues 1 <sup>st</sup> July 6.45 for 7.30pm start Thurs 1 <sup>st</sup> July 2-4pm	Feock Film Club Carnon Downs Memory Cafe	St Feock Church Community Hall Carnon Downs Village Hall	1 <sup>st</sup> & 3 <sup>rd</sup> Thursdays of the month
Thurs 5 <sup>th</sup> June 7pm for 7.30pm	Quiz Night in aid of K9 Crusaders Dog Welfare	Devoran Village Hall	£3 pp 01872 864915 Not July and August
Sat 5 <sup>th</sup> July 10am – 12 noon	Coffee, Tea and Cake Morning	Carnon Downs Bowling Club, Forth Coth.	1 <sup>st</sup> Saturday of month – £2
Sat 10am – 12 noon Not in July	Just Coffee & Cake Fundraiser	Linden Hey Garden Tea Room, Penelewey	Fundraising for St Feock Parish Church
Tuesday 8 <sup>th</sup> July 10am	Coffee Spot	Devoran Parish Centre (behind Church)	2 <sup>nd</sup> and 4 <sup>th</sup> Tuesdays

Tues 8 <sup>th</sup> July 10am – 12noon	Jozef's Dream Support Group Drop-in/ stay & play/ access to advice	The Hub Carnon Downs	2 <sup>nd</sup> Tues of month – Sue 07921 537647 Medically complex children
Tuesday 8 <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
Tues 8 <sup>th</sup> July 2pm – 4pm	Carnon Downs Pain Café monthly relaxing sessions	Carnon Downs Village Hall	Booking required: <a href="mailto:Libbyhuddy@imagineif.net">Libbyhuddy@imagineif.net</a> or call 07496 825523 (2 <sup>nd</sup> Tues of month)
Weds 9 <sup>th</sup> July 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
Tues 6.30 – 10pm	Flower Club	St Feock Church Hall	2 <sup>nd</sup> Tues of month (Apr/May/Jun) (1.30pm Feb/Mar/Oct/Nov)
Friday 11 <sup>th</sup> July 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 12 <sup>th</sup> July 9.30 to 12 noon	Devoran Village Market	Devoran Village Hall & Car Park.	<a href="https://www.facebook.com/DevoranVillageMarket">www.facebook.com/DevoranVillageMarket</a> 2 <sup>nd</sup> Saturday of month
Saturday 12 <sup>th</sup> July From 3.15pm/ Sun 13 <sup>th</sup> 10am	Point & Penpoll Regatta	Point Quay – refreshments Sunday Ecumenical Service	Facebook <a href="https://www.facebook.com/pointandpenpollregatta">@pointandpenpollregatta</a>
Tuesday 15 <sup>th</sup> July 6 -7pm	FPC Emergency Plan Drop-in Session	The Hub – Carnon Comm. Methodist Church Hall	Feock Parish Council event <a href="http://www.feockparishcouncil.gov.uk">www.feockparishcouncil.gov.uk</a>
Tues 15 <sup>th</sup> July 1pm – 3pm	Accessible Guided Walks for MSK/arthritis conds.	National Trust Treliassick, Feock	Booking: <a href="mailto:info@cornwallarthritis.org">info@cornwallarthritis.org</a>
Weds 16 <sup>th</sup> July 2pm	WI	Carnon Downs Village Hall	
Tues 7.30pm	Carnon Downs Gardeners' Association	Carnon Downs Village Hall Main Hall	<a href="mailto:Sandyball1872@gmail.com">Sandyball1872@gmail.com</a> 3 <sup>rd</sup> Tues of month Sept to Apr
Thurs 17 <sup>th</sup> July 9am -12pm	Cornwall Library Services Book Delivery / Returns	Feock Parish Council Micro Library, Devoran	Contact Cornwall Library Services 0300 1234 111 for enquiries
Thurs 17 <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
Thurs 17 <sup>th</sup> July 7pm for 7.30pm	Devoran Gardening Club (3 <sup>rd</sup> Thurs of month)	Devoran Village Hall	tbc
Fri 18 <sup>th</sup> July 6.30pm	Carnon Downs Film Club	Carnon Downs Village Hall	£4 members, £6 non-members 3 <sup>rd</sup> Friday of month – Sept to May
Sun 20 <sup>th</sup> July 2.30 - 4.30pm Sun 20 <sup>th</sup> July 4pm – 6pm	Devoran Church Summer Cream Tea Sunday Stars for 8-13yr olds	Devoran Church Rooms Devoran Parish Centre	Cakes, plant stall, raffle – all welcome 3 <sup>rd</sup> Sunday of the month. Activities and Pizza.
Tuesday 22 <sup>nd</sup> July 10am	Coffee Spot	Devoran Parish Centre (behind Church)	2 <sup>nd</sup> and 4 <sup>th</sup> Tuesdays

