



COMMUNITY NEWS

*Meet,
Heat &
Enjoy a
Cuppa*



At our Cosy Hub

Devoran Library, Market Street

Mon-Fri, 9.30am - 12noon

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



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 1096392

**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 table, looking at a map together. The woman is on the left, wearing a white cardigan, and the child is on the right, wearing a dark blue sweater. They are both looking down at a map on the table. The background is a dark wood wall.

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

 **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



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



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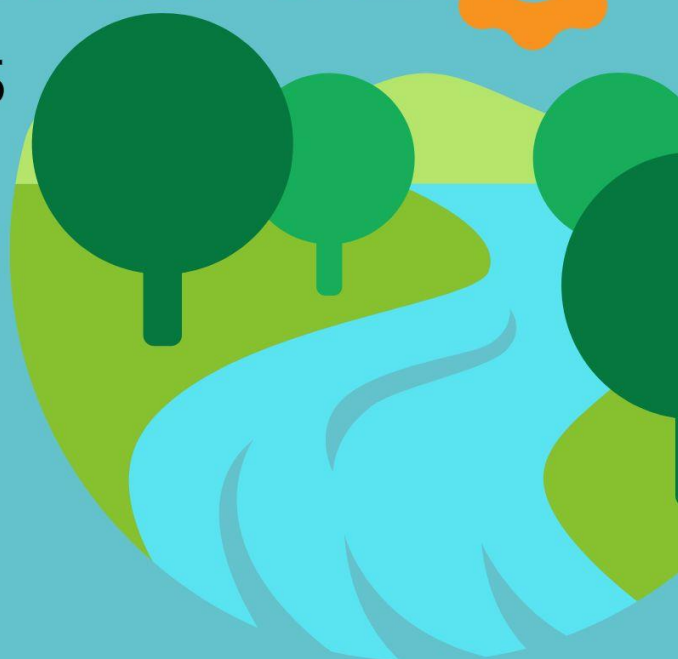
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DEVORAN PRE-SCHOOL



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



CHRISTMAS HOLIDAY COURSES IN THE SOUTHWEST



FOR ALL CHILDREN AGED 2-12 YEARS

PRIZES & GIVEAWAYS

EARLY DROP OFF AVAILABLE

THE INFO...



10AM-3PM
(9AM EARLY DROP OFF AVAILABLE)



DEVON, SOMERSET & CORNWALL
(AT VARIOUS LOCATIONS)



£18.00



DECEMBER 2022



WWW.SAINTSSOUTHWEST.CO.UK



**ACCREDITED
CLUB**
PART OF ENGLAND FOOTBALL



SCAN ME

Illustration by Natasha Robinson

FINDING *Father Christmas* at Truro Cathedral



Truro Cathedral is hosting a Father Christmas Grotto and unique storytelling experience

7th 14th 19th 20th & 21st December

To book tickets for this magical Christmas experience with Coppice Theatre go to: VISITTRURO.ORG.UK

Funded by



For information on all Truro's festive events go to visittruro.org.uk @visittruro



**OUR
GREAT
LITTLE
Festive
CITY**

Fri 18th Nov **Festive Friday**

Sponsored by Great Western Railway

With Pirate FM's Johnny Cowling & Lucy Start – includes Christmas Lights Switch-on, parade with Father Christmas, markets & entertainment – the fun starts from 3pm

From 23th Nov **Wednesday Late Night Shopping**

On Wed 7th, Wed 14th & Wed 21st Dec main shopping streets traffic-free from 2pm & Street Food in Boscawen Street from 3pm

Truro Farmers Market – BIG Christmas Market

Selected dates from Friday 2nd December

From Wed 7th Dec **Finding Father Christmas Grotto at Truro Cathedral**

See website for all dates, booking essential

Sat 17th Dec **Street Food in Boscawen St**

With main shopping streets traffic-free all day

Sat 31st Dec **New Year's Fireworks**

Family display at 7.30pm & New Year's display at midnight

For information on Truro's festive events go to:

visitruro.org.uk @visitruro

Scan
for
more
info



Events brought to you by
**Truro BID, Truro City Council
& Truro Farmers Market**

Visit Truro is a service provided
by Truro City Council



What's On in Feock Parish: November

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)
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)
6.45-9.15pm - Celtic Chords @ Devoran Village Hall. [07480 230035](tel:07480230035) pampmoley27@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](tel:01872863333) (11.10.22 - Carnon Downs, 25.10.22 @ Penpol Farm)
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
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 van 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](tel:0779614229)



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

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)

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. Every other Friday (Oct 7th/ 21st, Nov 4th, Dec 2nd/ 16th) in St Feock Church Community Hall. No need to book. 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):

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

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

Fri 4th, 7.30pm - Candlelight concert with Will Keating and John Dowling @ St Piran's Church, Perranarworthal. Tickets (£10.00) can be purchased from the tourist office in Truro.

