COMMUNITY NEWS



WHAT'S ON AT DEVORAN VILLAGE HALL

WEEKLY

Main Hall Activities

Zest for Life Fitness with Fleur and Zoe

Pilates (general, Men's & Swiss Ball), Dancefit, Steps and Functional Strength. Monday afternoon, Wednesday afternoon, Thursday morning and Friday morning.

Contact: zestforlifefitness@gmail.com

Celtic Chords

Ladies Barber Shop singers. Monday evening

Physiotherapy Pilates and Pre & Post Natal Yoga

Tuesday evening and Thursday afternoon. Contact: <u>ruthbennettphysio@gmail.com</u>

Tiny Toes Ballet

Sunday morning Adventure themed dance classes for little one's aged 6 months to 7 years. Contact: Tracey Stanford 07555129012

Beavers

Wednesday evening Hope to restart in the near future

LADIES 18 & over Sing A Capella





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

Lower Hall Activities

Tai Chi

Thursday morning

Toddler Group

Friday morning Contact: <u>ej_westlake@yahoo.co.uk</u>

MONTHLY

Main Hall Activities

Village Market Second Saturday morning Produce, crafts and café Contact: <u>devoranvillagemarket@outlook.com</u>

Gardening Club Third Thursday evening

Messy Church

Fourth Sunday afternoon Restarting soon

Lower Hall Activities

Slow & Easy Folk Sessions

Fourth Wednesday evening Music session for beginners or those who find pub sessions to fast and furious.

Contact: <u>devoranvh@live.co.uk</u>



Daoist yoga is an integrated system of cultivation which helps to develop Health, Vitality and Poise in

Mind, Body, Breath and Spirit

We will practice a variety of gentle body and breathing exercises designed to create a sense of flow and ease in movement to prepare for the Tai Chi form

DEVORAN VILLAGE LOWER HALL

<u>Classes ongoing</u> £8.00 per class or block of 6 classes £42.00 Please bring your own mat

To BOOK: phone or text Steve 07833 655400 Email: sharpontheedge@rocketmail.com

DEVORAN GARDENING

CLUB



DEVORAN VILLAGE HALL

October 21st 7.00pm for 7.30pm

Guest speaker Stuart Pocock on Cornish Roses

Please support your local gardening club. Bring along a new member.

Further information from Steve or Ian on 01872 864701 or 01872 870170.

Why not bring along a plant to swap and welcome back the gardening club?





'Have a Go Days'

A FREE and friendly activity for children with additional needs or disability and their siblings or friends, aged 6-17

Bodmin Leisure Centre Lostwithiel Road, Bodmin, PL31 1DE

Wednesday 27 October 10am-12pm Cornwall College, Trevenson Road, Pool, TR15 3RD (Astro)

Wednesday 27 October 2-4pm or Friday 29 October 2-4pm



Booking is essential. For more information and to book contact Katie on 01736 751924 or email katie@disabilitycornwall.org.uk. Find us on Facebook by searching "Have a Go Days Cornwall".











The Charles Causley Trust is very happy to announce that we are extending our 2021 Artwork Competition closing date to receive all entries by midnight on <u>Sunday 14th November 2021</u>!

The competition:

We are looking for students aged 5-18 to create a piece of artwork for us using the same inspiration that Charles Causley gave the world in such wonderful poems as *The Seasons in North Cornwall* and *Figgie Hobbin*. Charles Causley was one of the finest poets of the twentieth century. He lived in Launceston for almost all of his life and was very inspired by the people, places and legends of his native Cornwall. This is a wonderful opportunity for children and young people to themselves be inspired by a local poet who gained international recognition and significance. Our hope is to feed their imagination and build an appreciation of Cornwall's rich cultural heritage, and we will be looking for an image that will reflect Charles's love of his home county. As Charles once said, "If I didn't write poetry I think I'd explode", and we hope to see the same passion coming through in the student's artwork.

Details:

The competition is divided into three age group categories: 5-8, 9-12 and 13-18.

A winner will be chosen from each group, and an overall winner will be chosen from the three group winners.

Top prize will be a £20 Waterstones voucher and an art prize. The other two group winners will also receive an art prize.

The overall winner's artwork image will be used by the Trust over the following year in our publications, publicity and marketing projects.

All details are on our website: <u>https://causleytrust.org/artwork-competition/</u>

Rules:

- 1. One entry is allowed per student
- 2. Entrants must be between age 5-18 inclusive at the time of submitting their entry
- 3. Entries must be received by midnight on Sunday 14th November 2021
- 4. Entrants must include their full name, age and school attended with their entry
- 5. Digital entries should be sent to <u>admin@causleytrust.org</u> and physical artwork posted to 2, Cyprus Well, Ridgegrove Hill, Launceston, Cornwall, PL15 8BT
- 6. Winners will be announced on Wednesday 1st December.

Visit https://causleytrust.org/artwork-competition/ to find out more.

There's not long to go now, so start creating your exciting and inspirational works of art today!

the national Sleep helpline

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

O3303 530 541 Available Sunday - Thursday 7pm - 9pm





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

Available Sunday - Thursday 7pm - 9pm



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