Tues 22 <sup>nd</sup> July 1.30pm – 4.30pm	Carnon Downs Community Art Group	Carnon Downs Village Hall	Patricia French 001872 865938 2 <sup>nd</sup> and 4 <sup>th</sup> Tuesdays
Weds 23 <sup>rd</sup> July 6.30pm – 8.30pm	Slow and Easy Folk Sessions	Devoran Village Lower Hall	<a href="mailto:devoranslowandeasy@outlook.co.uk">devoranslowandeasy@outlook.co.uk</a> 4 <sup>th</sup> Weds of month, not Aug/Dec
Friday 25 <sup>th</sup> July 12.30pm (fortnightly)	St Feock Village Lunch 2 course home cooked £7.50	St Feock Church Community Hall	Donna Bryant 07939 819392 Booking Essential!
<b>Tues 29<sup>th</sup> July 10am-11.30am</b>	<b>Repair Café</b> Donations cash only pl.	<b>The Hub Carnon Community Methodist Church Hall</b>	<b>Repairs to be received by 11am Last Tues of month</b>
Tues 29 <sup>th</sup> July 10 – 11am	Knit Knot Natter	Linden Hey Tearoom	Last Tues of month
Weds 30 <sup>th</sup> July 1.30pm – 4pm	U3A French Films	St Feock Church Community Hall	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 <a href="mailto:emarydunstan@icloud.com">emarydunstan@icloud.com</a>
9.15 – 10.15am	HIFT (High Intensity Functional Training)	Devoran Village Hall	<a href="mailto:Zoejcrouse@gmail.com">Zoejcrouse@gmail.com</a>
10.30 – 11.30am	Pilates	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
10am pick up	St Feock Community Minibus Day Trip	<i>7<sup>th</sup> Penzance, 14<sup>th</sup> Stithians Show, 21<sup>st</sup> Boscastle, 28<sup>th</sup> St Ives</i>	To book phone 07754 107835 Between 9.30am and 10.30am
12-1pm	Fit For Life 60+	Devoran Village Hall	<a href="mailto:Zoejcrouse@gmail.com">Zoejcrouse@gmail.com</a>
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 <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>tbc</i>	FREE - Book via 01872 863333 <a href="mailto:Cathy@feockparishcouncil.co.uk">Cathy@feockparishcouncil.co.uk</a> as walks can be subject to change
10am	Slow Flow Yoga	Anella Yoga Studio, Devoran	07971 238811 <a href="http://www.anellayoga.com">www.anellayoga.com</a>
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 <a href="mailto:Ruthbennettphysio@gmail.com">Ruthbennettphysio@gmail.com</a>
6.15pm 6.45 to 7.45pm Term time	Dynamic Vinyasa Yoga Iyengar Yoga (UK)	Anella Yoga Studio, Devoran Devoran Village (Lower) Hall	07971238811 <a href="http://anellayoga.com">anellayoga.com</a> £5 donation/class
7.15pm 7.15 to 8.45pm Term time 7.30pm	Pregnancy Yoga The Riverside Singers Quiz Night	Devoran Village Hall Devoran Parish Centre The Old Quay Inn, Devoran	<a href="mailto:Ruthbennettphysio@gmail.com">Ruthbennettphysio@gmail.com</a> Helen 01209 821310 07747740987 – free trial session £3 per person, booking requires 01872 863142- half time snacks
<b>WEDNESDAYS</b>			
9.15am	The Body Project	The Hub, Carnon Community Methodist Church	<a href="http://www.thinkfitcornwall.com">www.thinkfitcornwall.com</a>
9.15am	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	Community 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 14 <sup>th</sup> & 28 <sup>th</sup> May	The Wellbeing Club	Perranwell Village Hall	Sue 07817 303112 fortnightly.
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>
