



COMMUNITY NEWS

STRENGTH & CONDITIONING

6 week *with Sequoia Movement* Development Programme

STARTS: 26TH OCTOBER - 30TH NOVEMBER 2022

EVERY WEDNESDAY 9:15AM - 10:15AM

SEQUOIA MOVEMENT, DEVORAN, CORNWALL, TR3 6PQ

£60 PER PERSON (JUST £10 PER WORKSHOP)

Receive world class, professional coaching and develop the skills and knowledge needed to build your strength, increase range of motion and bulletproof your body for years to come.

Suitable for complete beginners and non-members, this course has been designed to get you fitter and stronger in 6 weeks. It will teach you how to build effective training programmes, execute some of the most powerful movements for building strength and coach you in how to get the very best out of your training.

TO BOOK YOUR SPOT PLEASE DROP US
A MESSAGE TODAY OR SCAN THE QR CODE TO ACCESS
OUR BOOKING SITE.



@sequoiamovement

www.sequoiamovement.com



A message from the organiser of Devoran Village Market.

URGENT-Help needed to continue Devoran Village Market

I have been organising Devoran Village Market for 6 years and I believe it has been most successful. After the lockdowns the number of produce stall holders has fallen and I continue to search for others to provide the produce that shoppers at the market tell me that they appreciate. Unfortunately, I am now unable to do this on my own due to ill health and 'age'. Further, the number of helpers has fallen for the same reasons as myself.

I am now looking for a group of people to take over these roles to start sometime in 2023. I am prepared to give admin support to anyone taking on the running of the market.

Please contact me for more information:-

email devoranvillagemarket@outlook.com or telephone 07949 823800

Sue Thomas



Train to Teach

Join our online information session
Primary (3-7, 5-11)
20th Oct 4-5pm
[Click here to book](http://www.cornwallscitt.org)
www.cornwallscitt.org



CHRISTMAS EVENING

**St Austell Brewery
Saturday December 10th
5pm to 7.30pm
Christmas Carols
Stalls
Elf workshop & Mrs Claus
Raffle**

**citizens
advice**

Cornwall
Charity number 1096092

Adults: £10 which includes a glass of mulled wine or apple juice

**Children: £6 which includes a gift from Mrs Claus and a visit to
the Elf Workshop**

Tickets are available on Eventbrite:

eventbrite.co.uk/e/christmas-evening-tickets-435597242077

For further information email

tamsin@citizensadvicecornwall.org.uk

Photo by Christina Winter on Unsplash

A photograph of a woman and a young child sitting at a wooden table. The woman is on the left, wearing a white cardigan over a white top, and is looking down at a map on the table. The child is on the right, wearing a dark blue long-sleeved shirt and blue jeans, and is also looking at the map. The background is a wooden wall.

Does your child suffer with sleep issues?

Do you struggle
with your child's
bedtime?

Will your child
not sleep in
their own bed?

WE CAN HELP

A white line-art icon of a telephone handset, positioned to the left of the phone number.

03303 530 541
Sunday - Tuesday & Thursday 7pm - 9pm
Wednesday 9am - 11am



**Around 50% of
children will have
a sleep issue at
some point***

WHAT IS THE NATIONAL SLEEP HELPLINE?

In partnership with Furniture Village, The Sleep Charity has launched a brand new National Sleep Helpline to ensure that everyone has access to high quality, evidence-based advice.

HOW CAN THE NATIONAL SLEEP HELPLINE HELP YOU?

- Run by a team of specialist trained sleep advisors
- Offer you some practical strategies and recommend services that could help
- Ensuring you understand how sleep plays an important part in your child's mental health and wellbeing
- Listen without judgement and help you decide what next steps are right for you
- Empower you with sleep knowledge so you can understand why your child might not be sleeping well and how that can change

03303 530 541

Sunday - Tuesday & Thursday 7pm - 9pm
Wednesday 9am - 11am

POWERED BY



IN PARTNERSHIP WITH

Furniture
Village

DO YOU LOVE TO SING?



CORNWALL
Youth
CHOIRS

If you enjoy singing and would like to be part of a vibrant choir of young singers, no experience required, come and join us! We would love to meet you!

Email hub@asoneperform.com for more information about joining one of our choirs.

Supported using public funding by



**ARTS COUNCIL
ENGLAND**



50°30'15"N

004°50'40"W

Bark Run!

The most barked about event of the year for our paw-some supporters and two legged friends.

Sign up to our bespoke

5k walk/run

Around the gardens, woodland and private parkland of National Trust

Trelissick, Feock

Sunday 30th October

9:00am



visit: cornwallmind.org



With thanks to our event partners
Rosemullion Vets and the National Trust.
In conjunction with Truro Boscawen
Rotary Club.



Truro Boscawen
Rotary
Club



Take the lead

and join the fight for better mental health!

