



COMMUNITY NEWS

Cornwall Family Wellbeing Fair

A fun day out connecting families with local emotional & physical wellbeing support

Free Entry

FEATURING

Wellbeing stalls, family-friendly taster sessions, face-painting, music, gifts, holistic health, wellbeing products and more!

MOUNT PLEASANT ECO PARK,
PORTHTOWAN TR4 8HL

Sunday
19th November
10am-4pm



IN COLLABORATION WITH:

CONSCIOUS
& CALM



Y6 Activity Morning
Sat 18th November 2023
9:30am - 2:00pm



Celebrating Cornwall

Help us celebrate everything Cornwall has to teach and offer us. Our countryside and coastline offers surfing to fossil hunting, shipwrecks to farmland, folklore, heroes, feasts and festivals. Please feel free to come dressed as any Cornish character if you would like ... Mermaids, Pirates, Piskies & Poldarks welcome!

Open to any pupil currently in Year 6.

The morning includes themed activities, fun lessons, games and lunch.

Please register your interest using this QR code and we will be in touch to confirm the details



**TRURO
SCHOOL**

CHRISTMAS HOLIDAY COURSES

ACROSS THE SOUTH WEST...



FOR ALL CHILDREN AGED 2-12 YEARS

PRIZES & GIVEAWAYS

EARLY DROP OFF AVAILABLE

THE INFO...



10AM-3PM

(9AM EARLY DROP-OFF AVAILABLE)



DEVON, DORSET, CORNWALL & SOMERSET

(AT VARIOUS LOCATIONS)



DECEMBER 2023



Christmas afternoon

Cornwall Cricket Centre
December 10th
1pm to 4pm

Fancy Dress competition
(children & adults)
Festive cricket
Elf Workshop
Stalls
&

Meet
Santa

Book today at

<https://booking.ecb.co.uk/d/qpqkkd>

or scan the QR Code

Children
£10
Adults £5



Pendennis Community Centre



OUR VOLUNTEER RUN CAFE IS OPEN:
9AM-1PM MONDAY -SATURDAY
SERVING HOT AND COLD DRINKS AND CAKES



WE ARE DOG FRIENDLY TOO 

WE HAVE A COMMUNITY BOOK LIBRARY (DONATIONS IN GOOD QUALITY BOOKS WELCOME) 

MONDAY

CIRCUITS- 9:15AM
BOOTYLIFT 9:30AM
CORE CLASS 10:15AM
DRUM N' BLITZ 10:30AM
STRETCH 11:30AM
HIIT 6:00PM
VINYASA FLOW 6:15PM
CORE CLASS 7:00PM
SLOW FLOW YOGA 7:30PM

FRENCH CONVERSATION WITH CECILE-
11:00AM- DONATION WELCOME

TUESDAY

PRE-SCHOOL YOGA - 9:15AM
BOXFIT 9:30AM
STRETCH 10:30AM
ZUMBA 10:30AM
ZUMBA GOLD 11:30AM

BOOTYLIFT 6:00PM
DRUM N BLITZ 7:00PM
STRETCH 8:00PM

WEDNESDAY

FIT 4 ALL 9:30AM
STRETCH 10:30AM
VINYASA FLOW YOGA 8:00PM

THURSDAY

CIRCUITS 9:15AM
CORE CLASS 10:15AM
ZUMBA 6:30PM
STRETCH FLOW 7:30PM

FRIDAY

YOGA FLOW 9:30AM
PILATES 10:30AM

PUPPY PLAY/SOCIALISATION CLASS
(BOOKING WITH RUTH)

SATURDAY

ZUMBA 8:30AM
STRETCH FLOW 9:30AM
VINYASA FLOW 10:00AM



ALL FITNESS CLASSES £6:50
TO BOOK CLASSES VISIT:
[HTTPS://APP.CLASSFIT.COM/BUSINESSPROFILE/120726](https://app.classfit.com/businessprofile/120726)

WE ALSO TAKE BOOKINGS/PAYMENTS AS DROP INS ON THE DAY!



We look forward to seeing you!
01326 653249

NEW
BTEC
COURSE



INTRODUCTORY LEVEL 1 IN
PERFORMING ARTS

NEW
BTEC
COURSE



INTRODUCTORY LEVEL 1 IN LAND BASED STUDIES AT CHYAN CULTURAL CENTRE

A 10-week course to learn the basics of organic vegan horticulture with a focus on understanding the growing environment, container growing, seasons and lots more! 

Wednesdays
10-3pm




Taster sessions are Wednesday 18th & 25th October - Attending a taster session counts towards your ten week course.
*For ages 15+

Funding is available for anyone receiving benefits

Email: office@swampcircus.co.uk
or text 07775857677 for more information.



An illustration on a purple background showing two acrobats in teal and orange outfits performing aerial stunts. One is upside down in a hoop, the other is in a hoop. A large teal arrow points from the bottom right towards the text.


Circo
KERNOW
CIRCUS SCHOOL

Adult's Aerial

Hoop, Silks and Aerial Fitness
· Weekly Sessions ·

Fridays · 6–7:30pm

Chyan Cultural Centre Big Top
Book now for block or drop-in sessions
www.ticketsource.co.uk/swamp-circus

SWAMP
CIRCUS
TRUST

Sponsored by:
polymermedics

 children's hospice
SOUTH WEST

Sign up
today and
save 30%

Santas on the Run

eden project

Walk, jog or run 2k at the Eden Project
on Sunday 3 December 2023

Sign up today www.chsw.org.uk/santas



Making the most of short and precious lives across the South West
Registered Charity No. 1003314