6.15pm	Deep Stretch + Crystal Bowls	Anella Yoga Studio, Devoran	07971 238811 <a href="http://www.anellayoga.com">www.anellayoga.com</a>
6.30pm	Devoran Cubs & Scouts	Devoran Village Hall	<a href="mailto:Harryjones61@icloud.com">Harryjones61@icloud.com</a> 07785 392377
	Devoran Explorer Scouts	Devoran Village Hall	teamleaders@devoranexplorers.org
<b>THURSDAYS</b>			
9.15am 1 <sup>st</sup> August only	Step & Strength	Devoran Village Hall	<a href="mailto:zoejcrouse@gmail.com">zoejcrouse@gmail.com</a>
9.30am 10am pick up	Yoga general, beginners, St Feock Community Minibus Day Trip	CDVH <i>3<sup>rd</sup> Pub Lunch, 10<sup>th</sup> Fowey, 17<sup>th</sup> Pub Lunch, 24<sup>th</sup> Lamorrان Gdns, 31<sup>st</sup> Pub Lunch</i>	9.30 / 11.30 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	Deep Stretch + Crystal Bowls	Anella Yoga Studio Devoran	07971 238811 <a href="http://www.anellayoga.com">www.anellayoga.com</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 Sept - June
2pm	Whist Drive	CDVH	
3.15 to 4.15pm	Physio-Led Pilates	Devoran Village Hall	<a href="mailto:Ruthbennettphysio@gmail.com">Ruthbennettphysio@gmail.com</a>
5pm	Slice Pizza Van	Carnon Downs Village Hall	<a href="http://www.slicepizzacornwall.com">www.slicepizzacornwall.com</a>
6.15pm	Iyengar Yoga	CDVH	
6.30pm	Gentle Flow Yoga	Anella Yoga Studio, Devoran	07971 238811 <a href="http://www.anellayoga.com">www.anellayoga.com</a>
<b>FRIDAYS</b>			
9.30am to 11am Term time only	Tots & Toys Stay & Play Toddler Group	Devoran Village Hall	07702 800248 <a href="mailto:Jane@thewatersidechurches.com">Jane@thewatersidechurches.com</a>
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 <a href="http://www.ceilidhcornwall.com">www.ceilidhcornwall.com</a>
6.15 – 7.15pm	Restorative + Reiki	Anella Yoga Studio Devoran	07971 238811 <a href="http://anellayoga.com">anellayoga.com</a>
<b>SATURDAYS</b>			
10am	Vinyasa	Anella Yoga Studio, Devoran	07971 238811 <a href="http://www.anellayoga.com">www.anellayoga.com</a>
10.30am	Youth Theatre	CDVH	
please check	Perranwell Football Club	St Feock Church Com. Hall	
1.30pm	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>
9.30 -10.30	Pilates	Anella Yoga Studio Devoran	07971 238811 <a href="http://anellayoga.com">anellayoga.com</a>
10am	Church Service	Waterside Churches Devoran & St Feock	01872 276357
10.45 – 11.45am	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="https://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>

**Deadline for events for inclusion in August 'What's On' is 23<sup>rd</sup> July 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**

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**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](mailto:myfeock@feockparishcouncil.gov.uk)

Walk meeting points are listed on our websites  
[www.myfeock.co.uk](http://www.myfeock.co.uk) - [www.feockparishcouncil.gov.uk](http://www.feockparishcouncil.gov.uk)





**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](mailto:myfeock@feockparishcouncil.gov.uk)

[www.myfeock.co.uk](http://www.myfeock.co.uk)  MyFeock Wellbeing 01872 863333



## 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](mailto: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](http://www.myfeock.co.uk)

