



What's On in Feock Parish: January '23

DAILY - 5.30am - 10.00pm Cirque du Ciel, Circus Works Devoran -various classes for all ages.
Contact www.circusworksdevoran.org or email circqueduciel123@gmail.com for full details

Mon - 9.15am - Total Body Workout @ Devoran Village Hall - zoejcrouse@gmail.com
10am-12pm (school term only) - 'Sunbeams' stay & play toddlers group @ THE HUB, Carnon Community Methodist Church
10am - Slow Flow (online) - Anella Yoga Studio, Devoran - 07971238811
10-10.50 - Bongo Babes (0-4yrs) - Carnon Downs Village Hall - 0771838510 - Kayleigh
10am pick up, St Feock Community Minibus daytrip - to book 077541 07835 (9.30-10.30am)
10.30am - Pilates @ Devoran Village Hall - zoejcrouse@gmail.com
2pm -Penpol & Point WI @ Penpol Chapel. For info please call Helen Gaches - 01872 870614
2pm - Pilates for Life - Pilates Matwork @ Carnon Downs Village Hall with Sarah Trotter
2-4pm - Line Dancing @ THE HUB, Carnon Community Methodist Church
4-6pm - U3A Table Tennis, St Feock Church Community Hall. Merrick - 01872 865336
6pm - Pilates Flow @ ChyCara - www.lapilates.co.uk. Bookings online with Lucy
6.15pm - Slow Flow - Anella Yoga Studio, Devoran - 07971238811
6.45-9.15pm - Celtic Chords @ Devoran Village Hall. 07480 230035 pammpoley27@gmail.com

Tues - 9.45-11.45am - IT Class @ Carnon Downs Village Hall - £2. Bring own equipment
FREE - 10-11.30am - Walk & Talk (supported by HAIRE MyFeock Wellbeing). Call Feock Parish Council: 01872 863333 (10.01.23 - Feock and 24.01.23 - Mylor Bridge)
10am - Slow Flow - Anella Yoga Studio - Devoran - 07971238811
10am - 11.30 - Adult Ed Tai Chi @ Devoran Village Hall - melanies@truro-penwith.ac.uk
12.30pm - Pilates for Life - Gentle Pilates @ Carnon Downs Village Hall with Sarah Trotter
1.45pm - Pilates for Life - Gentle Pilates @ Carnon Downs Village Hall with Sarah Trotter
5.45pm - Kettlebells @ THE HUB, Carnon Community Methodist Church - www.thinkfitcornwall.com
6.00pm - Physio Led Pilates, Devoran Village Hall - contact ruthbennettphysio@gmail.com
6.15pm - Moon Yoga @ Anella Studio, Devoran - www.anellayoga.com
6.45pm - Beginners Low Impact @ THE HUB, Carnon Community Methodist Church - www.thinkfitcornwall.com
7.15pm - Pregnancy Yoga, Devoran Village Hall - contact ruthbennettphysio@gmail.com
7.15-8.45pm (term time, start 13th Sept) - The Riverside Singers @ Parish Centre (behind Devoran Church) - no auditions, free trial session. Helen 01209 821310 / 07747740987
7.30pm - P90X @ THE HUB, Carnon Community Methodist Church - www.thinkfitcornwall.com

Wed - 9.15am - The Body Project @ THE HUB, Carnon Community Methodist Church - www.thinkfitcornwall.com
9.15am - Gentle Pilates @ Devoran Village Hall - zoejcrouse@gmail.com
9.30am - Veg van and Fish van @ Devoran Village Hall
10am - Mindfulness For Life - 21st Sept - 23rd Nov Anella Yoga Studio, Devoran - 07813 766616
booking required for 8 week course with Laura Howard, Psychologist & Mindfulness Teacher.
10.30am - Functional Strength @ Devoran Village Hall - zoejcrouse@gmail.com
10.30am-noon - Coffee Morning @ THE HUB, Carnon Community Methodist Church
12noon - Men's Pilates @ Devoran Village Hall - zoejcrouse@gmail.com
1.30 - 4.00pm (4th wed of month) - U3A Art Group @ St Feock Church Community Hall
sandra.guille@virgin.net / 01872 865764

2pm - The Carrick Singers Choir @ Kea Community Centre - More info: 07796 14229

2.45pm - Pilates for Life @ Carnon Downs Village Hall with Sarah Trotter

6pm - Pilates Gentle (Lucy) @ Chycara - www.lapilates.co.uk Book online

6pm (novices), 7.15pm main club - Falmouth/Truro Chess Club @ CD Village Hall. Coaching available. Robin Kneebone 07531543651

6-7pm - QIGONG @ Devoran Village Hall - Call 07774 282 087 to book, by Sifu Vanessa Backus

7-8pm - Chun Yuen Quan @ Devoran Village Hall - Call 07774 282 087 to book, by Sifu Vanessa Backus