 **Mind Cornwall**

HAIRE PROJECT PRESENTS

MUSIC NIGHT

FEATURING - THE AGGIE FOLK BAND,
SAXOTONICS, STEVE NIXON & BERT BISCOE

FRIDAY 28TH OCTOBER, 7PM AT ST FEOCK CHURCH

DONATIONS WELCOME ON NIGHT - RAISING
FUNDS FOR HIDDEN HELP & ST FEOCK CHURCH.
REFRESHMENTS AVAILABLE.



WWW.MYFEOCK.CO.UK
01872 863333
BEX@FEOCKPARISHCOUNCIL.CO.UK





Would you and your child be interested in helping with research at University College London?

What is it about? We have a range of studies focused on understanding how the autistic mind works, and how it differs from non-autistic development. Our research looks at sensory reactivity, social cognition, and the effect of culture in autistic children.

Who is it for? We are looking for non-autistic, bilingual 4-7-year-old kids to take part with their parent/carer (as well as autistic 4+-year-olds).

What's involved? Children will take part in some simple word games, story tasks and picture tasks. Parents will be asked to fill in some questionnaires.

Where? These projects can take place via video call, so no need for you to travel to UCL.

How long does it take? This could be as little as 1 hour to as much as 4 hours. You are welcome to take part in as many or as few studies as you like, and we can break up the activities across different sessions.

In return. You will receive an Amazon voucher or bank transfer to thank you for your time and effort.

Anything else? We are also looking for mothers of autistic or non-autistic children to take part in an in-person research study at UCL.

Interested? Please contact Maryna on m.nosyk.17@ucl.ac.uk to learn more about these projects.

NEED A BABYSITTER?

*I am Finn Costa (15), older brother of 3,
so very good with children.
Can travel from Devoran to Feock.*

*Please call or text/Whatsapp:
Meisha on 07890 995681*

General Kitchen Assistant Vacancies

We are looking for two General Kitchen Assistants to work 16 hours a week during the lunchtime period, approx. 3 hours a day 11-2.

1st - Monday to Friday - Term time only based in one of our Truro schools. (38 working weeks)

2nd - Monday to Friday - Term time only, as a Mobile Catering Assistant. Must be able to drive and have your own car. Traveling costs will be paid. (39 working weeks)

Duties

General kitchen duties as directed by the Catering Manager (making baguettes and sandwiches and light prep), washing up, serving the students their lunchtime meal, clearing tables and chairs etc.

You will work 38/39 weeks a year and also receive 4.8 weeks holiday pay. The money is then spread over 12 months so that you will receive a salary every month.

This type of position would suit a person who has children at school as it is term time only or a person looking for a job that has a lot of holidays.

Enhanced DBS needs to be completed for this role (paid for by us)

If you would like to join our team

Please Email: Katie.cooper@mitie.com



 *Autograph*
POD BY ENTHUSIAISM

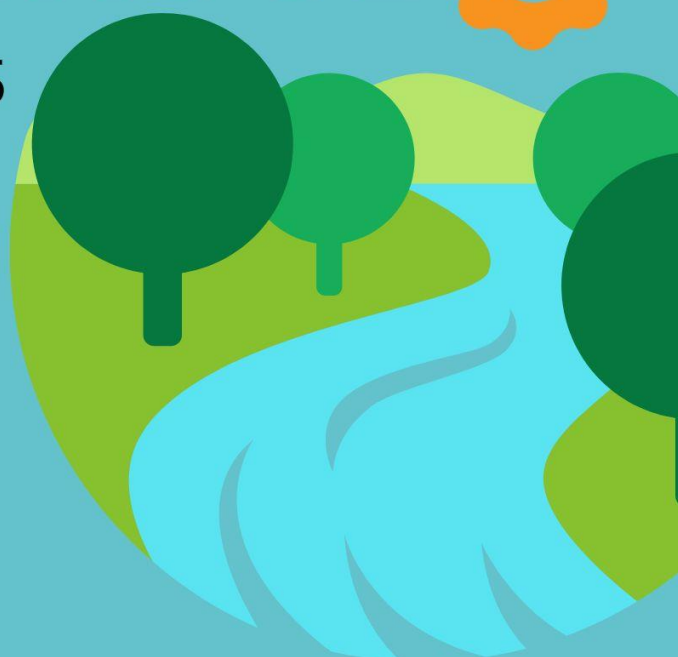
FOOD
FARM

DEVORAN PRE-SCHOOL



01872 859885

PLACES
AVAILABLE
NOW FOR 2
TO 4 YEAR
OLDS



NEW EXTENDED HOURS

MON - 8AM-3PM

TUE - 8AM-5PM

WED - 8AM-3PM

THU - 8AM-5PM

FRI - 9AM-3PM



DEVORANPRESCHOOL.CO.UK
MANAGER@DEVORANPRESCHOOL.CO.UK

**What is coming up
this autumn.**



As our very hot summer draws to a close the Hall will start to come to life again with activities and events.

