

What's On in Feock Parish



August 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

Not in August

10.30 – 11.30am

Pilates

Devoran Village Hall

Zoejcrouse@gmail.com

Not in August

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

tbc

To book phone 07754 107835
Between 9.30am and 10.30am

12-1pm

Functional Strength

Devoran Village Hall

Zoejcrouse@gmail.com

Not in August

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

Not in August

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

Not running in August – next date 10th September Trelissick Walk 9 Feock Trails.

FREE - Book via 01872 863333

Cathy@feockparishcouncil.co.uk

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

Fish, Chip & Pizza Van

Forth Coth, Carnon Downs

Carnon Campsite from 7.15pm

5.45pm

Kettlebells

The Hub, Carnon Community Methodist Church

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 7.15 to 8.45pm Term time 7.30pm	Pregnancy Yoga The Riverside Singers P90X	Devoran Village Hall Devoran Parish Centre The Hub, Carnon Community Methodist Church	Ruthbennettphysio@gmail.com Helen 01209 821310 07747740987 – free trial session www.thinkfitcornwall.com

WEDNESDAYS

9.15am	The Body Project	The Hub, Carnon Community Methodist Church	www.thinkfitcornwall.com
9.15am not August 9.30am – 12 noon	Pilates Produce Van	Devoran Village Hall Devoran Village Hall	Zoejcrouse@gmail.com
10.15am 10.30am 10.30am to noon	Vinyasa Yoga Functional Strength Coffee Morning	Anella Yoga Studio, Devoran Devoran Village Hall The Hub, Carnon Community Methodist Church	07971238811 anellayoga.com Zoejcrouse@gmail.com
12 noon	Zest for Life Men's Pilates	Devoran Village Hall	Zoejcrouse@gmail.com
11am to 1pm	Perranwell Health & Wellbeing Hub (10 th , 24 th)	Perranwell Village Hall	Sue 07817 303112 or Vicky.taylor@imagineif.net
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 6pm 6pm	Pilates Pilates Gentle with Lucy Fal & Truro Chess Club	Devoran Village Hall Chycara Carnon Downs village Hall	Zoejcrouse@gmail.com Book online www.lapilates.co.uk 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	St Feock Community Minibus Day Trip	<i>tbc</i>	To book phone 07754 107835 Between 9.30am and 10.30am

10am to 12 noon Not running in August – back in September	'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 1 st August only	Zest for Life Pilates	Devoran Village Hall	zoeicrouse@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

August 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
Thurs 1 st Aug 2-4pm	Carnon Downs Memory Cafe	Carnon Downs Village Hall	1 st & 3 rd Thursdays of the month
Tuesday 6 th Aug 10am	Knit, Knot & Natter	St Feock Church Community Hall	Every fortnight
Weds 7 th Aug 9am – 3pm	Musical Theatre Summer Workshops - for primary school age children	Devoran Village Hall	£25 per day/£45 for 2 days Kathryn 07891 675753 khdaprincipal@gmail.com www.kh-danceacademy.co.uk
Thurs 8 th Aug 9am – 3pm	Musical Theatre Summer Workshops	Devoran Village Hall	£25 per day/£45 for 2 days Kathryn 07891 675753 khdaprincipal@gmail.com www.kh-danceacademy.co.uk
Friday 9 th Aug 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
Saturday 10 th Aug 9.30 to 12 noon	Devoran Village Market – produce, crafts, refreshment, refill service, knife sharpening	Devoran Village Hall & Car Park	www.facebook.com/DevoranVillageMarket 2 nd Saturday of month

Saturday 10 th Aug	Cheese & Wine Social plus live music with Lisa, Quiz, Licensed Bar, Raffle proceeds to CD Memory Cafe	Carnon Downs Bowls Club Forth Coth.	Tickets £12.50 from Amanda 07712 219170 / Jackie 07582 340771.
Monday 12 th Aug 2pm	Point& Penpol WI	Penpol Chapel 2 nd Monday of the month	President: Diana Coate-Bond 01872 859028 Diana.coatebond@gmail.com
Tuesday 13 th Aug 10am	Coffee Spot	Devoran Parish Centre (behind Church)	2 nd and 4 th Tuesdays
Tuesday 13 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 13 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)
Weds 14 th Aug 9am – 3pm	Musical Theatre Summer Workshops - for primary school age children	Devoran Village Hall	£25 per day/£45 for 2 days Kathryn 07891 675753 khdapincipal@gmail.com www.kh-danceacademy.co.uk
Thurs 15 th Aug 9am – 3pm	Musical Theatre Summer Workshops	Devoran Village Hall	£25 per day/£45 for 2 days Kathryn 07891 675753 khdapincipal@gmail.com www.kh-danceacademy.co.uk
Thurs 15 th Aug 2-4pm	Carnon Downs Memory Café	Carnon Downs Village Hall	1 st & 3 rd Thurs of month
Thurs 18 th July 7 for 7.30pm	Devoran Gardening Club	Devoran Village Hall	j.ival@talktalk.net Steve 01872 864701, Ian 01872 870170
Friday 23 rd Aug 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
Sunday not running in Aug 2-4pm	Companionship Cafe	Temperance Hall Penryn www.NODAC.co.uk	Organiser: No One Dies Alone Cornwall CIC. No need to book: admin@nodac.co.uk
Tues 20 th Aug 10am	Knit, Knot & Natter	St Feock Church Community Hall	Every fortnight
Tues 27 th August 10am – 11.30am	Repair Café	The Hub Carnon Community Methodist Church	Repairs to be received by 11am please.
Tues 27 th Aug 10am	Coffee Spot	Devoran Parish Centre (behind church)	2 nd and 4 th Tuesdays
Tuesday 27 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



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 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

