

What's On in Feock Parish



September 2024



DAILY MONDAYS

9 - 12noon	Carnon 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
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>2nd Bude, 16th Tintagel, 23rd Padstow, 30th Fowey</i>	To book phone 07754 107835 Between 9.30am and 10.30am
12-1pm	Functional Strength	Devoran Village Hall	Zoejcrouse@gmail.com
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 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>10th Roundwood Quay Walk 5 Feock Trails, 24th Penpol Walk 6 Feock Trails</i>	FREE - Book via 01872 863333 Cathy@feockparishcouncil.co.uk As walks can be subject to change
10am pick up	St Feock Community Minibus Day Trip	<i>10th Widdecombe Fair</i>	To book phone 07754 107835 Between 9.30am and 10.30am
10am	Slow Flow Yoga	Anella Yoga Studio, Devoran	07971 238811 www.anellayoga.com
12.30pm and 1.45pm	Pilates for Life – Gentle Pilates	Carnon Downs Village Hall	Sarah Trotter

4.30 to 7pm 5.45pm	Fish, Chip & Pizza Van Kettlebells	Forth Coth, Carnon Downs The Hub, Carnon Community Methodist Church	Carnon Campsite from 7.15pm www.thinkfitcornwall.com
6pm	Physio-Led Pilates	Devoran Village Hall	Ruthbennettphysio@gmail.com
6.15pm 6.30pm	Dynamic Vinyasa Yoga Circuits	Anella Yoga Studio, Devoran The Hub, Carnon Community Methodist Church	07971238811 anellayoga.com www.thinkfitcornwall.com
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	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	Pilates	Devoran Village Hall	Zoejcrouse@gmail.com
9.30am – 12 noon	Produce Van	Devoran Village Hall	
10.15am 10.30am	Vinyasa Yoga Functional Strength	Anella Yoga Studio, Devoran Devoran Village Hall	07971238811 anellayoga.com 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	The Wellbeing Club	Perranwell Village Hall 4 th and 18 th Sept	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 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

9.15am 1 st August only	Step & Strength	Devoran Village Hall	zoejcrouse@gmail.com
10am pick up	St Feock Community Minibus Day Trip	5 th Mevagissey, 12 th The Lizard, 19 th Cotehele, 26 th Bodmin Moor/Jamaica Inn	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	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
3.15 to 4.15pm	Physio-Led Pilates	Devoran Village Hall	Ruthbennettphysio@gmail.com
4.30pm	Circuits R Us – all abilities welcome	Carnon Downs village Hall	Contact: Claire 07792 046151 www.circuitsrus.co.uk
5.45pm	Think Fit Workout of the Week	The Hub, Carnon Community Methodist Church	www.thinkfitcornwall.com
5pm	Slice Pizza Van	Carnon Downs Village Hall	www.slicepizzacornwall.com
6.30pm	Gentle Flow Yoga	Anella Yoga Studio, Devoran	07971 238811 www.anellayoga.com
7.30pm	Zumba with Charlotte	Carnon Downs Village Hall	07810 711832
FRIDAYS			
9.30am to 11am Term time only	Tots & Toys Stay & Play Toddler Group	Devoran Village Hall	07702 800248 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!
2.20pm	Wesley Guild	The Hub – Carnon Community Methodist Church Hall	
SATURDAYS			
9am	Dynamic Vinyasa	Anella Yoga Studio, Devoran	07971 238811 www.anellayoga.com
10.30am	Slow Flow Yoga	Anella Yoga Studios, Devoran	07971238811 anellayoga.com
1.30pm	Perranwell Football Club Produce Van	Tregye Pitch, Carnon Downs Devoran Village Hall Car Park	07971 951201 Except Village Market days
SUNDAYS			
9am	Tiny Toes Ballet	Devoran Village Hall	Tinytoesballet.co.uk/cornwall
10am	Church Service	Waterside Churches Devoran & St Feock	01872 276357
10am	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