Whether you are looking to keep fit, find a new hobby or meet people there is something for everyone.

If you would like further details of any of the activities or events please contact the organisers directly.

We hope we haven't missed anyone, please let us know if we have.

Keep an eye on the Hall's Facebook page for any new activities or events.

FITNESS



**ZESTFORLIFEFITNESS
AT DEVORAN VILLAGE HALL**

Zest for Life

MONDAY

**Total Body
Workout
9.15-10.15**

**Pilates
10.30-11.30**

FRIDAY STEP

9.00-10.00

**Pilates
10.30-11.30**

WEDNESDAY

**Gentle Pilates
9.15-10.15**

**Functional
Strength
10.30-11.30**

**Men's Pilates
12-1pm**

**Pilates
4-5pm**

**Booking essential
www.zestforlifefitness.com
Block Discounts Available**



Physio-led Pilates & Pregnancy Yoga

Ruth Bennett
PHYSIO

Pilates

Tuesdays: 6-7pm

Thursdays: 3-4pm

Pregnancy Yoga

Tuesdays 7:15-8:15pm

Parent & Baby Yoga

Thursdays 1:30-2:30pm

ruthbennettphysio@gmail.com

Adult Education Tai Chi

Tuesday 10.00 - 11.30

Contact Melanie Small

melanies@truro-penwith.ac.uk

WILD GOOSE QIGONG FOR PROFOUND RELAXATION
BRINGING YOU TO HEALTH

Classes on Wednesdays

QIGONG 6.00PM – 7.00PM

CHUN YUEN QUAN 7.00PM – 8.00PM

BEGINNERS ARE VERY WELCOME
AND CAN START AT ANY TIME

PLEASE CALL 07774 282087
TO CHECK THERE IS SPACE

LEARN TO PROFOUNDLY RELAX
AND BECOME HEALTHIER

Wild Goose (Dayan) Qigong
and

Chun Yuen Quan (Northern Shaolin Skill)

Taught at your own pace
in Devoran

on Wednesdays
by Sifu Vanessa Backus

Authorised Instructor

<http://www.qigongcornwall.com>

COMMUNITY



COFFEE & CHAT

@ DEVORAN VILLAGE HALL

A HAIRE Project Initiative

**10.00 – 11.45am,
3rd Monday of Every Month**

A friendly place to meet & chat

Fresh Coffee & Homemade Cake

Local Service Information

Run by friendly volunteers



Interreg 
2 Seas Mers Zeeën
HAIRE

01872 863 333 / bex@feockparishcouncil.co.uk / www.myfeock.co.uk  **myfeock
wellbeing**

Made with PosterMyWall.com



Baby & Toddler GROUP



Baby & Toddler will be restarting in the near future.

They are looking for regular and occasional helpers.

If you would like to help please contact

Jane: 07702 800248

Fourth Sunday of the month,

16.00 - 18.00

Craft

Worship

Fun

Contact Anne Ramsden

annemarie479@outlook.com





VILLAGE MARKET

DEVORAN VILLAGE HALL

9.30am to 12 noon

**Baker Tom's bread, fresh fish, cheeses, plants
preserves, vegetables, olives, and more**

Come along and join us for great produce.

Contact 07949 823800 for information

Refreshments available

***Regular Produce Vans
in Hall Car Park***

THE BUTCHER'S BAKEHOUSE

Wednesday 10.00-12 00

and at Village Market

Bread, pastries, cakes and savours

DAVE & PAULINE'S VAN

Wednesday 09.30

Saturday 12.30 -14.00

(except second Saturday when they are at the Village Market)

Fish, fruit & vegetables, eggs, preserves and dairy produce.

ACTIVITIES

LADIES 18 & over **Sing A Capella**



Celtic**chords**
TOGETHER IN HARMONY

Here, At Devoran Village Hall

Quay Road

Devoran

TR3 6PW

Every Monday evening

6.45pm- 9.15pm

Just come along

**no previous experience of singing necessary and no
need to be able to read music**

Website: celticchords.btck.co.uk

Devoran Gardening Club
Third Thursday of each month.
Refreshments available
and plant swap.

Tiny Toes Classes Sunday mornings



• Award Winning •

tiny toes ballet®
learning through dance

nurturing natural ability

For little **boys** and **girls** who love to learn and dance!

We offer...

- ★ Fun and creative classes from six months to seven years old
- ★ Magical birthday parties
- ★ Holiday workshops
- ★ School & Nursery Sessions

Adventure
dance classes with
16 different themes!

Our programme develops...

Confidence
Grace & Posture
Core Strength
Language & Number skills

FEATURED IN...

DancingTimes
INCORPORATING
DANCE TODAY

visit our website
and **enter your**
postcode to
find your nearest class!

