



What's On in Feock Parish: May 2023

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](tel:07971238811)
10-10.50 - Bongo Babes (0-4yrs) - Carnon Downs Village Hall - [0771838510](tel:0771838510) - Kayleigh
10am pick up, St Feock Community Minibus daytrip - to book [077541 07835](tel:07754107835) (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](tel:01872870614)
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](tel:01872865336)
6pm - Pilates Flow @ ChyCara - www.lapilates.co.uk. Bookings online with Lucy
6.15pm - Slow Flow - Anella Yoga Studio, Devoran - [07971238811](tel:07971238811)

Tues - 9.45-11.45am - IT Class @ Carnon Downs Village Hall - £2. Bring own equipment
FREE - 10-11.30am - Walk & Talk (supported by MyFeock Wellbeing). Call Feock Parish Council: [01872 863333](tel:01872863333) (9th tbc; 23rd Carnon Downs, bus stop - please book for details).
10am - Slow Flow - Anella Yoga Studio - Devoran - [07971238811](tel: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](tel:01209821310) / [07747740987](tel: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 and Fish van @ Devoran Village Hall
10am - Mindfulness For Life - 21st Sept - 23rd Nov Anella Yoga Studio, Devoran - [07813 766616](tel:07813766616)
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](tel:01872865764)
2pm - The Carrick Singers Choir @ Kea Community Centre - More info: 07796 14229

2.00pm - Carnon Downs Bowling Club Forth Coth TR3 6HX - alfoster11@icloud.com 07852683792

2.30pm - Carpet Bowls @ THE HUB, Carnon Community Methodist Church

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

4pm - Pilates @ Devoran Village Hall - Zestforlifefitness. Further info: zoejcrouse@gmail.com

4-6pm - U3A Table Tennis @ St Feock Church Community Hall - [01872 865336](tel:01872865336)

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

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 (*term-time only*). Mindfulness & creative arts with Gaelle. Suggested donation £10, please book - 07782 506285 / gaellepenhallow@gmail.com

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

7:30pm - X-HAIL classes @ Devoran Village Hall with Jessica Vella-Templeton - hello@jessicavt.com

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 - 11am - Stay & Play Toddler Group, Devoran Village Hall. jane@thewatersidechurches.com
07702 800248

FREE - 10am-12pm - Crochet & Sew Workshop - Carnon Downs Village Hall - make fun street art, all welcome, 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 @ St Feock Church Community Hall.
Call Nina Davey for info: 01872 865106. 2 course homecooked lunch, hot drink & snack bar - £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

10am - Bissoe Trail Walking Group @ Bissoe Valley Car Park, 1hr walk. Facebook / sallybeme@gmail.com

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

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 Supported by MyFeock Wellbeing.

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

Mondays - Returning September - 6pm (novices), 7.15pm main club to 10pm - **Falmouth/Truro Chess Club** @ CD Village Hall. Coaching available. Robin Kneebone 07531543651

Tue 2nd - 7pm (1st Tues) - **Film Club** @ St Feock Church Community Hall - Nina Davey - [01872 865106](tel:01872865106)

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

Sat 6th - 1.30 - 4pm (1st & 3rd Saturdays) - **Carnon Downs Community Bingo** @ CD Village Hall

Tues 9th - 10am - Coffee Spot (2nd & 4th of month) @ Parish Centre, behind Devoran Church

Tue 9th - 6.30pm (2nd Tues of month) - **Flower Club** @ St Feock Church Community Hall - [01872 864386](tel:01872864386)

Sat 13th (2nd Sat of month) - 9.30-12 - **Devoran Market** @ Devoran Village Hall & Hall Car Park

Sat 13th (2nd Sat of month) - 10am-12 - **Coffee and Cake at Linden Hey** (raising funds for St Feock Church)

Tues 16th - Devoran Village Hall AGM 7.00 for 7.30pm- all welcome, dvhsecretary@outlook.com

Thur 18th - 2 - 4pm (1st & 3rd Thurs of month) - **Carnon Downs Memory Café** @ CD Village Hall

Thur 18th - 7pm (3rd Thurs of month) - **Gardening Club** @ Devoran Village Hall. Steve [01872864701](tel:01872864701)/Ian [870170](tel:870170)

Fri 19th - 6.30pm (3rd Fri of month) - **Carnon Downs Film Club** @ Village Hall - £4 members (£6 non-members)

Sat 20th - 1.30 - 4pm (1st & 3rd Saturdays) - **Carnon Downs Community Bingo** @ CD Village Hall

Sat 20th - 4pm 1856 Regatta Revival at Devoran Quay -entertainment & refreshments and watch the racing.