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	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
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
Tues 3 rd Sept 10am	Knit, Knot, Natter	St Feock Community Church Hall	Every fortnight
Tues 3 rd Sept 6.45 for 7.30 screening	Film Club – 'Brassed Off' comedy drama	St Feock Church Community Hall	
Weds 4 th Sept 10am – 10.25am 10.40am – 11am	Cornwall Council Mobile Library	Smithy Lane, Carnon Downs Penpol car park	Monthly on Wednesdays
Thurs 5 th Sept 2-4pm	Carnon Downs Memory Cafe	Carnon Downs Village Hall	1 st & 3 rd Thursdays of the month
Tuesday 3 rd Sept 10am	Knit, Knot & Natter	St Feock Church Community Hall	Every fortnight
Tues 3 rd Sept 7.15pm	Carnon Downs Old Cornwall Society	Carnon Downs Village Hall	Yvonne Frankston 01872 870463 1 st Tues of month Sept to Apr
Friday 6 th Sept 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
Monday 9 th Sept 2pm	Point& Penpol WI	Penpol Chapel 2 nd Monday of the month	President: Diana Coate-Bond 01872 859028 Diana.coatebond@gmail.com

Tuesday 10 th Sept 10am	Coffee Spot	Devoran Parish Centre (behind Church)	2 nd and 4 th Tuesdays
Tuesday 10 th Sept 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 10 th Sept 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) www.facebook.com/DevoranVillageMarket 2 nd Saturday of month
Saturday 14 th Sept 9.30 to 12 noon	Devoran Village Market – produce, crafts, refreshment, etc	Devoran Village Hall & Car Park	
Sat 14 th Sept 10am – 12 noon	Just Coffee & Cake	Linden Hey Tea Room, Penelewey	St Feock Church Fundraising
Tues 17 th Sept 10am	Knit, Knot, Natter	St Feock Church Community Hall	Every fortnight
Tues 17 th Sept 7.30pm	Carnon Downs Gardeners' Association	Carnon Downs Village Hall Main Hall	Sandyball1872@gmail.com 3 rd Tues of month Sept to Apr
Thurs 19 th Sept 2-4pm	Carnon Downs Memory Café	Carnon Downs Village Hall	1 st & 3 rd Thurs of month
Thurs 19 th Sept 7 for 7.30pm	Devoran Gardening Club (3 rd Thurs of month)	Devoran Village Hall	jivall@talktalk.net Steve 01872 864701, Ian 01872 870170
Friday 20 th Sept 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
Fri 20 th Sept 6.30pm	Carnon Downs Film Club	Carnon Downs Village Hall	£4 members, £6 non-members 3 rd Friday of month – Sept to May
Mon 23 rd Sept 4.30 –6pm	Singing for Peace & Wellbeing	Devoran Lower Village Hall	4 th Mon of month
Tues 24 th Sept 10am	Coffee Spot	Devoran Parish Centre (behind church)	2 nd and 4 th Tuesdays
Tuesday 24 th Sept 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 24 th Sept 7 for 7.30pm	Kenwyn Valley Flower & Garden Club	Carnon Downs Village Main Hall	Glennis Beard 01872 560509 4 th Tues of month (not Aug/Dec)
Weds 25 th Sept 1.30pm – 4pm	U3A French Films	St Feock Church Community Hall	Genevieve Rosier 01872 273333 Last Weds of month
Weds 25 th Sept 6.30pm – 8.30pm	Slow and Easy Folk Sessions	Devoran Village Lower Hall	devoranslowandeasy@outlook.com 4 th Weds of month, not Aug/Dec
Weds 25 th Sept	Paint & Sip Night	Punchbowl & Ladle Pub	Monthly art sessions – see Art & Wine Cornwall Facebook
Tues 1st October 10am – 11.30am	Repair Café	The Hub Carnon Community Methodist Church	Repairs to be received by 11am please.



Walk & Talk

Guided Walks in Feock Parish

In conjunction with the Soroptimists

Every 2nd and 4th 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, 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, 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

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 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 as an electronic calendar can be found on

www.myfeock.co.uk

