

What's On in Feock Parish



January 2025

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>Pub Lunches on 6th, 13th, 20th 27th various locations</i>	To book phone 07754 107835 Between 9.30am and 10.30am
12-1pm	Fit For Life 60+	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>14th Devoran Walk No.4, 28th Mylor Bridge.</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
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 www.thinkfitcornwall.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	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
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	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 11 th Christmas Party	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	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	<i>Pub Lunches 9th, 16th, 23rd, 30th various locations</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 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

Christmas tree recycling www.chsw.uk by donation

January dates - clubs & events if not held weekly

Various dates	“Swim Together” social sea swimming group	Loe Beach 5 th , 11 th , 19 th , 25 th Jan	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
Thurs 2 nd Jan 2-4pm	Carnon Downs Memory Cafe	Carnon Downs Village Hall	1 st & 3 rd Thursdays of the month
Sat 4 th Jan 9am	Wellbeing Trail Rides on the Bissoe Cycle Trail	Kernow Racing Team – start venue tbc	See Kernow Cycle Team Facebook Monthly Saturdays
Tues 4 th Feb 6.45 for 7.30 screening	Film Club	St Feock Church Community Hall	1 st Tues of month
Tues 7 th Jan 7.15pm	Carnon Downs Old Cornwall Society	Carnon Downs Village Hall Social Evening ‘Dew Vardh’	Lewishock@aol.com 1 st Tues of month Sept to Apr
Thurs 6 th Feb 7pm for 7.30pm	Quiz Night – DVH & K9 Crusaders	Devoran Village Hall Oct-Apr (not Jan) 1 st Thurs	Entry fee: £3 per person, 6 max per team 01872 864915
Friday 10 th Jan 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 11 th Jan 9.30 to 12 noon	Devoran Village Market Shanty Tickets on sale!	Devoran Village Hall & Car Park.	www.facebook.com/DevoranVillageMarket 2 nd Saturday of month
Tuesday 14 th Jan 10am	Coffee Spot	Devoran Parish Centre (behind Church)	2 nd and 4 th Tuesdays
Tuesday 14 th Jan 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 14 th Jan 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)
Thurs 16 th Jan 9am -12pm	Cornwall Library Services Book Delivery	Feock Parish Council Micro Library, Devoran	Contact Cornwall Library Services 0300 1234 111 for enquiries
Thurs 16 th Jan 2-4pm	Carnon Downs Memory Café	Carnon Downs Village Hall	1 st and 3 rd Thurs of the month

Thurs 16 th Jan 7pm for 7.30pm	Devoran Gardening Club (3 rd Thurs of month)	Devoran Village Hall	j.ival@talktalk.net Steve 01872 864701, Ian 01872 870170
Fri 17 th Jan 6.30pm	Carnon Downs Film Club	Carnon Downs Village Hall	£4 members, £6 non-members 3 rd Friday of month – Sept to May
Sat 18 th Jan 7pm for 7.30pm	Stuns'ls Cornish Shanty Group	Devoran Village Hall Tickets from Village market	£8 advance/£10 on the door U16s £3 ad/£5 on door.
Tues 21 st Jan 7.30pm	Carnon Downs Gardeners' Association	Carnon Downs Village Hall Main Hall	Sandyball1872@gmail.com 3 rd Tues of month Sept to Apr
Weds 22 nd Jan 10am – 10.25am 10.40am – 11am	Cornwall Council Mobile Library	Smithy Lane, Carnon Downs Penpol car park	Monthly on Wednesdays
Weds 22 nd Jan 6.30pm – 8.30pm	Slow and Easy Folk Sessions	Devoran Village Lower Hall	devoranslowandeasy@outlook.com 4 th Weds of month, not Aug/Dec
Friday 24 th Jan 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 28 th Jan 10am	Coffee Spot	Devoran Parish Centre (behind Church)	2 nd and 4 th Tuesdays
Tues 28 th Jan 10am-11.30am	Repair Café	The Hub Carnon Community Methodist Church Hall	Repairs to be received by 11am
Tues 28 th Jan 1.30pm – 4.30pm	Carnon Downs Community Art Group	Carnon Downs Village Hall	Patricia French 001872 865938 2 nd and 4 th Tuesdays
Weds 29 th Jan 1.30pm – 4pm	U3A French Films	St Feock Church Community Hall	Genevieve Rosier 01872 273333 Last Weds of month



Group Spotlight:

Room in this space:

Would your group like to be featured in future editions? Have you received new equipment, or have a milestone celebration, or just want to share the fun you have doing what you love in your club, group or society?

Deadline for February 'What's On' is 24th January 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 (no PAT testing)**
 - ✓ **Clothing & textiles - mending, zips, darning, repairs**
 - ✓ **Soft toys, knitting and crochet**
 - ✓ **Minor jewellery repairs**
 - ✓ **Technology**
- ✓ **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**

**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



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