Sat 5th - 1.30pm (1st Sat) - Film Club @ St Feock Church Community Hall - Nina Davey - [01872 865106](tel:01872865106)

Sat 5th - 1.30 - 4pm (1st & 3rd Saturdays) - Carnon Downs Community Bingo @ CD Village Hall

Sat 5th - 10am -12noon - Coffee Morning The Hub CCMCH - Nankersey Male Choir - Refreshments, raffle, stalls

Sat 5th - Devoran Bonfire Party @ Devoran Quay - from 6.30pm - Fireworks at 7pm - cash donations welcome

Tues 8th - 10am - Coffee Spot (2nd & 4th of month) @ Parish Centre, behind Devoran Church

Tue 8th - 6.30pm (2nd Tues of month) - Flower Club @ St Feock Church Community Hall - Lorna Weaver [01872 864386](tel:01872864386)

Every Wed - 6pm (novices), 7.15pm main club - Falmouth/Truro Chess Club @ CD Village Hall. Coaching available. Robin Kneebone 07531543651. Until Dec 9th

Sat 12th (2nd Sat of month) - 9.30-12 - Devoran Market @ Devoran Village Hall & Hall Car Park - refreshments served in aid of Carnon Downs Crafters.

Tues 15th - 7.30pm - Carnon Downs Gardeners Association @ CD Village Hall. Refreshments available - £5 entry new members welcome - £15 annual membership. Club runs every 3rd Tues of month, except May - Aug & Dec.

Thur 17th - 2 - 4pm (1st & 3rd Thurs of month) - Carnon Downs Memory Café @ CD Village Hall

Thur 17th - 7pm (3rd Thurs of month) - Gardening Club @ Devoran Village Hall. Steve [01872 864701](tel:01872864701) / Ian [870170](tel:870170)

FREE - Mon 17th - 10.00 -11.45am - 'Pop up Community Hub' @ Devoran Village Hall (Lower Hall) - supported by **HAIRE** (MyFeock Wellbeing) - Meet for a chat, cuppa & homemade cake, run by local volunteers. Find out local service information.

Fri 18th - 6.30pm - Carnon Downs Film Club @ CD Village Hall. Every 3rd Friday of month (except December)

Sat 19th - 1.30 - 4pm (1st & 3rd Saturdays) - Carnon Downs Community Bingo @ CD Village Hall

Tues 22nd - 10.00am - Coffee Spot (2nd & 4th of month) @ Parish Centre, behind Devoran Church

Wed 23rd - 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 24th - 7pm - (last Thur of month) - Feock Home & Garden Society @ St Feock Church Community Hall - Andy Rendell [01872 862972](tel:01872862972) - Guest Speaker Bill Herring "Growing Seasonal Vegetables"

Thur 24th - 7.15pm - An evening with the Oggymen at St Piran's church @ Perranarworthal. Tickets (£10.00) can be purchased from Mr Paul Stuart: 07929022143.

FREE - Sun 27th Nov - 1.30-4.30pm - Christmas Market - Carnon Downs Village Hall - 'Mums that make'

Wed 30th - 1-4pm (last Wed of Month) - U3A French Films @ St Feock Church Community Hall - Genevieve Rosier [01872 273333](tel:01872273333)



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 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

Interreg 
2 Seas Mers Zeeën
HAIRE



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?

Please contact Bex or Cathy from our MyFeock Wellbeing Team (HAIRE)

Tel: 01872 863 333

Website: www.myfeock.co.uk

Facebook: MyFeock Wellbeing

Email: info@feockparishcouncil.co.uk

REPAIR CAFE



Helpers & Repairers Needed

Contact:

bex@feockparishcouncil.co.uk

 MyFeock Wellbeing / 01872 863333



Photo with Permission Well.com

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



lex@feockparishcouncil.co.uk
01872 863 333
www.myfeock.co.uk
f MyFeock Wellbeing



Welcoming Spaces at the 'Cosy Hub'

Our cosy Micro Library in the Parish Office at Old Market Hall, Devoran, is open 9.30 – 12.00 noon to welcome anyone seeking to rest, read, or take advantage of the Cornwall Library Service stock we have on display with something for all tastes and ages.

We also have a Puzzles and Games Library of pre-loved board games and jigsaws available, as well as the facility to order books direct from Cornwall Library Service, 'What's On' listings, Feock Trails Walks Maps, Bus Timetables and much, much more!

Enjoy a cuppa while you browse!

RVS Health & Wellbeing Hub

Upcoming Dates...

16th November - Art session with Ginny. **11am - 1pm.**

30th November - Sound and Memory (session 3), with Justin Wiggan. **11am-1pm.**

Christmas Dinner date to be confirmed.

21st December - Christmas Party with The Ritzy Bells. **Midday-3pm.**



Perran-ar-Worthal
Village Hall (The
Perranwell Centre)



For more information, contact Sue on 07817 303112