Tues 23rd - 10.00am - Coffee Spot (2nd & 4th of month) @ Parish Centre, behind Devoran Church

Tues 23rd - 7pm for 7.30pm start (4th Tues of month) - **Kenwyn Valley Flower & Garden Club** @ Carnon Downs Village Hall -

Wed 24th - 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!

Thur 25th - 7pm (last Thur of month) - **Feock Home & Garden Society** @ St Feock Church Community Hall - Andy Rendell [01872 862972](tel:01872862972)

Sunday 28th - 4-6pm (4th Sunday of month) - **Messy Church** @ Devoran Village Hall. Anne Ramsden - 07971522479 / annemarie479@outlook.com

Tues 30th - 10-11am (Last Tues of month) - **MyFeock Repair Café** @ THE HUB, Carnon Community Methodist Church, Carnon Downs. Carry in your item for repair and stop for a cuppa, learn a new skill. Donations in aid of the church.

Wed 31st - 1-4pm (last Wed of Month) - **U3A French Films** @ St Feock Church Community Hall - Genevieve Rosier [01872 273333](tel:01872273333)

JUNE: Sat 3rd Point & Penpoll Regatta - Children's Sports, Crabbing Comptn, The Lemonaires, Sailing Events
Sun 4th Ecumenical Service.



MAY: Coronation Weekend - Community Celebrations

Tues 2nd to Sunday 7th - Scarecrow Competition Carnon Downs - maps £1 from MyDentist, Carnon Downs Caravan Park, Bench by Bookswap Phonebox on Sat and Sun mornings email: carnondownsvillagehall@gmail.com

Fri 5th - 2.00pm Parade from Devoran Pre-School for **2.30pm Crown Competition Judging** at Devoran School - Public event.

Sat - from 7.00pm Coronation Day - Fizz & Chips at Point & Penpol Quay village party to include lighting of brazier - bring your own fizz and reusable cup (no glass please) - cones of tortilla chips are provided - shanty singing

Devoran Quay - shanty singing and watch the brazier lighting at Point Quay - bring your own drinks and reusable cup (no glass please). Gin Bar provided by Black Rock Gin.

Sun 7th - 10am Family Worship 4 All Church Service Celebration - Devoran Church

Sun 7th - 12.00pm Community Lunch @ Penpol Chapel

Sun 7th - 1.00pm Coronation Big Lunch Feock Church community Hall

Sun 7th - 2-5pm Party in the Park @ Parc-an-Gwarry Park, Carnon Downs **4pm Scarecrow Competition Results**

Sun 7th - 3pm Afternoon Tea drop-in @ Devoran Village Hall including **3.15pm Crown Competition Exhibition & Prize-giving**. Bring & Share food and refreshments.

Mon 8th -10am -12pm Big Help Out Churchyard tidy @ Devoran, various litter-picking and volunteering. Bring your own tools. Refreshments available for all helpers.



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

info@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 MyFeock Wellbeing



Feock Parish Council



REPAIR CAFE



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

- Wooden items - bolting, tightening, gluing, & creating new pieces
- Clocks (not battery or electric)
- Electrical - plugs, fuses, basic wiring (no PAT testing)
- Clothing & Textiles – Mending, zips, darning, repairs
- Soft toys
- Knitting & Crochet
- Home & Garden DIY projects (non electrical)
- Woodwork
- Minor jewellery repairs
- Technology

**Pop in to see us - Last Tuesday of Every Month, 10-11am
@ The Hub - Carnon Community Methodist Church Hall,
Carnon Downs**

Please note: All items must be 'carried' into the Repair Café by the customer. The idea is 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. When required please complete a form to give your permission for this to happen. Additionally, you may need to purchase items (e.g. zips, batteries etc) in order for the repair to happen. Please discuss with our Volunteer Repairers. We will not accept any liability for any potential damage, fault or breakages of any item.

**Happy repairing and sharing – Please let others know we are here
Thank You for using our service!**



**Contact: info@feockparishcouncil.co.uk
www.myfeock.co.uk /  [MyFeock Wellbeing](#) / 01872 863333**

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Could you spare a little time helping your community?
Would you like to support our local services, activities, events?
We would love to hear from you!

Please get in touch:

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



The Guide has been produced by MyFeock Wellbeing (Feock Parish Council). If you would like your event, group, activity added or updated please get in touch!

For an eco-friendly electronic copy please check out our new wellbeing website:

www.myfeock.co.uk