6.15pm - Beginner Yoga Course - Anella Yoga Studio, Devoran - [07971238811](tel:07971238811)

Thur - 10am - Hatha - Anella Yoga Studio, Devoran - [07971238811](tel:07971238811)

10am-12noon - 'Time to Create' @ Carnon Downs Village Hall. *Starting 19th Jan (term-time only).* Mindfulness & creative arts with Gaelle Penhallow. Please book via - 07782 506285 / gaellepenhallow@gmail.com - donations welcome. Supported by HAIRE Project

1.30-2.30pm - Parent & Baby yoga @ Devoran Village Hall, ruthbennettphysio@gmail.com

3-4pm - Pilates @ Devoran Village Hall, ruthbennettphysio@gmail.com

4.30pm - Circuitsrus - Carnon Downs Village Hall - 07792 046151

4.45 & 5.45pm - Kids Fitness, THE HUB, Carnon Community Methodist Church - www.thinkfitcornwall.com

5-6pm - Seated Strength & Lyrical Class @ Perranwell Church Hall. Cathy [07746 425726](tel:07746425726)

6.15pm - Hatha - Anella Yoga Studio, Devoran - [07971238811](tel:07971238811)

6.30-7.30pm - Dance Fitness @ Perranwell Church Hall. Cathy [07746 425726](tel:07746425726)

6.30pm - Circuits @ THE HUB, Carnon Community Methodist Church - www.thinkfitcornwall.com

7.15pm - BoxFit @ THE HUB, Carnon Community Methodist Church - www.thinkfitcornwall.com

7.30pm - Zumba by Charlotte - Carnon Downs village hall

Fri - 9am - Step @ Devoran Village Hall - zoejcrouse@gmail.com

9am - Gentle Yoga - Anella Yoga Studio, Devoran - [07971238811](tel:07971238811)

9.15am - The Body Project @ THE HUB, Carnon Community Methodist Church - www.thinkfitcornwall.com

9.30-11.30am - Baby & Toddler Group, Devoran Village Lower Hall. £2 includes snack.

FREE - 10am-12pm - Crochet & Sew Workshop (supported by HAIRE) - Carnon Downs Village Hall - make fun street art, beginners & all ages welcome. Free - just turn up! More info: [01872 863333](tel:01872863333)

10am - St Feock Community Minibus daytrip - to book [077541 07835](tel:07754107835) (9.30-10.30am)

10.30-11.30am - Pilates - Zestforlifefitness @ Devoran Village Hall, £8

11am - Intro to Yin @ Anella Studio, Devoran - www.anellayoga.com

12.30pm - St Feock Village Lunch - Meet neighbours & friends - (Dec 2nd & 16th) @ St Feock Church Community Hall. Call Nina Davey to book 01872 865106. Lunch, pudding + tea or coffee for just £6.50

7.30pm - Scottish Country Dancing @ THE HUB, Carnon Community Methodist Church, Polly Barton [01872 864779](tel:01872864779)

Sat - 9am - Slow Flow - Anella Yoga Studio, Devoran - [07971 238811](tel:07971238811)

10.15am - Slow Flow (Online) - Anella Yoga Studio, Devoran - [07971 238811](tel:07971238811)

Perranwell Football Club @ Tregye Pitch - Simon [07712 435081](tel:07712435081) / Phil - [07803 002927](tel:07803002927)

Sun - From 9am - Tiny Toes Ballet @ Devoran Village Hall - www.tinytoesballet.co.uk/cornwall

10am - Church Service @ The Waterside Churches - St Feock & Devoran - 01872 276357

10.30am - Church Service @ THE HUB, Carnon Community Methodist Church

10.30 - 11.30am - 'The Community Space' @ Penpoll Chapel - hot drink & a chat

10.30am - Quaker Meetings, Quaker Meeting House, Come-to-Good

4-6pm - Messy Church (4th Sunday of month) @ Devoran Village Hall, info: 01872 864049

Clubs/Events (by date, if not weekly):

FREE - VARIOUS DATES - Social Swim @ Loe Beach with 'Swim Together' - check out their page on Facebook & Instagram - supported by **HAIRE** (MyFeock Wellbeing).