👉 www.tinytoesballet.co.uk

www.tinytoesballet.co.uk
📍 tinytoesballetuk 📱 @tinytoesballet

Head Office **01792 348243**
info@tinytoesballet.co.uk

Slow & Easy Folk Sessions



Fourth Wednesday each month

(except August & December)

Devoran Village Hall (LOWER HALL)

6:30–8:30pm

Further details 0776 542 3751

28th September

26th October

23rd November

No session in December

ENTERTAINMENT

Devoran Acoustic Sessions
present

JIM CAUSLEY'S TEA TREAT

JIM CAUSLEY | CYPRUS WELL



Charles Causley's poems set to music and performed
by descendant and folk singer Jim Causley

Devoran Village Hall
Sunday 23rd October
2.30pm (doors 2.00pm)

Afternoon tea will be available £3.00

Tickets £12.50 - 01726 63513 / www.crbo.co.uk
Truro TIC in person

Your local Link into Learning



**Specialist
Support,
Teaching &
Learning**

Do you enjoy working with children & young people? Would you like your work to fit in around your family's needs? Fancy a career change?

**Why not try: The Level 3 Diploma in Specialist
Support, Teaching & Learning in
Schools**

**Being held at: Helston, Newquay, Bodmin, Bude &
Online**

**On: Various days of the week at our
different centres.**

The qualification will enable you to gain the knowledge and experience to be able to carry out the role of a Learning Support Assistant/Teaching Assistant.

Funding is through an adult learner loan that you do not have to pay back until you are earning over £27295.

We also work with a recruitment agency, so you can earn while you learn in a school environment.

It's easy to apply online today
www.cornwall.gov.uk/adultlearning
Call **0300 1231 117** Local charges apply



Teaching

Are you interested in becoming a Teacher?

The Level 3 Award is aimed at those with no prior experience or those working in a role that want to gain a recognised qualification.

This course will provide the essential tools to help plan, deliver & assess as well explore new teaching & learning styles.

Why not try: **Level 3 Award in Education & Training**

Being held at: **Liskeard, Bude, Newquay & Falmouth**

On: **Courses start January and February 2023.**

To apply for a place or find out more please call the number below and you can be put in contact with a tutor to discuss the qualification.

Cost of course is £672.





OCTOBER HALF-TERM ROADSHOWS

WEST CORNWALL 2022 | OCTOBER

FALMOUTH SPORTS HUB

Football - 24th
Girls Only - 26th
Halloween Special - 28th

ST AGNES FC

Football - 24th

PENRICE ACADEMY, ST AUSTELL

Football - 25th

TREVIGLAS ACADEMY, NEWQUAY

Football - 25th

CARN BREA LEISURE CENTRE

Football - 26th

HELSTON FC

Football - 27th

ST DAY FC

Football - 27th

PENZANCE

Halloween Special - 28th

BOOK
NOW!

9.30am-3.30pm | Boys & Girls
Aged 5-15 | All abilities



Book now 01752 562561 ext. 6
argylecommunitytrust.co.uk

FOOTBALL ROADSHOW

Our Soccer Roadshows are age and football specific with the emphasis on fun, enjoyment and development. Sessions include skills, techniques, competitions and small sided games.

GIRLS ONLY ROADSHOW

Girls of all abilities have the chance to learn new skills, make new friends and really feel part of the football community. These sessions are in place to shatter any lingering pre-conceptions about women's and girls' football and boost participation whilst learning skills and techniques and playing small sided games.

MINI PILGRIMS 10:00AM - 11:00PM

Mini Pilgrim football sessions are aimed at three – six year olds, who are experiencing their first taste of a structured coaching session. The sessions are staffed at a ratio of 1 coach to 12 children. The emphasis is to improve the children's listening and concentration skills whilst working on balance and co ordination. The children can develop in a safe and fun environment over the duration of the sessions.

STRIKERS & GOALKEEPERS

This specific day will cover a variety of shooting activities and goalkeeper training. With opportunities for defenders and attackers to showcase their skills.

DISABILITY ROADSHOW 10AM-3PM

A fun-filled day packed with football games in an inclusive and comfortable environment. The day is tailored for children with a physical impairment, learning disability or mental health condition.

SHORT BREAKS 10AM-1PM

Fun and inclusive football and multi-sport activities for children aged 7-15 with a disability and educational health & care plan (EHCP).

MULTI SKILLS

Chance for participants to undertake a wide range of sports throughout the day. Sports will vary from football, handball, tag rugby plus many more. Each venue and area will offer different sports.



PHONE 01752 562561 ext 6

REGISTERED CHARITY NUMBER 1128906

For our cancellation policy please visit
<https://argylecommunitytrust.co.uk/terms>



@ArgyleTrust



argylecommunitytrust.co.uk