

What's On in Feock Parish



November 2024



DAILY MONDAYS

9 - 12noon

Carnon Needle & Craft Group

Carnon Downs Village Hall

Mary 07977 625948

emarydunstan@icloud.com

More info in 'Group Spotlight Feature' – see page 6

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

4th Bodmin Grdn Cntr, 11th Penzance, 18th Lanhydrock, 25th Trelawney Grdn Cntr

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

12th Carnon Downs Walk 2 Tregoose & Tresithick, 26th Stickenbridge/Prrnrwrthll

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

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	Dynamic Vinyasa Yoga	Anella Yoga Studio, Devoran	07971238811 anellayoga.com
6.30pm	Circuits	The Hub, Carnon Community Methodist Church	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 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
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 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
6.15pm	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>7th Looe, 14th Lostwithiel, 21st Padstow, 28th Plymouth</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

November 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 Tues 1 st October 10am – 11.30am	Carnon Downs Village Hall Car Park Repair Cafe	Carnon Downs Campsite from 7.15 The Hub Carnon Community Methodist Church Hall	www.facebook.com/CarnonDownsCAMC Items to be received by 11am please.
Sat 2 nd Nov 11am – 2pm	Winter Fayre – raffle, cakes, crafts etc	Kea Community Centre, Playing Place	In aid of Cornwall Cat Centre
Sat 2 nd Nov 6pm Fireworks 7pm	Bonfire & Fireworks Party	Devoran Quay	£5 Adult - £1 Child cash only event Add to bonfire from noon 26 th Oct
Tues 5 th Nov 10am	Knit, Knot, Natter	St Feock Community Church Hall	Every fortnight
Tues 5 th Nov 6.45 for 7.30 screening	Film Club – ‘Swimming With Men’ comedy	St Feock Church Community Hall	1 st Tues of month
Tues 5 th Nov 7.15pm	Carnon Downs Old Cornwall Society	Carnon Downs Village Hall	Lewishock@aol.com 1 st Tues of month Sept to Apr
Thurs 7 th Nov 7 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
Thurs 7 th Nov 2-4pm	Carnon Downs Memory Cafe	Carnon Downs Village Hall	1 st & 3 rd Thursdays of the month
Fridays 12.30pm (fortnightly)	St Feock Village Lunch 2 course home cooked lunch £6.50	St Feock Church Community Hall	Donna Bryant
Saturday 9 th Nov 9.30 to 12 noon	Devoran Village Market – produce, crafts, refreshment, etc	Devoran Village Hall & Car Park. Get Your Christmas Draw and January Shanty Concert tickets.	www.facebook.com/DevoranVillageMarket 2 nd Saturday of month

Sat 9 th Nov 10am – 12 noon	Just Coffee & Cake	Linden Hey Tea Room, Penelewey	St Feock Church Fundraising
Tuesday 12 th Nov 10am	Coffee Spot	Devoran Parish Centre (behind Church)	2 nd and 4 th Tuesdays
Tuesday 12 th Nov 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 12 th Nov 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)
Fri 15 th Nov 6.30pm	Carnon Downs Film Club	Carnon Downs Village Hall	£4 members, £6 non-members 3 rd Friday of month – Sept to May
Sat 16 th Nov 9am	Wellbeing Trail Rides on the Bissoe Cycle Trail	Kernow Racing Team – start venue tbc	See Kernow Cycle Team Facebook Monthly Saturdays
Sat 16 th Nov 10am -12.30pm	Devoran Church Autumn Coffee Morning	Devoran Village Hall	Gift & Cake stalls, Bric-a-Brac, Home Produce, Raffle, etc
Tues 19 th Nov 7.30pm	Carnon Downs Gardeners' Association	Carnon Downs Village Hall Main Hall	Sandyball1872@gmail.com 3 rd Tues of month Sept to Apr
Thurs 21 st Nov 2-4pm	Carnon Downs Memory Café	Carnon Downs Village Hall	1 st & 3 rd Thurs of month
Thurs 21 st Nov 7pm for 7.30pm	Devoran Gardening Club (3 rd Thurs of month)	Devoran Village Hall	j.ivall@talktalk.net Steve 01872 864701, Ian 01872 870170
Friday 12.30pm (fortnightly)	St Feock Village Lunch 2 course home cooked lunch £6.50	St Feock Church Community Hall	Donna Bryant
Sat 23 rd Nov 7.30pm	Music for Advent – Truro Choral Society	Truro Cathedral www.tickettailor.com/events /trurochoralsociety	£20 pre booked £22 on the door 01209 312505
Sunday 24 th Nov 2.30pm	'A Tea Treat Concert' Katryn Roberts & Sean Lakeman	Devoran Village Hall (afternoon tea for addit. Small charge)	Tickets: £13.50 – 01872 274555 www.visittruro.org.uk
Mon 25 th Nov 4.30 -6pm	Singing for Peace & Wellbeing	Devoran Lower Village Hall	4 th Mon of month
Tues 26 th Nov 10am	Coffee Spot	Devoran Parish Centre (behind church)	2 nd and 4 th Tuesdays
Tues 26 th Nov 10am	Knit, Knot, Natter	St Feock Church Community Hall	Every fortnight
Tues 26 th Nov 10am – 11.30am	Repair Café	The Hub Carnon Community Methodist Church	Repairs to be received by 11am please.
Tuesday 26 th Nov 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

Weds 27th Nov
10am – 10.25am
10.40am – 11am

Cornwall Council Mobile
Library

Smithy Lane, Carnon Downs
Penpol car park

Monthly on Wednesdays

Weds 27th Nov
1.30pm – 4pm

U3A French Films

St Feock Church Community
Hall

Genevieve Rosier 01872 273333
Last Weds of month

Weds 27th Nov
6.30pm – 8.30pm

Slow and Easy Folk
Sessions

Devoran Village Lower Hall

devoranslowandeasy@outlook.com
4th Weds of month, not Aug/Dec



New Feature!

Group Spotlight: Carnon Needle & Craft Group

Carnon Needle & Craft Group would like to welcome new members. Our aim is to enjoy and promote all craft, while making friends and learning from each other. Some current projects include crochet, tatting, embroidery, beading, and paper crafts.

We also have occasional Guest Speakers and Demonstrations and support local charities. So do come along and join us. We meet every Monday morning from 9am – noon at Carnon Downs Village Hall.

If you have any questions, please contact Mary Dunstan on 07977 625948.



Here are the Group with items they have made and donated to the Friends of the Hospital.

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?



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





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 as an electronic calendar can be found on

www.myfeock.co.uk