Various - 'That Little Food Truck' @ Carnon Downs (Slice Pizza - Thurs 5-8pm, Fish & Chips - Wed 4-7pm)

Thurs 5th - 2-4pm (1st & 3rd Thurs of month) - **Carnon Downs Memory Café** @ CD Village Hall

Sat 7th - 10am-12noon - Coffee Morning @ Carnon Downs Bowling Club, TR3 6HX

Sat 7th - 1.30pm (1st Sat) - **Film Club** @ St Feock Church Community Hall - Nina Davey - [01872 865106](tel:01872865106)

Sat 7th - 1.30 - 4pm (1st & 3rd Saturdays) - **Carnon Downs Community Bingo** @ CD Village Hall

Sat 14th (2nd Sat of month) - 9.30-12 - **Devoran Market** @ Devoran Village Hall & Hall Car Park

Tues 10th - 10am - **Coffee Spot** (2nd & 4th of month) @ Parish Centre, behind Devoran Church

Tue 10th - 6.30pm (2nd Tues of month) - **Flower Club** @ St Feock Church Community Hall - [01872 864386](tel:01872864386)

Thur 19th - 2 - 4pm (1st & 3rd Thurs of month) - **Carnon Downs Memory Café** @ CD Village Hall

Thur 19th - 7pm (3rd Thurs of month) - **Gardening Club** @ Devoran Village Hall. Steve [01872 864701](tel:01872864701) / Ian [870170](tel:870170)

Sat 21st - 1.30 - 4pm (1st & 3rd Saturdays) - **Carnon Downs Community Bingo** @ CD Village Hall

Tues 24th - 10.00am - **Coffee Spot** (2nd & 4th of month) @ Parish Centre, behind Devoran Church

Wed 25th - 6.30pm (4th Weds of month) - **Slow & Easy Folk Sessions** @ Devoran Village Lower Hall. Contact [0776 5423751](tel:07765423751). No expertise required just learn as you go!

Wed 25th - 1-4pm (last Wed of Month) - **U3A French Films** @ St Feock Church Community Hall - Genevieve Rosier [01872 273333](tel:01872273333)

Thur 26th - 7pm (last Thur of month) - **Feock Home & Garden Society** @ St Feock Church Community Hall - Andy Rendell [01872 862972](tel:01872862972)

Tues 31st - 10-11am (Last Tues of Month) - **MyFeock Repair Café** @ THE HUB, Carnon Community Methodist Church, Carnon Downs. Carry in your item for repair, meet friendly people and stop for a cuppa, watch the skill of repairing.

Walk and Talk Event

EVERY FORTNIGHT

EVERY 2nd & 4th TUESDAY

Join our experienced walk leader from 10 am - 12 noon

Meet locations are on our website www.myfeock.co.uk on our What's On page, or from our red phone boxes within the parish.

It's a slow/medium walk, for 1hr 30mins. The leader doesn't push the group, they tend to walk at the pace of the slowest walker. They also bring a spare walking pole if someone needs it. The Feock Trails aim to embrace our local heritage so come along and enjoy our beautiful location.

For more info contact
01872 863333

bex@feockparishcouncil.co.uk
www.myfeock.co.uk



Fancy a cool dip in the sea to invigorate your mind & senses?

Meet at Loe Beach, with Jess & Jo for a social swim - a chance to chat, dip or swim. Follow 'Swim Together' on Facebook & Instagram

Supported by **HAIRE**

Could you spare a little time helping your community to support local services, activities and events?

Contact Bex or Cathy from our MyFeock Wellbeing Team (**HAIRE**) for more info:

01872 863 333 / www.myfeock.co.uk / info@feockparishcouncil.co.uk / Follow us on Facebook



The poster is orange with white text and graphics. At the top, there are four logos: Interreg 2 Seas Mers Zeeën HAIRE, Feock Parish Council, The Hub, and Cornwall Repair Cafe Network. The main title 'REPAIR CAFE' is in large white letters, with a coffee cup icon to the right. Below this, the location and time are listed. A QR code is in the bottom right. At the bottom, there are icons for gears, a sewing machine, a lightbulb, and a bicycle. The text 'Made with PosterMyWall.com' is at the bottom left.

Interreg 2 Seas Mers Zeeën HAIRE

Feock Parish Council

The Hub

CORNWALL repair cafe NETWORK

REPAIR CAFE

@ The Hub - Carnon Community Methodist Church Hall

Last Tuesday of every month (except December), 10-11am

If you can carry it, we'll take a look

More Info: info@feockparishcouncil.co.uk
www.myfeock.co.uk / [f MyFeock Wellbeing](https://www.facebook.com/MyFeockWellbeing) / 01872 86333

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The Guide has been produced by **HAIRE** Feock. If you would like your event, group, activity added or updated please get in touch! This monthly guide is available in hard copy from Devoran Library (Market St), your village red phone box, Devoran GP surgery, St Feock Church & Linden Hey Tea Garden. For an eco-friendly electronic copy please check out our new wellbeing website: www.myfeock.co.uk



Meet, Heat & Enjoy a Cuppa

At our Cosy Hub

Devoran Library, Market Street -

Mon-Fri, 9.30am - 12noon

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The Hub - Carnon Community Methodist
Church Hall, Carnon Downs - Tuesdays, 10am - 1pm

Join us for a cuppa, games or a friendly chat - Everyone welcome



info@feockparishcouncil.co.uk

01872 863 333

www.myfeock.co.uk

 MyFeock Wellbeing

